# SEQUOIA CALENDAR: **NOVEMBER 2026**

| MONDAY | TUESDAY | WEDNESDAY |
|---|---|---|
| **2**<br>11-11:50 Exercise with Aliza | **3**<br>11 - 11:50 Exercise with Vickie<br>12 - 1 Support Group with Adina<br>1 - 2:30 Gevuros | **4**<br>11 - 12 Current Events with Gerry<br>12 - 1 Matthew Guariglia from HUMC<br>1 - 2 Chair Yoga with Kim |
| **9**<br>11-11:50 Exercise with Aliza | **10**<br>11 - 11:50 Exercise with Aliza<br>12 - 1 Support Group with Adina<br>1 - 2:30 Gevuros | **11**<br>11 - 12 Current Events with Gerry<br>12 - 1 Veterans Day with Rabbi Kronenberg<br>1 - 2 Chair Yoga with Kim |
| **16**<br>11-11:50 Exercise with Aliza | **17**<br>11 - 11:50 Exercise with Vickie<br>12 - 1 Support Group with Adina<br>1 - 2:30 Gevuros | **18**<br>11 - 12 Current Events with Gerry<br>12 - 1 Hot Topics with Carter<br>1 - 2 Chair Yoga with Kim |
| **23**<br>11-11:50 Exercise with Aliza | **24**<br>11 - 11:50 Exercise with Vickie<br>12 - 1 Support Group with Adina<br>1 - 2:30 Gevuros | **25**<br>**THANKSGIVING CELEBRATION** |
| **30**<br>11-11:50 Exercise with Aliza | | |

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

jfs SEQUOIA WELLNESS CENTER

**QUESTIONS?**
Adina Lehrfield: 973-777-7638 x196
a.lehrfield@jfsclifton.org

Shaina Bodenheim: 862-400-2074
s.bodenheim@jfsclifton.org