

Please Note:

All Programs are subject to change at the discretion of the staff, and new programs may be added as we continue to adapt to the needs of our participants during this time. Have Questions? Contact the Programming Staff:

Sal: spintavalle@jccotp.org Sarah: sfeinmark@jccotp.org



Monday	Tuesday	Wednesday	Thursday
	10:00 Moving with Maurice1Functional Movement (please bring two "weights" and a towel)	10:00 Moving with Maurice2Boxing	10:00 Moving with Maurice Yoga and Stretching
	11:00 Trivia Challenge your brain with interactive trivia	11:00 Virtual Road Trip Let's hit the road and see the sights!	11:00 Virtual Bingo Will you be this week's big winne for virtual Bingo and find out!
	2:00 Music Appreciation Join us as we enjoy classical and contem- porary music	2:00 Virtual Concert with Carlos Sing and Dance at home while we listen to a live concert performed just for us!	2:00 Virtual Concert with Hal Sing and Dance at home while w a live concert performed just for
10:00 Moving with Maurice7Full Body Exercise (please bring two "weights" and a towel)	10:00 Moving with Maurice8Functional Movement (please bring two "weights" and a towel)	10:00 Moving with Maurice9Boxing	10:00 Moving with Maurice Yoga and Stretching
11:00 History Club Join us as we share our memories and re- flect on memorable historic events, myster- ies, and more!	11:00 Trivia Challenge your brain with interactive trivia	11:00 Virtual Road Trip Let's hit the road and see the sights!	11:00 Virtual Bingo Will you be this week's big winne for virtual Bingo and find out!
2:00 Virtual Concert with Reggie Sing and Dance at home while we listen to a live concert performed just for us!	2:00 Music Appreciation Join us as we enjoy classical and contem- porary music	2:00 Virtual Concert with Joe Keys Sing and Dance at home while we listen to a live concert performed just for us!	2:00 Virtual Concert with Rhor Sing and Dance at home while w a live concert performed just for

	Friday	
3	10:00 Moving with Maurice 4	
	Balance and Agility (please bring two "weights" and a towel)	
	10:45 Intergenerational Shabbat	
inner? Join us	11:00 Sing-A-Long	
	Join us as we follow the lyrics on screen and sing along to our favorite songs.	
al		
ile we listen to for us!	2:00 Nature Club	
101 45!	Join us as we venture into the wild.	
10	10:00 Moving with Maurice 11	
	Balance and Agility (please bring two "weights" and a towel)	
	10:45 Intergenerational Shabbat	
inner? Join us		
!	11:00 Sing-A-Long	
	Join us as we follow the lyrics on screen	
Rhonda	and sing along to our favorite songs.	
ile we listen to for us!		
	2:00 Nature Club	
	Join us as we venture into the wild.	

