












































# SEQUOIA CALENDAR: FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			<b>1</b> 10:30-11:20 Exercise with Vicki 
<b>5</b> 11-11:50 Exercise with Aliza 	<b>6</b> 11-12 Exercise with Aliza  12-1 Lunch and Support Group with Adina  1-2 Chinese Brush Painting with Jane 	<b>7</b> 11 - 12 Current Events  12 - 1 Lunch and Hot Topics with Carter  1 - 2 Chair Yoga 	<b>8</b> 10:30-11:20 Exercise with Vicki 
<b>12</b> 11-11:50 Exercise with Aliza 	<b>13</b> 11-12 Exercise with Aliza  12-1 Lunch and Support Group with Adina  1-2 Ethics of Our Fathers with Debra  	<b>14</b> 11 - 12 Current Events  12 - 1 Lunch and Ethics of Our Fathers with Debra  1 - 2 Chair Yoga    	<b>15</b> 10:30-11:20 Exercise with Vicki 
<b>19</b> CLOSED FOR PRESEDENT'S DAY	<b>20</b> 11-12 Exercise with Aliza  12-1 Lunch and Games  1-2 Chinese Brush Painting with Jane 	<b>21</b> 11 - 12 Current Events  12 - 1 Lunch and Support Group with Adina (*PLEASE NOTE DAY CHANGE)  1 - 2 Chair Yoga    	<b>22</b> 10:30-11:20 Exercise with Vicki 
<b>26</b> 11-11:50 Exercise with Aliza 	<b>27</b> 11-12 Exercise with Aliza  12-1 Lunch and Support Group with Adina  1-2 Chinese Brush Painting with Jane 	<b>28</b> 11 - 12 Current Events  12 - 1 Lunch and Games  1 - 2 Chair Yoga    	<b>29</b> 10:30-11:20 Exercise with Vicki  

## JOIN ON ZOOM:

<https://zoom.us/j/382180690>

**JOIN BY PHONE:** 929-436-2866  
meeting ID: 382180690

## TRANSPORTATION:

973-777-7638 ext. 0  
8:30 - 9 AM THE MORNING YOU WOULD LIKE  
TO REQUEST TRANSPORTATION

## QUESTIONS?

Sarala Katz: 917-816-3532  
s.katz@jfsclifton.org  
Shaina Bodenheimer: 862-400-2074  
s.bodenheimer@jfsclifton.org

