

FREE PROGRAMS with MEMBERSHIP updated 1.7.22

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
10:00 - 11:00 - (V) Myerberg Movie Reviews 3rd Monday of the month	11:00 - 11:45 (V) Get in the Groove <i>Ilysa Cohen</i> A, S, B	11:00 - 11:45 (V) Get in the Groove <i>Ilysa Cohen</i> A, S, B	11:00 - 12:00 (V) Museum Tours <i>Judith Weitzman</i> 1/13 - 2/3	10:30 - 12:00 (V) Travel Tours <i>Pre-recorded</i>
10:30 - 11:30 - (H) Israel Culture Club with Shinshinim	2:00 - 3:00 (O) Movement & Balance <i>Joyce Wolpert</i> 4th Tuesday B, F	1:15 - 2:15 (V) Rock Steady Boxing <i>Markese Hayden</i> P, A, B, S	12:00 - 1:00 (V) Book Club <i>Wendy Matt</i> 3rd Thursday	(A) Aerobic (B) Balance (F) Flexibility (P) Parkinsons (S) Strength
11:00 - 12:00 (V) Current Events <i>John Rydell</i>		1:30 - 2:30 - (V) Knitting & Needlework Club	1:30 - 3:30 (O) FREE MOVIE 2nd Thursday	
1:15 - 2:15 (V) Rock Steady Boxing <i>Markese Hayden</i> P, A, B, S		2:30 - 3:30 - (V) Stories from the Soul - Xtra	2:00 - 3:00 (V) Cardio Drumming <i>Ilysa Cohen</i> A, S	
2:30 - 3:30 (V) Healthy Heart Cooking <i>Ilysa Cohen</i> 2nd Monday of the month			2:30 - 3:30 - (V) Stories from the Soul	

(V) Virtual Center
(O) Onsite at Myerberg
(H) Hybrid - both Virtual & Onsite