

## 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

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Monday	Tuesday	Wednesday	Thursday	Friday
	To Join a Zoom Meeting:  weekly e-mails, enter the program be the e-mail.  App, click Join Meeting, enter the Mand passcode JCC:  10AM Meeting ID: 976 6789 966  11AM Meeting ID: 959 9012 172  2PM Meeting ID: 924 9013 547	eeting ID Number,  02 23	10:00 Moving with Maurice Yoga and Stretching  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 Carlos Sing and Dance at home while we listen to a live concert performed just for us!	10:00 Moving with Maurice Balance and Agility (please bring two "weights" and a towel)  11:00 Sing-A-Long Join us as we follow the lyrics on screen and sing along to our favorite songs.  2:00 Nature Club Join us as we venture into the wild.
CLOSED FOR INDEPENDENCE DAY	6 10:00 Moving with Maurice Functional Movement (please bring two "weights" and a towel)	7 10:00 Moving with Maurice Boxing	8 10:00 Moving with Maurice Yoga and Stretching	9 10:00 Moving with Maurice Balance and Agility (please bring two "weights" and a towel)
	11:00 Trivia Challenge your brain with interactive trivia	11:00 Music Appreciation  Sit back and relax while we enjoy our favorite classical and contemporary pieces.	11:00 Virtual Bingo Will you be this week's big winner? Join us for virtual 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.
	2:00 Virtual Concert with Aaron Miller Sing and Dance at home while we listen to a live concert performed just for us!	2:00 Virtual Concert with Selah Sing and Dance at home while we listen to a live concert performed just for us!	***NOTE TIME CHANGE FOR TODAY***  12:45 Virtual Concert with Hal  Sing and Dance at home while we listen to a live concert performed just for us!	2:00 Nature Club  Join us as we venture into the wild.

Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
10:00 Moving with Maurice	10:00 Moving with Maurice	10:00 Moving with Maurice	10:00 Moving with Maurice	10:00 Moving with Maurice
Full Body Exercise (please bring two	Functional Movement (please bring two	Boxing	Yoga and Stretching	Balance and Agility (please bring two
"weights" and a towel)	"weights" and a towel)		44.00.77.4.1.71	"weights" and a towel)
11:00 History Club	11:00 Trivia	11:00 Virtual Concert with John M	11:00 Virtual Bingo	11:00 Sing-A-Long
Join us as we share our memories and re-	Challenge your brain with interactive trivia	Sing and Dance at home while we listen to	Will you be this week's big winner? Join us for virtual Bingo and find out!	Join us as we follow the lyrics on screen
flect on memorable historic events, myster-		a live concert performed just for us!		and sing along to our favorite songs.
ies, and more!	2:00 Virtual Concert with Rhonda	2:00 Virtual Road Trip	2:00 Virtual Concert with Janice	
2:00 Virtual Concert with Van Martin	Sing and Dance at home while we listen to	Let's hit the road and see the sights!	Sing and Dance at home while we listen to	2:00 Nature Club
Sing and Dance at home while we listen to	a live concert performed just for us!	Let's filt the road and see the signis:	a live concert performed just for us!	Join us as we venture into the wild.
a live concert performed just for us!				
19	20	21	22	23
10:00 Moving with Maurice	10:00 Moving with Maurice	10:00 Moving with Maurice	10:00 Moving with Maurice	10:00 Moving with Maurice
Full Body Exercise (please bring two "weights" and a towel)	Functional Movement (please bring two "weights" and a towel)	Boxing	Yoga and Stretching	Balance and Agility (please bring two "weights" and a towel)
		11:00 Music Appreciation	11:00 Virtual Bingo	
11:00 Virtual Concert with Ilya	11:00 Trivia	Sit back and relax while we enjoy our fa-	Will you be this week's big winner? Join us	11:00 Sing-A-Long
Sing and Dance at home while we listen to	Challenge your brain with interactive trivia	vorite classical and contemporary pieces.	for virtual Bingo and find out!	Join us as we follow the lyrics on screen
a live concert performed just for us!			2.00 Vintual Consont with Conless	and sing along to our favorite songs.
2:00 History Club	2:00 Virtual Concert with Selah	2:00 Virtual Concert with Mark Richards	2:00 Virtual Concert with Carlos Sing and Dance at home while we listen to	2:00 Nature Club
Join us as we share our memories and re-	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!	Join us as we venture into the wild.
flect on memorable historic events, myster-		a live concert performed just for us!		
ies, and more!	27	28	29	30
10:00 Moving with Maurice	10:00 Moving with Maurice	10:00 Moving with Maurice	10:00 Moving with Maurice	10:00 Moving with Maurice
Full Body Exercise (please bring two	Functional Movement (please bring two	Boxing	Yoga and Stretching	Balance and Agility (please bring two
"weights" and a towel)	"weights" and a towel)	· ·		"weights" and a towel)
		11:00 Virtual Road Trip	11:00 Virtual Bingo	
11:00 History Club	11:00 Trivia	Let's hit the road and see the sights!	Will you be this week's big winner? Join us	11:00 Sing-A-Long
Join us as we share our memories and re- flect on memorable historic events, myster-	Challenge your brain with interactive trivia	Ç	for virtual Bingo and find out!	Join us as we follow the lyrics on screen
ies, and more!	0.00 White-old Operator White-Market	2:00 Virtual Concert with Rhonda	2:00 Virtual Concert with Janice	and sing along to our favorite songs.
	2:00 Virtual Concert with Van Martin	Sing and Dance at home while we listen to	Sing and Dance at home while we listen to	2:00 Nature Club
2:00 Virtual Concert with John M	Sing and Dance at home while we listen to a live concert performed just for us!	a live concert performed just for usl	a live concert performed just for us!	Join us as we venture into the wild.
Sing and Dance at home while we listen to a live concert performed just for us!				