



Westchester Jewish  
Community Services

# MT. VERNON SENIOR PROGRAMS

© Sinai Free Synagogue, 550 North Columbus Ave., Mt. Vernon, NY 10552

## March 2020

### March is Senior Nutrition Month

MOST PROGRAMS ARE FREE. PLEASE CONTACT US TODAY FOR MORE DETAILS, TO CONFIRM PROGRAMS, AND TO REGISTER/PAY FOR \*EXCURSIONS IN ADVANCE.

Call: (914) 668-4350 or e-mail: [mgoldman@wjcs.com](mailto:mgoldman@wjcs.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Highlights
<p>2</p> <p>Exercise II 10:30</p>	<p>3</p> <p>Yoga 9:15  <b>Nutrition</b> 10:45  <b>w/Kathy Santoro</b>            Exercise I 11:45            Lunch 12:15  <b>Current Events</b> 12:45  <b>w/Allan</b></p>	<p>4</p> <p>Games 11:00-2            Art 11:30-2</p>	<p>5</p> <p>Exercise III 9:15  <b>Life Stories w/Sari</b> 10:45            Exercise I 11:45            Lunch 12:15  <b>Mindfulness</b> 12:45  <b>w/Ruth Rosenblum</b></p>	<p><i>Featured this Month</i></p> <p><b>3/3: Nutrition w/Kathy</b>  <i>Bite by Bite: Portion Control Made Easier</i></p>
<p>9</p> <p>Exercise II 10:30</p>	<p>10</p> <p>Yoga 9:15  <b>Purim celebration at JCC</b>            Bus leaves SFS at 10            Bldg closes 10:30</p>	<p>11</p> <p>Games 11:00-2            Art 11:30-2</p>	<p>12</p> <p>Exercise III 9:15  <b>How Sweet It Is!</b> 10:45            Exercise I 11:45            Lunch 12:15  <b>Mitzvah Moments</b> 12:45  <b>w/Barbara Murray</b></p>	<p><i>Featured this Month</i></p> <p><b>3/10: JCC Purim Celebration</b>  <i>Featuring Xylophonist Roman Lankios</i></p>
<p>16</p> <p>Exercise II 10:30</p>	<p>17</p> <p>Yoga 9:15  <b>Baseball</b> 10:45  <b>w/George Sommerfeld</b>            Exercise I 11:45            Lunch 12:15  <b>Current Events</b> 12:45  <b>w/Allan</b></p>	<p>18</p> <p>Games 11:00-2            Art 11:30-2</p>	<p>19</p> <p>Exercise III 9:15  <b>Life Stories w/Sari</b> 10:45            Exercise I 11:45            Lunch 12:15  <b>Chef Sue</b> 12:45</p>	<p><i>Featured this Month</i></p> <p><b>3/19 Chef Sue Thau</b>  <b>Eat the Food Pyramid:</b>  <i>Getting More Nutrition and Flavor from a Plant-Based Diet</i></p>
<p>23</p> <p>Exercise II 10:30</p>	<p>24</p> <p>Yoga 9:15  <b>Meet our Caterer</b> 10:45            Exercise I 11:45            Lunch 12:15  <b>Travels</b> 12:45  <b>w/Seymour: The Caribbean</b></p>	<p>25</p> <p>Games 11:00-2            Art 11:30-2</p>	<p>26</p> <p>Exercise III 9:15  <b>Life Stories w/Sari</b> 10:45            Exercise I 11:45            Lunch 12:15  <b>Singalong</b> 12:45  <b>w/ Allan Mohl</b></p>	<p><i>Featured this Month</i></p> <p><b>3/24: Meet Diplomat Caterer's Owner, Nissim Dueock</b></p>
<p>30</p> <p>Exercise II 10:30</p>	<p>31</p> <p>Yoga 9:15  <b>Did You Know?</b> 10:45  <b>w/Barbara: Catskills</b>            Exercise I 11:45            Lunch 12:15  <b>&amp; Activity w/Westchester Hebrew High Students + short current events</b></p>			<p>Thank you,  <b>MAINSTREAM,</b>            for more great            "Stay Strong &amp; Fit"            Exercise            (I &amp; III) w/Offutt</p>
	<p><b>Lunch \$4 (optional),            Bus to/from site \$3,            Refreshments only: \$1.</b></p>	<p>rips, series, &amp; certain special events have set fees for bus/admission; these are not considered contributions.</p>	<p><b>RSVP early            (914) 668-4350</b></p>	

