



Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00am Civilization & the Jews with Irving Weiss or Film 11:00am Stretch&Strengthen 12:00pm Independence Day Party / Lunch, Party & Music (\$6per person) 12:30pm Military History Roundtable 12:45pm Musical Entertainment with Lydia Sabosto / Vocalist Sings Hits From 50s, 60s & 70s	3 10:00am Let's Be Honest 10:00am What's New With You? Paula Silver 11:00am STEM Intergenerational Program 11:00am Chair Yoga w/ Diana 12:45pm American History w/ Steve Rochester	4 INDEPENDENCE DAY CLOSED	5 10:00am Building Bridges with Bernie (New) / Bernie Gershen 11:00am Arthriticise or Exercise Tape 12:45pm Reading Shakespeare Aloud 12:45pm Unleash Your Creativity 12:45pm Bingo	6 11:00am Silver Sneakers (Open to All) 12:45pm Bingo 1:30pm Shop On The Way Home
9 10:00am Civilization & the Jews with Keve Karalitzky 11:00am Stretch & Strengthen 12:30pm Military History Roundtable 12:45pm Understanding Your Medicare Options / Mary Florence Brennan, HHCAP Advisor	10 10:00am Let's Be Honest 10:00am Connections With Michelle Herman 11:00am Chair Yoga w/ Diana 11:00am STEM Intergenerational Program 12:45pm Bissel Yiddish / w/ Bobby & Bernice	11 10:00am Current Events 11:00am Senior Shape-Up 11:00am Blood Pressure Screenings 11:00am Games/Scrabble 12:45pm Musical Entertainment with Phyllis Tagg / Vocalist and Pianist Sings Your Favorite Songs 2:00pm The Women's Room	12 10:00am Laugh Till It Hertz 11:00am Chair / Line Dancing w/ Norma Granofsky 12:45pm Reading Shakespeare Aloud 12:45pm Unleash Your Creativity 12:45pm Bingo 2:00pm Rosh Chodesh / Women's New Moon Circle / Av	13 11:00am Silver Sneakers (Open to All) 12:00pm Shabbat Luncheon (Preregister in Room 24 by July 11) 12:45pm Musical Entertainment w/ Vic Vincent / Popular Dance Music 12:45pm Bingo
16 10:00am Civilization & the Jews with Irving Weiss or Film 11:00am Stretch&Strengthen 12:30pm Military History Roundtable 12:45pm Musical Entertainment with Randy Accardi / Vocalist Sings Popular Music	17 10:00am Let's Be Honest 10:00am They're Playing Our Song, Sing-A-Long / Christine Smith 11:00am Chair Yoga w/ Diana 11:00am STEM Intergenerational Program 12:45pm American History w/ Steve Rochester	18 10:00am Current Events 11:00am Senior Shape-Up 11:45am Enjoy Lunch With A Special Film Showing After 12:30pm Special Film: The Second Best Marigold Hotel / *Late Bus 2:00pm The Women's Room	19 10:00am Laugh Till It Hertz 11:00am Arthriticise or Exercise Tape 12:45pm Reading Shakespeare Aloud 12:45pm Bingo 1:00pm You're A Good Man Charlie Brown / Presented by TACSY / *Late Bus	20 11:00am Silver Sneakers (Open to All) 12:45pm Bingo 1:30pm Shop On The Way Home
23 10:00am Civilization & the Jews with Keve Karalitzky 11:00am Stretch & Strengthen 12:30pm Military History Roundtable 12:45pm Musical Entertainment with Margo Cohen / Vocalist Sings Favorite Songs	24 10:00am Let's Be Honest 10:00am Arts & Crafts w/ Michele Hertz 11:00am Chair Yoga w/ Diana 11:00am STEM Intergenerational Program 12:45pm Influential Women w/ Freddie Friedman	25 10:00am Current Events 11:00am Senior Shape-Up 11:00am Games/Scrabble 12:45pm Birthday Party Celebration w/ Musical Entertainment by Rhonda Denet / Soul Good Vocalist 2:00pm The Women's Room	26 10:00am Laugh Till It Hertz 11:00am Arthriticise or Exercise Tape 12:45pm Reading Shakespeare Aloud 12:45pm Unleash Your Creativity 12:45pm Bingo	27 11:00am Silver Sneakers (Open to All) 12:45pm Bingo 1:30pm Shop On The Way Home
30 10:00am Civilization & the Jews with Keve Karalitzky 11:00am Stretch & Strengthen 12:30pm Military History Roundtable 12:45pm Haunted Hotels Of The Catskills / Monica Randall, Author	31 10:00am Let's Be Honest 11:00am Chair Yoga w/ Diana 11:00am STEM Intergenerational Program 12:45pm They're Playing Our Song, Sing-A-Long / Christine Smith	Don't Miss Out! Independence Day Party / Mon, Jul 2nd Special Film Screening: The Second Best Marigold Hotel / Wed, Jul 18th Info & Register: Janine Mandera (Room 24) 631-462-9800 x147		***NEW PROGRAMS*** Building Bridges w/ Bernie / 10:00am, July 5 They're Playing Our Song, Sing-A-Long / 10:00am, July 17 / 12:45pm, July 31 The Women's Room / 2:00pm, Every Wednesday

●SAVE THE DATE●

THURSDAY, SEPTEMBER 13TH

25TH ANNIVERSARY EVENT

JEWISH EXPERIENCE
LUNCH & LEARN &
Lifelong Learning Series

Info: (631) 462-9800 x 121 or x 134

For further information, please call Tina Block, Director of Senior Services, (631) 462-9800 x121
 Janine Mandera, Nutrition Program, (631) 462-9800 x147
The SYJCC, 74 Hauppauge Road, Commack, NY 11725 www.syjcc.org

