





























SEQUOIA CALENDAR: JULY 2026

MONDAY	TUESDAY	WEDNESDAY
		1 INDEPENDENCE DAY CELEBRATION
6 11-11: ⁵⁰ Exercise with Aliza 	7 11 - 11: ⁵⁰ Exercise with Vickie  12 - 1 Support Group with Adina  1 - 2: ³⁰ Gevuros 	8 11 - 12 Current Events with Gerry  12 - 1 Lunch and Hot Topics with Carter  1 - 2 Chair Yoga with Kim 
13 11-11: ⁵⁰ Exercise with Aliza 	14 11 - 11: ⁵⁰ Exercise with Vickie  12 - 1 Support Group with Adina  1 - 2: ³⁰ Gevuros 	15 11 - 12 Current Events with Gerry  12 - 1 Lunch and Ethics of our Fathers with Debra  1 - 2 Chair Yoga with Kim 
20 11-11: ⁵⁰ Exercise with Aliza 	21 11 - 11: ⁵⁰ Exercise with Vickie  12 - 1 Support Group with Adina  1 - 2: ³⁰ Gevuros 	22 11 - 12 Current Events with Gerry  12 - 1 Historical Overview of the Significance of the Ninth of Av with Melissa  1 - 2 Chair Yoga with Kim 
27 11-11: ⁵⁰ Exercise with Aliza 	28 11 - 11: ⁵⁰ Exercise with Vickie  12 - 1 Support Group with Adina  1 - 2 Always Keep Them Laughing with Rhoda & Bruce 	29 11 - 12 Current Events with Gerry  12 - 1 Lunch and Ethics of our Fathers with Debra  1 - 2 Chair Yoga with Kim 

 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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