Have Questions?

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THE CLUB

KAPLEN JCC on the Palisades

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Breakfast & Chat 10:00 Sit & Be Fit 10:45 Ceramics / Musical Theater 11:15 Moving and Shaking with Manny 12:15 Lunch 1:00 Drama Club / Technology Club	**3** 9:00 Breakfast & Chat 10:00 Dance Club 10:30 Senses & Serenity / Linda's Letters 11:15 Joe Keys Duo 12:15 Lunch 1:00 Yoga Tai Chi Dance / Jewelry Design / Music Appreciation	**4** 9:00 Breakfast & Chat 10:00 Fit for Life 10:45 Sports Club / Intergenerational Gardening 11:15 Dance Party w/ Frankie M 12:15 Lunch 1:00 Senior Boxing / Photography	**5** 9:00 Breakfast & Chat 10:15 Healthy Moves 10:45 Exploring Art Sponsored by the MET / Ball Sports 11:15 Irish Balladeer with Richard 12:15 Lunch 1:00 Fiber Arts Club / Travel Club	**6** 9:00 Breakfast & Chat 10:00 Balance & Agility 11:15 Intergenerational Shabbat 11:30 Libby Plays the Sax 12:15 Lunch 1:00 Musical Bingo
9 9:00 Breakfast & Chat 10:00 Sit & Be Fit 10:45 Ceramics / Musical Theater 11:30 Dance Party with Aaron 12:15 Lunch 1:00 Drama Club / Technology Club	**10** 9:00 Breakfast & Chat 10:00 Dance Club 10:30 Sense & Serenity / Linda's Letters 11:15 Carlos in Concert 12:15 Lunch 1:00 Yoga Tai Chi Dance / Jewelry Design / Music Appreciation	**11** 9:00 Breakfast & Chat 10:00 Fit for Life 10:45 Sports Club / Intergenerational Gardening 11:15 Toasting the town w/ Johnny 12:15 Lunch 1:00 Senior Boxing / Photography	**12** 9:00 Breakfast & Chat 10:15 Healthy Moves 10:45 Jewelry Design / Ball Sports 11:15 Jazz Greats with Janice 12:15 Lunch 1:00 Fiber Arts Club / Travel Club	**13** 9:00 Breakfast & Chat 10:00 Balance & Agility 11:15 Intergenerational Shabbat 11:30 Sing-A-Long with Ruth 12:15 Lunch 1:00 Shabbat Musical Memory Tour

Sunday, March 8
Move clock ahead 1 hour

Monday	Tuesday	Wednesday	Thursday	Friday
16 9:00 Breakfast & Chat 10:00 Sit & Be Fit 10:45 Ceramics / Musical Theater 11:15 Singing the Standards With Rick 12:15 Lunch 1:00 Drama Club / Technology Club	17 9:00 Breakfast & Chat 10:00 Dance Club 10:30 Senses & Serenity / Linda's Letters 11:30 Sing-A-Long with Hal 12:15 Lunch 1:00 Yoga Tai Chi Dance / Jewelry Design / Music Appreciation	18 9:00 Breakfast & Chat 10:00 Fit for Life 10:45 Sports Club / Intergenerational Gardening 11:15 Shlomo Haviv in Concert 12:15 Lunch 1:00 Senior Boxing / Photography	19 LAVISH LUNCH Starting at 11:15 Featuring Tuvia: One Man Band	20 9:00 Breakfast & Chat 10:00 Balance & Agility 11:15 Intergenerational Shabbat 11:30 Soul Songs with Rhonda 12:15 Lunch 1:00 Musical Bingo
9:00 Breakfast & Chat 23 10:00 Sit & Be Fit 10:45 Ceramics / Musical Theater 11:15 Estere Diva in Concert 12:15 Lunch 1:00 Drama Club / Technology Club	9:00 Breakfast & Chat 24 10:00 Dance Club 10:30 Senses & Serenity / Linda's Letters 11:15 Peter plays the Piano 12:15 Lunch 1:00 Yoga Tai Chi Dance / Jewelry Design / Music Appreciation	9:00 Breakfast & Chat 25 10:00 Fit for Life 10:45 Sports Club / Intergenerational Gardening 11:15 Oldies with Peter L 12:15 Lunch 1:00 Senior Boxing / Photography	9:00 Breakfast & Chat 26 10:15 Healthy Moves 10:45 Jewelry Design / Ball Sports 11:30 Joe Keys Duo 12:15 Lunch 1:00 Fiber Arts Club / Travel Club	9:00 Breakfast & Chat 27 10:00 Balance & Agility 11:15 Intergenerational Shabbat 11:30 Jammin' with Reggie 12:15 Lunch 1:00 Shabbat Musical Memory Tour
30 9:00 Breakfast & Chat 10:00 Sit & Be Fit 10:45 Ceramics / Musical Theater 11:15 Sing-A-Long with Ruth 12:15 Lunch 1:00 Drama Club / Technology Club	31 9:00 Breakfast & Chat 10:00 Dance Club 10:30 Senses & Serenity / Linda's Letters 11:30 Calypso Beats with Selah 12:15 Lunch 1:00 Yoga Tai Chi Dance / Jewelry Design / Music Appreciation	Pulmonary and Blood Pressure Monitoring 10-12 March 17th 	**March Birthdays:** Carol Klein Ann Lipmanowicz 	Don't Miss Exploring Art: Thursday, March 5th at 10:45 AM Our monthly sensory art program Sponsored by the MET