

DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 10:30-11:00 MJCC @ R. H. Myers Chair Yoga (virtual)</p> <p>11:00-11:30 MJCC @ R. H. Myers Word challenge</p> <p>11:30-12:30 Lunch at R. H. Myers</p>	<p>3 10:00-10:45 Group Chair & Balance Exercise</p> <p>10:50-11:15 Group Rummy</p> <p>11:30-12:30 Lunch at R. H. Myers</p>	<p>4 11:00-3:30 JACK Cleveland Casino & Buffet Lunch</p> 	<p>5 10:00-10:45 Group Chair & Balance Exercise</p> <p>10:50-11:15 Group Rummy</p> <p>11:30-12:30 Lunch at R. H. Myers</p>	<p>6 11:30-12:30 Lunch at R. H. Myers</p> <p>1:00-2:00 Healthy Aging: Brain Health Make Your Brain Fitness Goals S.M.A.R.T.er!</p>
<p>9 9:45-11:00 MJCC Healthy Aging: Terry Pollack w/News of the Week</p> <p>11:30-12:30 Lunch at R. H. Myers</p>	<p>10 10:00-10:45 Group Chair & Balance Exercise</p> <p>10:50-11:15 Penny Drop</p> <p>11:30-12:30 Lunch at R. H. Myers</p>	<p>11 11:30-12:30 Lunch at R. H. Myers</p> <p>1:00-2:00 Healthy Aging: Brain Health The Present of Your Presence</p>	<p>12 10:00-10:45 Group Chair & Balance Exercise</p> <p>10:50-11:15 Penny Drop</p> <p>11:30-12:30 Lunch at R. H. Myers</p>	<p>13 10:00-12:00 CWRU/ Siegal Bagel & Morning Lecture-The Battle Over Trans Rights in Ohio (Landmark Centre Building)</p> <p>12:15-12:45 Lunch at R. H. Myers</p>
<p>16 11:30-12:30 Lunch at R. H. Myers</p> <p>1:00-2:00 Healthy Aging: Brain Health EngAge Your Brain! Interactive Brain Aerobics</p>	<p>17 10:00-10:45 Group Chair & Balance Exercise</p> <p>10:50-11:15 Bingo Fill Up</p> <p>11:30-12:30 Lunch at R. H. Myers</p>	<p>18 10:30-3:30</p> <p>JULY thru DECEMBER BIRTHDAY LUNCHEON at Burntwood Tavern of Chagrin Falls</p> 	<p>19 10:00-10:45 Group Chair & Balance Exercise</p> <p>10:50-11:15 Bingo Fill Up</p> <p>11:30-12:30 Lunch at R. H. Myers</p> <p>1:00-2:00 Beachwood Community Center: Mary Beth Ions, Violinist</p>	<p>20 10:00-11:00 Beachwood Library- Through the Eyes of the Artist: Steve McCurry</p> <p>11:30-12:30 Lunch at R. H. Myers</p>
<p>23 10:00-11:15 Dreidels, Cocoa & Ornaments: Holiday Crafting</p> <p>11:30-12:30 Lunch at R. H. Myers</p>	<p>24 10:00-10:45 Group Chair & Balance Exercise</p> <p>10:50-11:15 Bingo Fill Up</p> <p>11:30-12:30 Lunch at R. H. Myers</p>	<p>25 <u>HANNUKAH (Sundown)</u> & <u>CHRISTMAS DAY</u></p> <p>60 CONNECT PROGRAM CLOSED</p>	<p>26 10:00-10:45 Group Chair & Balance Exercise</p> <p>10:50-11:15 Bingo Fill Up</p> <p>11:30-12:30 Lunch at R. H. Myers</p>	<p>27 11:30-12:30 Lunch at R. H. Myers</p>
<p>30 10:30-11:00 MJCC @ R. H. Myers Chair Yoga (virtual)</p> <p>11:00-11:30 MJCC @ R. H. Myers Word challenge</p> <p>11:30-12:30 Lunch at R. H. Myers</p>	<p>31 10:00-10:45 Group Chair & Balance Exercise</p> <p>10:50-11:15 Penny Drop</p> <p>11:30-12:30 Lunch at R. H. Myers</p>			

All program and class schedules are subject to change or cancellation.

All program classes & lunch must be registered for one week (Tuesdays) in advance.

Some programs and classes may be subject to a fee.

Advance registration required for classes with limited or reserved seating.

Free transportation is available for 60 CONNECT registered participants.

60 Connect programming will be held in Ante Room (Near Stonehill Auditorium).

Lunch is held at R. H. Myers, Monday thru Friday 11:30-12:30

27200 Cedar Road; Beachwood, OH 44122.

Participants must be registered through 60 Connect to join programs

To register for MJCC Healthy Aging Classes on-line please contact

Julia DiBaggio at 216-831-0700 Ext. 1014 for the link

60 CONNECT IS LOOKING FOR CHESS, BRIDGE, CANASTA AND MAHJONG PLAYERS

