

60 & BETTER

2026

Ongoing Programs & Activities

MONDAY

9:30 - 10:15am

Fit for Life

10:30 - 11:15am

Stretch with
Meditation

12 - 1pm

Lunch

1 - 3pm

Rummikub

4 - 4:45pm

Yoga Balance

TUESDAY

10:30 - 11:30am

Senior Yoga

12 - 1pm

Lunch

1 - 2pm

Intermediate Tap
(registration required)

1 - 2:30pm

Active Minds

1 - 4pm

Mah-Jongg Pick-Up
Games

2 - 3pm

Beginners Tap
(registration required)

2 - 6pm

Chess & Scrabble
Club

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

2 - 4pm

Euchre Club

THURSDAY

9:30 - 10:30am

Mindful Meditations

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 - 10:30am

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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