

"Such a variety of
free programs, we
really enjoy them!"

Cardio Drumming with Ilysa Cohen (ONSITE)

Thursdays, 2:00 to 3:00 p.m.

Brings together drumsticks, an exercise ball and a stand to create one of the most fun workouts you'll ever do. Using the ball and the floor as your drum, and mixing in fun moves, cardio drumming turns keeping a rhythm into a workout you won't want to stop!

Myerberg Walking Club with Ilysa Cohen (ONSITE)

Wednesdays, 1:00 to 2:00 p.m.

Get your steps in while chatting with some new friends. Meet in the cafe by the fitness center.

Weather permitting.

Myerberg Health Fair 2025

Thursday, February 20, 9:30 a.m. to 12:00 p.m.

Join us at the upcoming Health & Wellness Fair, where wellness meets community! This event will feature a wide variety of vendors, all dedicated to helping you live a healthier and happier life. From nutritional experts and fitness professionals to mental health advocates and holistic wellness practitioners, you'll discover resources and products that support your overall well-being. Whether you're looking for tips on maintaining a balanced lifestyle or new wellness products to try, this fair has something for everyone. Don't miss out on this opportunity to connect, learn, and invest in your health!

MEMBERSHIP provides you with discounts on a variety of programs including Bridge, Trips, Fitness Classes, Personal Training, Virtual Center Subscriptions & more!

WINTER
2025

MYERBERG FREE* PROGRAMS


MYERBERG
EDWARD A. MYERBERG CENTER
A Program of CHAI

***FREE FOR MEMBERS & SUBSCRIBERS**

Updated 10.23.24



We offer a variety of free programs!

Break-A-Sweat Bingo with Ilysa Cohen (ONSITE)

One Monday each month (1/13, 2/17, 3/17, 4/21)

Play a little bingo, dance or workout to a song, win some prizes and have a lot of fun. Meet new friends.

Canasta Open Play with Eris Chorney (ONSITE)

Mondays, 1:30 to 3:30 p.m.

Canasta - Lessons with Eris Chorney (ONSITE)

Wednesdays, 9:30 to 11:00 a.m.

January 8 through February 19, no class 2/12

Let's learn how to play Canasta while embracing the benefits that touch the heart, mind, and soul. Let the cards guide you on a journey of joy, connection, and discovery.

Current Events with Ron Matz & John Rydell (VIRTUAL)

Mondays, 11:00 a.m. to 12:00 p.m.

Local experienced news reporters will take turns hosting a current events discussion in alternating weeks. Bring your questions to this amazing virtual hour filled with news and laughs.

Knitting & Needlework with Daniella Fradkin (ONSITE)

Wednesdays, 1:30 to 2:30 p.m.

Join Daniella and other members who enjoy needlework and learn how to knit and crochet.

Mah Jongg (ONSITE)

Mondays 11:30 a.m. to 1:30 p.m. OR

Wednesdays, 1:30 to 3:00 p.m.

Join to play Mah Jongg. Please come with your own card and set of tiles.



Meaningful Movement with Joyce Wolpert (ONSITE)

Tuesdays, 10:00 - 11:00 a.m.

January 7 through April 29

A familiarity with movement, a working range of motion and an openness to the body-mind connection is the basis for this therapeutic experience. Additional repertoire will be taught and a safe non-judgmental atmosphere is assured.

Myerberg MOVIES! (ONSITE)

Dates vary each month

Thursdays at 12:00 p.m.

Email reese@myerberg.org for more information.

1/9 - Woman of the Hour (2024)

2/13 - Elvis (2022)

3/13 - Grease (1978)

4/10 - Almost Famous (2000)

Photography Club (ONSITE)

Every other Tuesday

11:15 a.m. to 12:15 p.m.

Share photographs, discuss and learn techniques from each other. Each session, you can email your photo to the group leaders to be shown during the meeting.