

CLUB SEQUOIA CALENDAR: NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 11 - 11:50 Exercise with Vickie covering for Aliza 	4 11 - 11:50 Exercise with Vickie covering for Aliza   12 - 1 Lunch and Support Group with Adina  1 - 2:30 Gevuros 	5 11 - 12 Current Events   12 - 1 Jewish Philosophy with Rabbi Kronenberg   1 - 2 Chair yoga with Kim  	6 10:30-11:20 Exercise with Vickie 
10 11 - 11:50 Exercise with Vickie covering for Aliza 	11 11 - 11:50 Exercise with Vickie covering for Aliza   12 - 1 Lunch and Support Group with Adina  1 - 2:30 Gevuros 	12 11 - 12 Current Events   12 - 1 Ethics of Our Fathers with Debra   1 - 2 Chair yoga with Kim  	13 10:30-11:20 Exercise with Vickie 
17 11 - 11:50 Exercise with Vickie covering for Aliza 	18 11 - 11:50 Exercise with Vickie covering for Aliza   12 - 1 Lunch and Support Group with Adina  1 - 2:30 Gevuros 	19 11 - 12 Current Events   12 - 1 A Play with Albert  1 - 2 Chair yoga with Kim  	20 10:30-11:20 Exercise with Vickie 
24 11 - 11:50 Exercise with Vickie covering for Aliza 	25 11 - 11:50 Exercise with Vickie covering for Aliza   12 - 1 Lunch and Support Group with Adina  1 - 2:30 Gevuros 	26 THANKSGIVING PARTY! SEE FLYER FOR DETAILS	27 CLOSED FOR THANKSGIVING  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?

Sarala Katz: 917-816-3532
s.katz@jfsclifton.org
Shaina Bodenheimer: 862-400-2074
s.bodenheimer@jfsclifton.org

