

60 & BETTER

FALL
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

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

10:30 - 11:30am
Core Strength

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.

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Strengthening Jewish Cincinnati

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MayersonJCC.org

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