

60 & BETTER

WINTER
2025

Ongoing Programs & Activities

MONDAY

9:30 - 10:15am

Fit for Life

10:30 - 11:15am

Stretch with
Meditation

12 - 1pm

Lunch

1 - 1:45pm

Yoga Balance

1 - 3pm

Rummikub

TUESDAY

10am - 12pm

Art workshops
(registration required)

10:30 - 11:30am

Senior Yoga

12 - 1pm

Lunch

1 - 2pm

Intermediate Tap
(registration required)

1 - 2:30pm

Active Minds

1:30 - 3pm

Mah-Jongg Lessons

2 - 3pm

Beginners Tap
(registration required)

2 - 6pm

Chess & Scrabble

WEDNESDAY

9:30 - 10:15am

Fit for Life

10:30 - 11:30am

Tai Chi

12 - 1pm

Lunch

1:30 - 2:30pm

Line Dancing
(registration required)

2 - 3pm

Drop in with Louis

THURSDAY

10am-12pm

Multimedia Art Studio
(Beginning October 31)

10:30 - 11:30am

Core Strength
(Beginning November 7)

12 - 1pm

Lunch

1 - 2pm

Senior Yoga

2 - 6pm

Chess & Scrabble Club

FRIDAY

9:30 - 10:15am

Belly Dance

10:30 - 11am

Stretch for Life

11 - 11:45am

Let's Schmooze

12 - 1pm

Shabbat 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.

Supported by:

Strengthening Jewish Cincinnati

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MayersonJCC.org

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