




















SEQUOIA CALENDAR: OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
		CLOSED FOR HOLIDAY OBSERVANCE	CLOSED FOR HOLIDAY OBSERVANCE
6	7	8	9
CLOSED FOR HOLIDAY OBSERVANCE	CLOSED FOR HOLIDAY OBSERVANCE	CLOSED FOR HOLIDAY OBSERVANCE	SUKKOS PARTY!
13	14	15	16
CLOSED FOR HOLIDAY OBSERVANCE	CLOSED FOR HOLIDAY OBSERVANCE	CLOSED FOR HOLIDAY OBSERVANCE	10:30-11:20 Exercise with Vickie 
20	21	22	23
11 - 11:50 Exercise with Aliza 	11 - 11:50 Exercise with Aliza  12 - 1 Lunch and Support Group with Adina resumes!  1 - 2:30 Gevuros 	11-12 Current Events  12-1 Ethics of Our Fathers with Debra  1-2 Chair Yoga with Kim 	10:30-11:20 Exercise with Vickie 
27	28	29	30
11 - 11:50 Exercise with Aliza 	11 - 11:50 Exercise with Aliza  12 - 1 Lunch and Support Group with Adina  1 - 2:30 Gevuros 	11-12 Current Events  12-1 Jewish History with Melissa  1-2 Chair Yoga with Kim 	10:30-11:20 Exercise with Vickie 
			 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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