

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

Cardio Drumming with Ilysa Cohen (ONSITE)

Thursdays, 2:00 to 3:00 p.m.; no class 10/2, 11/27

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!

Meaningful Movement with Joyce Wolpert (ONSITE)

Tuesdays, 10:00 to 11:00 a.m. starting 10/21

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 Walking Club with Ilysa Cohen (ONSITE)

Wednesdays, 1:00 to 2:00 p.m. Through 10/29

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

Please CALL US to express interest. Minimum of 4 attendees.

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

FALL
2025

MYERBERG FREE* PROGRAMS



***FREE FOR MEMBERS & SUBSCRIBERS
REGISTRATION IN ADVANCE REQUIRED**

Updated 9.5.25



We offer a variety of free programs!

Break-A-Sweat Bingo with Ilysa Cohen (ONSITE)
One Monday each month (9/15, 10/20, 11/17, 12/15)
1:00 - 2:30 p.m.

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 (ONSITE)
Mondays & Wednesdays 1:30 to 3:30 p.m.

Coloring for Calm & Creativity
Fridays, 10:30 to 11:15 a.m.

A calming morning of coloring with different designs and coloring media. Products provided or bring your own.

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 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.

Join to play Mah Jongg. Please come with your own card and set of tiles (we have some sets here).

Myerberg MOVIES! (ONSITE)
Dates vary each month
Thursdays at 12:00 p.m.

Email reese@myerberg.org for more information.

9/11 - Conclave (2024)

10/9 - Ford v. Ferrari (2019)

11/13 - Titan: The OceanGate Disaster (2025)

12/11 - The Thursday Murder Club (2025)

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.