

































SEQUOIA CALENDAR: APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 11-11:50 Exercise with Aliza 	2 11-12 Exercise with Aliza  12-1 Lunch and Support Group with Adina  1-2 Hot Topics with Carter  	3 11 - 12 Current Events   12 - 1 Lunch and Ethics of Our Fathers with Debra   1 - 2 Chair Yoga  	4 10:30-11:20 Exercise with Vicki 
8 11-11:50 Exercise with Aliza 	9 11-12 Exercise with Aliza   12-1 Lunch and Support Group with Adina  1-2 Finding Emotion Through Song with Mara Adler O'Kelly 	10 MODEL PESACH SEDER! See flyer for details and RSVP!	11 10:30-11:20 Exercise with Vicki 
15 11-11:50 Exercise with Aliza 	16 11-12 Exercise with Aliza   12-1 Lunch and Support Group with Adina  1-2 Legal and Ethics of Healthcare with Zach Rothke  	17 11 - 12 Current Events   12 - 1 Lunch and Jewish Broadway Composers with Albert  1 - 2 Chair Yoga  	18 10:30-11:20 Exercise with Vicki 
22 CLOSED FOR PASSOVER	23 CLOSED FOR PASSOVER	24 CLOSED FOR PASSOVER	25 CLOSED FOR PASSOVER
29 CLOSED FOR PASSOVER	30 CLOSED FOR PASSOVER	31 CLOSED FOR PASSOVER	 ON ZOOM  AT SEQUOIA

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

