

# SEQUOIA CALENDAR: SEPTEMBER 2026

| MONDAY                                                                                                                      | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                             | <b>1</b><br>11 - 11:50 Exercise with Vickie  <br>12 - 1 Lunch and Support Group with Adina <br>1 - 2:30 Gevuros                  | <b>2</b><br>11 - 12 Current Events with Gerry  <br>12 - 1 Jewish History with Melissa Kapustin  <br>1 - 2 Chair Yoga with Kim                                        |
| <b>7</b><br><br>CLOSED FOR<br>LABOR DAY                                                                                     | <b>8</b><br>11 - 12 Israeli Dancing  <br>12 - 1 Lunch and Support Group with Adina <br>1 - 2:30 Gevuros                          | <b>9</b><br><br>ROSH HASHANA<br>CELEBRATION<br>SEE FLYER FOR DETAILS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>14</b><br>11-11:50 Exercise with Aliza  | <b>15</b><br>11 - 12 Israeli Dancing  <br>12 - 1 Lunch and Support Group with Adina <br>1 - 2:30 Gevuros                    | <b>16</b><br>11 - 12 Current Events with Gerry  <br>12 - 1 Lunch and Ethics of our Fathers with Debra  <br>1 - 2 Chair Yoga with Kim                         |
| <b>21</b><br><br>CLOSED FOR<br>HOLIDAY OBSERVANCE                                                                           | <b>22</b><br>11 - 12 Israeli Dancing  <br>12 - 1 Lunch and Support Group with Adina <br>1 - 2 Hot Topics with Carter   | <b>23</b><br>11 - 12 Current Events with Gerry  <br>12 - 1 Somatic Healing and how it can benefit you with Dina Ruttner  <br>1 - 2 Chair Yoga with Kim   |
| <b>28</b><br><br>CLOSED FOR<br>HOLIDAY OBSERVANCE                                                                           | <b>29</b><br><br>CLOSED FOR<br>HOLIDAY OBSERVANCE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>30</b><br><br>CLOSED FOR<br>HOLIDAY OBSERVANCE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |



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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