


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

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Monday	Tuesday	Wednesday	Thursday	Friday
19 Rosh Chodesh Sh’vat 10:30-11:30 Exercise (Sr Ctr) 1:00 “Coping with Anxiety” with Rebecca W (Room 2G) 2:00 Crochet w L Silber (Room 2G) 2:00 Mah Jongg (Room 16)	20 10:00 Internal Engineering /Rosie /Room11 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 Make Bead/Resin Earrings (Similar, not Identical, to this) Jewelry Workshop with Estie Lifshitz (Room 2G) 	21 10:00-11:00 Workout (Senior Center) 12:30-1:30 CPR Class: Learn what to do and what NOT to do—save a life! (Room 11) NOTE: This is a 2-part class! <div> 10:30 TRIP: Pottery Painting LIMITED AVAILABILITY — MUST REGISTER IN ADVANCE! </div>	22 10:00 Internal Engineering /Rosie /Room11 10:00-1:00 Screenings /Rafael Birgé (Sr Ctr) 11:00-11:40 Tai Chi / Rosie (Dance Studio) Join the 1st Generation for: 11:00-11:50 Parshas Hashavuah Shiur by Peydouth Fleischer (Room 16) 12:00 “Inflammation” with Suri Rabinowitz (Room 2G)	23 10:00-11:00 Exercise (Senior Center)
26 10:30-11:30 Exercise (Sr Ctr) 1:00 “Coping with Anxiety” with Rebecca W (Room 2G) 2:00 Crochet w L Silber (Room 2G) 2:00 Mah Jongg (Room 16)	27 10:00 Internal Engineering /Rosie /Room11 10:30-11:15 Chair Yoga (Senior Ctr) 11:20-12:05 Mat Yoga (Dance Studio) 1:00 Journaling/ Malkie Landau (Room 2G) 2:00 New Horizons: “Sight” (Impoverished Chinese prodigy flees Communist China to become a pioneering eye surgeon in America)	28 10:00-11:00 Workout (Senior Center) 12:30-1:30 CPR Class—Part 2: Learn what to do and what NOT to do—save a life! (Room 11)	29 10:00 Internal Engineering /Rosie /Room11 10:00-1:00 Screenings /Rafael Birgé (Sr Ctr) 11:00-11:40 Tai Chi / Rosie (Dance Studio) Join the 1st Generation for: 11:00-11:50 Parshas Hashavuah Shiur by Peydouth Fleischer (Room 16) 12:00 “Heart” with Suri Rabinowitz (Room 2G)	30 10:00-11:00 Exercise (Senior Center)
Programs are subject to changes and/or cancelations!			For the Men’s Program — see page 4!	