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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 11 - 12 Current Events   12 - 1 Hot Topics with Carter   1 - 2 Chair Yoga  	2 10:30-11:20 Exercise with Vicki 
6 11-11:50 Exercise with Aliza 	7 SPECIAL YOM HASHOAH PROGRAM See flyer for details!	8 11 - 12 Current Events   12 - 1 Ethics of Our Fathers with Debra   1 - 2 Chair Yoga  	9 10:30-11:20 Exercise with Vicki 
13 11-11:50 Exercise with Aliza 	14 11-12 Exercise with Aliza   12-1 Lunch and Support Group with Adina  1-2 Flower Arranging with Aliza  <small>REGISTER SO WE HAVE ENOUGH SUPPLIES!</small>	15 11 - 12 Current Events   12 - 1 Mahjong and Games  1 - 2 Chair Yoga  	16 10:30-11:20 Exercise with Vicki 
20 11-11:50 Exercise with Aliza 	21 11-12 Exercise with Aliza   12-1 Lunch and Support Group with Adina  1-2 Jane Chang returns! <small>BRING A LIGHT COLORED COTTON T-SHIRT TO PAINT</small> 	22 11 - 12 Current Events   12 - 1 Ethics of Our Fathers with Debra   1 - 2 Chair Yoga  	23 10:30-11:20 Exercise with Vicki 
27 CLOSED FOR MEMORIAL DAY	28 11-12 Exercise with Aliza   12-1 Lunch and Support Group with Adina  1-2 Presentation by Sharsheret a Jewish Breast Cancer Organization  	29 11 - 12 Current Events   12 - 1 Performance by Cheder Boys Choir  1 - 2 Chair Yoga  	30 10:30-11:20 Exercise with Vicki   ON ZOOM  AT CLUB 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?

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