Monday	Tuesday	Wednesday	Thursday	
10:00 Moving with Maurice 14	10:00 Moving with Maurice 15	10:00 Moving with Maurice 16	10:00 Moving with Maurice 17	10:00 Mo
Full Body Exercise (please bring two "weights" and a towel)	Functional Movement (please bring two "weights" and a towel)	Boxing	Yoga and Stretching	Balance a "weights"
11:00 History Club Join us as we share our memories and re- flect on memorable historic events, myster- ies, and more!	11:00 Trivia Challenge your brain with interactive trivia	11:00 Virtual Road Trip Let's hit the road and see the sights!	11:00 Virtual Bingo Will you be this week's big winner? Join us for virtual Bingo and find out!	10:45 Int 11:00 Sin Join us a
2:00 Virtual Concert with Janice Sing and Dance at home while we listen to a live concert performed just for us!	2:00 Music Appreciation Join us as we enjoy classical and contem- porary music	2:00 Virtual Concert with Carlos Sing and Dance at home while we listen to a live concert performed just for us!	2:00 Virtual Concert with Ilya Sing and Dance at home while we listen to a live concert performed just for us!	and sing 2:00 Nat Join us a
10:00 Moving with Maurice21	10:00 Moving with Maurice22	10:00 Moving with Maurice23	10:00 Moving with Maurice24	10:00 Mc
Full Body Exercise (please bring two "weights" and a towel)	Functional Movement (please bring two "weights" and a towel)	Boxing	Yoga and Stretching	Balance a "weights"
11:00 History Club Join us as we share our memories and re- flect on memorable historic events, myster- ies, and more!	11:00 Trivia Challenge your brain with interactive trivia 2:00 Music Appreciation	11:00 Virtual Road Trip Let's hit the road and see the sights!	 11:00 Virtual Bingo Will you be this week's big winner? Join us for virtual Bingo and find out! 2:00 Virtual Concert with John M. 	10:45 Int 11:00 Sin Join us a and sing
2:00 Virtual Concert with Selah Sing and Dance at home while we listen to a live concert performed just for us!	Join us as we enjoy classical and contem- porary music	2:00 Virtual Concert with Hal Sing and Dance at home while we listen to a live concert performed just for us!	Sing and Dance at home while we listen to a live concert performed just for us!	2:00 Nat Join us a
10:00 Moving with Maurice28	10:00 Moving with Maurice 29	10:00 Moving with Maurice 30	10:00 Moving with Maurice 31	ј т
Full Body Exercise (please bring two "weights" and a towel)	Functional Movement (please bring two "weights" and a towel)	Boxing	Yoga and Stretching	 If yo the
11:00 History Club Join us as we share our memories and re- flect on memorable historic events, myster- ies, and more!	11:00 Trivia Challenge your brain with interactive trivia	11:00 Virtual Road Trip Let's hit the road and see the sights!	11:00 Virtual Bingo Will you be this week's big winner? Join us for virtual Bingo and find out!	 In the second sec
2:00 Virtual Concert with Joe Keys Sing and Dance at home while we listen to a live concert performed just for us!	2:00 Music Appreciation Join us as we enjoy classical and contem- porary music	2:00 Virtual Concert with Rhonda Sing and Dance at home while we listen to a live concert performed just for us!	2:00 Virtual Concert with Reggie Sing and Dance at home while we listen to a live concert performed just for us!	10A11A2PI

Thursday	Friday		
ving with Maurice 17	10:00 Moving with Maurice 18		
Stretching	Balance and Agility (please bring two "weights" and a towel)		
ual Bingo	10:45 Intergenerational Shabbat		
e this week's big winner? Join us Bingo and find out!	11:00 Sing-A-Long		
	Join us as we follow the lyrics on screen and sing along to our favorite songs.		
al Concert with Ilya			
Dance at home while we listen to cert performed just for us!	2:00 Nature Club		
	Join us as we venture into the wild.		
ving with Maurice 24	10:00 Moving with Maurice 25		
Stretching	Balance and Agility (please bring two "weights" and a towel)		
ual Bingo	10:45 Intergenerational Shabbat		
e this week's big winner? Join us Bingo and find out!	11:00 Sing-A-Long		
al Concert with John M.	Join us as we follow the lyrics on screen and sing along to our favorite songs.		
Dance at home while we listen to cert performed just for us!	2:00 Nature Club		
	Join us as we venture into the wild.		
ving with Maurice 31	To Join a Zoom Meeting:		
Stretching	 If you receive weekly e-mails, er the program by clicking the link the e-mail. 		
ual Bingo	 In the Zoom App, click Join Mee 		
e this week's big winner? Join us Bingo and find out!	ing, enter the Meeting ID Numb and passcode <u>JCC</u> :		
al Concert with Reggie	• 10AM Meeting ID: 976 6789 96		
Dance at home while we listen to	• 11AM Meeting ID: 959 9012 17		
cert performed just for us!	• 2PM Meeting ID: 924 9013 547		