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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 10:30-11:20 Exercise with Aliza  *PLEASE NOTE TIME CHANGE IN JULY	2 11-12 Exercise with Aliza  12-1 Lunch and Support Group with Adina  1-2 Sing-Along with Mara 	3 INDEPENDENCE DAY PARTY!	4 CLOSED FOR INDEPENDENCE DAY
8 10:30-11:20 Exercise with Aliza 	9 11-12 Exercise with Aliza  12-1 Lunch and Support Group  1-2 "You're not Talking Loud Enough" hearing loss and hearing aides with Audiologist, Chaya Levi 	10 11 - 12 Current Events  12 - 1 Ethics of Our Fathers with Debra  1 - 2 Chair Yoga 	11 10:30-11:20 Exercise with Vicki 
15 10:30-11:20 Exercise with Aliza 	16 11:30-12:45 Dance with Dario!  1-2 Support Group with Adina 	17 11 - 1 Film: "The Green Prince"  (RUN TIME: 1:41) 1 - 2 Chair Yoga 	18 10:30-11:20 Exercise with Vicki 
22 10:30-11:20 Exercise with Aliza 	23 11:30-1:20 Film: One Life 	24 11 - 12 Current Events  12 - 1 Colors, Sound, Memory, and Meaning: 2-part writing workshop with Chris Parker (PART 2: 8/21)  1 - 2 Chair Yoga 	25 10:30-11:20 Exercise with Vicki 
29 10:30-11:20 Exercise with Aliza 	30 11:30-12:45 Dance with Dario!  1-2 Support Group with Adina 	31 11 - 12 Current Events  12 - 1 Hot Topics with Carter  1 - 2 Chair Yoga 	 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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