
































# CLUB SEQUOIA CALENDAR: MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>4</b> 11-11: <sup>50</sup> Exercise with Aliza 	<b>5</b> 11-12 Exercise with Aliza  12-1 Lunch and Support Group with Adina  1-2 Chinese Brush Painting with Jane 	<b>6</b> 11 - 12 Current Events  12 - 1 Lunch and Hot Topics with Carter  1 - 2 Stretch and Meditation 	<b>7</b> 10: <sup>30</sup> -11: <sup>20</sup> Exercise with Vicki 
<b>11</b> 11-11: <sup>50</sup> Exercise with Aliza 	<b>12</b> 11-12 Exercise with Aliza  12-1 Lunch and Support Group with Adina  1-2 Chinese Brush Painting with Jane 	<b>13</b> 11 - 12 Current Events  12 - 1 Lunch and Purim Thoughts with Rabbi Kronenberg  1 - 2 Stretch and Meditation 	<b>14</b> 10: <sup>30</sup> -11: <sup>20</sup> Exercise with Vicki 
<b>18</b> 11-11: <sup>50</sup> Exercise with Aliza 	<b>19</b> 11-12 Exercise with Aliza  12-1 Lunch and Support Group with Adina  1-2 Chinese Brush Painting with Jane 	<b>20</b> <p style="text-align: center;"><b>PURIM PARTY!</b> See flyer for details</p>	<b>21</b> 10: <sup>30</sup> -11: <sup>20</sup> Exercise with Vicki 
<b>25</b> 11-11: <sup>50</sup> Exercise with Aliza 	<b>26</b> 11-12 Exercise with Aliza  12-1 Lunch and Support Group with Adina  1-2 Protecting Yourself from Identity Theft with Mr. Ben Rothke 	<b>27</b> 11 - 12 Current Events  12 - 1 Lunch and Ethics of Our Fathers with Debra  1 - 2 Stretch and Meditation 	<b>28</b> 10: <sup>30</sup> -11: <sup>20</sup> Exercise with Vicki  <div>  ON ZOOM            AT CLUB SEQUOIA         </div>

## 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?

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