

Have Questions?

Contact the Programming Staff:




Sarah: sfeinmark@jccotp.org

Please Note:

All Programs are subject to change at the discretion of the staff, and new programs may be added as we continue to adapt to the needs of our participants during this time.



SENIOR SERVICES
KAPLEN JCC on the Palisades

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please note time change to 10:30 & 1:00</p> <p>To join a zoom meeting:</p> <ul style="list-style-type: none"> * Follow the hyperlink in email <p>OR</p> <ul style="list-style-type: none"> * In the zoom app, click "Join Meeting" <p>Meeting ID: <u>830 1098 4164</u></p> <p>Passcode: <u>JCC</u></p>		<p>1</p> <p>10:30 Moving with Maurice Boxing</p> <p>1:00 Virtual Concert with Janice</p>	<p>2</p> <p>10:30 Moving with Maurice Yoga and Stretching</p> <p>1:00 Virtual Concert with Frankie M</p>	<p>3</p> <p>10:30 Moving with Maurice Balance and Agility (please bring two "weights" and a towel)</p> <p>1:00 Virtual Concert with Hal</p>
<p>6</p> 	<p>7</p> 	<p>8</p> 	<p>9</p> <p>10:30 Moving with Maurice Yoga and Stretching</p> <p>1:00 Virtual Concert with Ilya</p>	<p>10</p> <p>10:30 Moving with Maurice Balance and Agility (please bring two "weights" and a towel)</p> <p>1:00 Virtual Concert with Selah</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">13</p> <p>10:30 Moving with Maurice Full Body Exercise (please bring two “weights” and a towel)</p> <p>1:00 Virtual Concert with Judah</p>	<p style="text-align: right;">14</p> <p>10:30 Moving with Maurice Functional Movement (please bring two “weights” and a towel)</p> <p>1:00 Virtual Concert with Rhonda</p>	<p style="text-align: right;">15</p> <p>10:30 Moving with Maurice Boxing</p> <p>1:00 Virtual Concert with Aaron Miller</p>	<p style="text-align: right;">16</p> 	<p style="text-align: right;">17</p> <p>10:30 Moving with Maurice Balance and Agility (please bring two “weights” and a towel)</p> <p>1:00 Virtual Concert with Janice</p>
<p style="text-align: right;">20</p> <p>10:30 Moving with Maurice Full Body Exercise (please bring two “weights” and a towel)</p> <p>1:00 Virtual Concert with John M</p>	<p style="text-align: right;">21</p> 	<p style="text-align: right;">22</p>	<p style="text-align: right;">23</p> <p>10:30 Moving with Maurice Yoga and Stretching</p> <p>1:00 Virtual Concert with Van Martin</p>	<p style="text-align: right;">24</p> <p>10:30 Moving with Maurice Balance and Agility (please bring two “weights” and a towel)</p> <p>1:00 Virtual Concert with Peter Lieberman</p>
<p style="text-align: right;">27</p> <p>10:30 Moving with Maurice Full Body Exercise (please bring two “weights” and a towel)</p> <p>1:00 Virtual Concert with George Tuzzeo</p>	<p style="text-align: right;">28</p> 	<p style="text-align: right;">29</p> 	<p style="text-align: right;">30</p> <p>10:30 Moving with Maurice Boxing</p> <p>1:00 Virtual Concert with Joe Keys</p>	