

# SEQUOIA CALENDAR: MAY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>4</b> 11-11:50 Exercise with Aliza	<b>5</b> 11 - 11:50 Exercise with Vickie 12- 1 Support Group with Adina 1- 2:30 Gevuros	<b>6</b> 11 - 12 Current Events with Gerry 12 - 1 GI Health with Dr. Kevin Li 1 - 2 Chair Yoga with Kim	<div style="border: 1px solid gray; border-radius: 20px; padding: 20px; text-align: center;"> <p><b>Thursday schedule TBD - stay tuned!</b></p> </div>
<b>11</b> 11-11:50 Exercise with Aliza	<b>12</b> 11 - 11:50 Exercise with Vickie 12- 1 Support Group with Adina 1- 2:30 Gevuros	<b>13</b> 11 - 12 Current Events with Gerry 12 - 12:30 Lunch 12:30 - 2 Dance with Dario	
<b>18</b> 11-11:50 Exercise with Aliza	<b>19</b> 11 - 11:50 Exercise with Vickie 12- 1 Lunch and Lecture with Carter 1- 2:30 Gevuros	<b>20</b> 11 - 12 Current Events with Gerry 12 - 12:30 Lunch 12:30 - 2 Dance with Dario	
<b>25</b> CLOSED FOR MEMORIAL DAY	<b>26</b> 11 - 11:50 Exercise with Vickie 12- 1 Lunch and Lecture with Debra Kapnick 1- 2:30 Gevuros	<b>27</b> 11 - 12 Current Events with Gerry 12 - 12:30 Lunch 12:30 - 2 Dance with Dario	

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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