

60 & BETTER

Ongoing Programs & Activities

MONDAY

9:30 - 10:30am

Fit for Life

10:30 - 11:30am

Stretch with
Meditation

12 - 1pm

Lunch

1 - 3pm

Rummikub

TUESDAY

10am - 12pm

Art workshops
(registration required)

10:30 - 11:30am

Senior Yoga

12 - 1pm

Lunch

1 - 2:30pm

Active Minds

1:30 - 3pm

Mah-Jongg
Lessons

2 - 6pm

Chess &
Scrabble Club

WEDNESDAY

9:30 - 10:30am

Fit for Life

10:30 - 11:30am

Tai Chi

12 - 1pm

Lunch

2 - 3pm

Drop in with Louis

4 - 4:45pm

Core Strength

THURSDAY

10am - 12pm

Multimedia Art

12 - 1pm

Lunch

1 - 2pm

Senior Yoga

2 - 6pm

Chess &
Scrabble Club

FRIDAY

9:30 - 10:30am

Belly Dance

10am - 12pm

Friday Flicks

10:30 - 11am

Stretch for Life

11am - 12pm

Let's Schmooze

12 - 1pm

Lunch

1 - 3pm

Friday Flicks

Programs may be subject to change. Please check the 60 & Better Center bulletin board or MayersonJCC.org or call 513.761.7500 ext.1218 for more information.

Supported by:

Strengthening Jewish Cincinnati

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MayersonJCC.org

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