

# Regularly Scheduled Programs

MONDAYS		
8:45-9:30	Tel Aviv	<b>Senior Yoga/Silver Sneakers©</b> (Robin Stuelpner) (see * and ** below)
10:00-12:00	Jaffa	<b>Beginners Mah Jong</b> (Marilyn Golin) (see * below, which includes lunch) For beginners and "returnees" who need a refresher course
10:00-2:00	Jaffa	<b>Leisure Mah Jong</b> (see * below, which includes lunch) For those who are experienced players. New members welcome.
11:00-12:00	Gym	<b>Strength Training For Better Balance</b> (Robin Stuelpner) (see * and ** below)
1:00-2:15	Tel Aviv	<b>Opera Appreciation</b> (Mel Haber) (see * below) Hear highlights from specific operas, singers or themes. <b>January 8, February 5</b>
1:00-2:15	Jerusalem	<b>How to Look at Art</b> (John Hirsch) (see * below) A guided tour of works of art from the Renaissance to the present
TUESDAYS		
9:00-10:30	Jaffa	<b>Tuesday Men's Club</b> Bagel breakfast with friends every week. Last Tuesday of the month, meeting is at the Triple Crown Diner
11:00-12:00	Jaffa	<b>Mind Aerobics With Violet Rosenberg</b> A variety of fun games designed to exercise the mind.
10:30 - 11:00	Tel Aviv	<b>Chair Aerobics With Dane Warren</b>
10:30-12:00	Masada	<b>Potpourri With Perrie</b> A weekly discussion of various topics with a historical/cultural theme
12:00-12:45	Tel Aviv	<b>Ask the Nurse</b> (Vinnie Bravaro, RN)
1:00-2:30	Tel Aviv	<b>Marathoners Club</b> A weekly social club with live musical entertainment. See Page 3 for details
1:00-1:45	Jaffa	<b>Classic Aerobics/Silver Sneakers©</b> (Donna Hunt) (see * and ** below)

**\* THERE IS A SUGGESTED CONTRIBUTION OF \$3 FOR THIS PROGRAM.**

\*\* THE SUGGESTED CONTRIBUTION DOES NOT APPLY TO *SILVER SNEAKERS* PARTICIPANTS.

\*\*\* PARTICIPATION IN *STRENGTH TRAINING FOR BETTER BALANCE* CLASSES IS OPEN TO MEMBERS OF NORC WOW WITHOUT A SUGGESTED CONTRIBUTION.

THIS SPACE IS  
**AVAILABLE**

Call LPi at  
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WEDNESDAYS		
9:00-9:45	Tel Aviv	<b>Senior Cardio/Silver Sneakers©</b> (Donna Hunt) (see * and ** on previous page)
10:30-11:30	Jerusalem	<b>Healthy Tummy, Healthy Life</b> (Neda Pourat) Nutrition discussions: <b>January 17 February 14</b> Food demonstrations: <b>January 31 February 28</b>
10:00-11:30	Jerusalem	<b>Bead Weaving with A Needle</b> (Ilene Yair) <b>Materials fee: \$5 per person per class</b> Create one-of-a-kind pieces of jewelry using very small seed beads and a needle. <b>Pre-registration is required. January 10, January 24, February 7</b>
10:30-11:30	Masada	<b>Talks with Daniella (Daniella Khorsandy)</b> Bimonthly chats on topics of interests to all older adults <b>January 10, 24, February 7, 21</b>
10:30-1:30	Tel Aviv	<b>Beginning Canasta</b> (Sydell Gurdus) (see * below, which includes lunch) For beginners and "returnees" who need a refresher course
12:30-2:30	Jerusalem	<b>Drawing and Sketching</b> (Susan Schiff) <b>Materials fee: \$3</b> For beginners and beyond. Material list provided upon registration <b>Pre-registration required. Class size limited</b>
1:00-2:15	Tel Aviv	<b>What's Your Opinion Discusstion Group</b> (Elaine Schmelkin) Each week, enjoy a lively and timely discussion on a variety of topics. (see * on previous page)
2:00-4:00	Senior Office	<b>Tech Master Max</b> (see page 4 for details)
THURSDAYS		
9:00-9:45	Tel Aviv	<b>Senior Aerobics/ Silver Sneakers©</b> (Robin Becker) (see * & ** on previous page)
10:00-11:30	Dalet	<b>Yiddish Culture Club</b> (Nathan Mandel) Stories and jokes in spoken and written Yiddish
10:00-12:00	Jerusalem	<b>Oil Painting</b> (Blanche Isabella) <b>Materials fee: \$5</b> For all levels of artists, from beginners and beyond.
10:30-11:15	Jaffa	<b>Gentle Yoga: Chair and Mat</b> (Robin Stuelpner) (see * on previous page)
11:30-12:15	Jaffa	<b>Strength Training For Better Balance</b> (Robin Stuelpner) (see * and *** on previous page)
12:00-12:45	Tel Aviv	<b>Ask The Nurse</b> (Vinnie Bravaro, RN)
12:30-1:30	Masada	<b>Current Events</b> (Bruce Abrams) Small group discussion of what is going on both locally and internationally.
1:00-2:15	Tel Aviv	<b>The Blues Revisited</b> (Gail Storm) (see * on previous page) A journey into the world of American blues.
1:00-2:30	Jaffa	<b>Israeli and Line Dancing</b> (Alan Bloom) (see * on previous page) For beginners and experienced dancers.
FRIDAYS		
9:00-9:45	Tel Aviv	<b>Senior Circuit/Silver Sneakers©</b> (Donna Hunt) (see * and ** on previous page)
10:00-11:00	Tel Aviv	<b>Tai Chi for Arthritis</b> (Elaine Fleishman) (see * on previous page)
1:00-2:30	Tel Aviv	<b>Ballroom Dancing with Gloria and Rupert</b> (see * on previous page)

**UPGRADE TO A**  

**VIBRANT ad**

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