

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 Internal Engineering/Rosie /Room11 10:00-1:00 Screenings /Rafael Birgé (Sr Ctr) 11:00-11:40 Tai Chi / Rosie (Dance Studio) <i>Join the 1st Generation for:</i> 11:00-11:50 Parshas Hashavuah Shiur by Rivka Gibber (Room 16) 12:00 "Oral Health"	2 <b>10:00-11:00</b> Exercise (Senior Center)
<b>Club 2G — January 2026</b>				
5 10:30-11:30 Exercise (Senior Center) 1:00 "Coping with Anxiety" with Rebecca W (Room 2G) 2:00 Crochet w Leah Silber (Room 2G) 2:00 Mah Jongg (Room 16)	6 <b>TRIP REGISTRATION</b> begins <b>TODAY</b> at <b>10:00</b> am. NO phone calls or emails before then!  10:00 Internal Engineering/Rosie /Room11 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 The Jewish Armchair Traveler Takes You to: Chevron with Rebecca (Computer room)	7 10:00-11:00 Workout (Senior Center) 1:00 Finish the McKenzie-inspired Cookie Jar with Blimie (Room 2G) <b>ONLY IF YOU DID PART 1!</b>	8 10:00 Internal Engineering/Rosie /Room11 10:00-1:00 Screenings /Rafael Birgé (Sr Ctr) 11:00-11:40 Tai Chi / Rosie (Dance Studio) <i>Join the 1st Generation for:</i> 11:00-11:50 Parshas Hashavuah Shiur by Rochel Leah Kohn (Room 16) 12:00 "Oral Health" with Suri Rabinowitz (Room 2G)	9 <b>10:00-11:00</b> Exercise (Senior Center)
12 10:30-11:30 Exercise (Senior Center) 1:00 "Coping with Anxiety" with Rebecca Weingarten (Room 2G) 2:00 Crochet w Leah Silber (Room 2G) 2:00 Mah Jongg (Room 16)	13 10:00 Internal Engineering/Rosie /Room11 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 "Monet & The Impressionism"— in preparation for tomorrow's trip! Art history class with Simonne	14 10:00-11:00 Workout (Senior Center) 1:00 Make Date Bark with Rivkie Witriol (Room 11)  <b>10:00 TRIP: "Monet &amp; Venice"</b> <b>LIMITED AVAILABILITY — MUST</b> <b>REGISTER IN ADVANCE!</b>	15 10:00 Internal Engineering/Rosie /Room11 10:00-1:00 Screenings /Rafael Birgé (Sr Ctr) 11:00-11:40 Tai Chi / Rosie (Dance Studio) <i>Join the 1st Generation for:</i> 11:00-11:50 Parshas Hashavuah Shiur by Rivka Gibber (Room 16) 12:00 "Inflammation" with Suri Rabinowitz (Room 2G)	16 <b>10:00-11:00</b> Exercise (Senior Center)

# Club 2G — January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>19 Rosh Chodesh Sh'vat</b> <u>10:30-11:30</u> Exercise (Sr Ctr) <u>1:00</u> "Coping with Anxiety" with Rebecca W (Room 2G) <u>2:00</u> Crochet w L Silber (Room 2G) <u>2:00</u> Mah Jongg (Room 16)	<b>20</b> <u>10:00</u> Internal Engineering/Rosie /Room11 <u>10:30-11:15</u> Chair Yoga (Senior Ctr) <u>11:20-12:05</u> Mat Yoga (Dance Studio) <u>1:00</u> Make Bead/Resin Earrings (Similar, not Identical, to this) Jewelry Workshop with Estie Lifshitz (Room 2G)	<b>21</b> <u>10:00-11:00</u> <b>Workout</b> (Senior Center) <u>12:30-1:30</u> CPR Class: Learn what to do and what NOT to do—save a life! (Room 11) <b>NOTE: This is a 2-part class!</b> <div style="background-color: #e0e0ff; padding: 10px; text-align: center;"> <b>10:30 TRIP: Pottery Painting</b>  <b>LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE!</b> </div>	<b>22</b> <u>10:00</u> Internal Engineering/Rosie /Room11 <u>10:00-1:00</u> Screenings /Rafael Birgé (Sr Ctr) <u>11:00-11:40</u> Tai Chi / Rosie (Dance Studio) <i>Join the 1st Generation for:</i> <u>11:00-11:50</u> Parshas Hashavuah Shiur by Peydouth Fleischer (Room 16) <u>12:00</u> "Inflammation" with Suri Rabinowitz (Room 2G)	<b>23</b> <u>10:00-11:00</u> Exercise (Senior Center)
<b>26</b> <u>10:30-11:30</u> Exercise (Sr Ctr) <u>1:00</u> "Coping with Anxiety" with Rebecca W (Room 2G) <u>2:00</u> Crochet w L Silber (Room 2G) <u>2:00</u> Mah Jongg (Room 16)	<b>27</b> <u>10:00</u> Internal Engineering/Rosie /Room11 <u>10:30-11:15</u> Chair Yoga (Senior Ctr) <u>11:20-12:05</u> Mat Yoga (Dance Studio) <u>1:00</u> Journaling/ Malkie Landau (Room 2G) <u>2:00</u> New Horizons: "Sight" (Impoverished Chinese prodigy flees Communist China to become a pioneering eye surgeon in America)	<b>28</b> <u>10:00-11:00</u> <b>Workout</b> (Senior Center) <u>12:30-1:30</u> CPR Class— <u>Part 2</u> : Learn what to do and what NOT to do—save a life! (Room 11)	<b>29</b> <u>10:00</u> Internal Engineering/Rosie /Room11 <u>10:00-1:00</u> Screenings /Rafael Birgé (Sr Ctr) <u>11:00-11:40</u> Tai Chi / Rosie (Dance Studio) <i>Join the 1st Generation for:</i> <u>11:00-11:50</u> Parshas Hashavuah Shiur by Peydouth Fleischer (Room 16) <u>12:00</u> "Heart" with Suri Rabinowitz (Room 2G)	<b>30</b> <u>10:00-11:00</u> Exercise (Senior Center)

Programs are subject to changes and/or cancellations!

For the Men's Program — see page 4!