

MARCH 2021

MONDAY

3:00-3:45pm
Yoga Nidra Meditation
Ilene Berke

TUESDAY

8:45-9:45am
Jazzercise
Elizabeth Eaves

10:30am-12:00pm
Music Appreciation
1st, 3rd and 4th Tuesday

10:30-11:30am
Laugh, Flex & Stretch
Lois Jackson

11:30am-1:00pm
Women's COVID
Support Group
Sue Wellerstein

1:00-3:00pm
Watercolor
David Deyell

7:00pm-7:45pm
Italian Lessons for Beginners
Oksana Management Group

7:00pm-7:45pm
Farsi for Beginners
Oksana Management Group

7:00pm-7:45pm
Hebrew for Beginners
Oksana Management Group

7:00pm-7:45pm
Russian Lessons for Beginners
Oksana Management Group

WEDNESDAY

11:15am-12:15pm
Chair Yogalates
Ilene Berke

Senior Advocate
Appointments
Available on
1st & 3rd Wednesdays

1:00-2:30pm
Caregiver Support Group
1st & 3rd Wednesdays

THURSDAY

8:45-9:45am
Jazzercise
Elizabeth Eaves

10:30-11:30am
Arthritis
Lois Jackson

FRIDAY

11:15am-12:15pm
Chair Yogalates
Ilene Berke

Special Events

3/2 - Hammer Museum Tour, 1-2pm

3/16 - 3/17 - Lending Library, 9am-3pm

3/30 - 3/31 - Senior Concerns Seminar