




NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Sunday, Nov. 3, 2024</p>	 <p>Tuesday, Nov. 5, 2024</p>	 <p>Monday, Nov. 11, 2024</p>	 <p>Thursday, Nov. 28, 2024</p>	<p>1 10:00-11:00 Richmond Heights Library- America's Electoral College</p> <p>11:30-12:30 Lunch at R. H. Myers</p>
<p>4 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>1:00-2:00 MJCC Healthy Aging: Brain Health Gratitude Is Good For Your Brain!</p>	<p>5 10:00-10:45 Group Chair & Balance Exercise</p> <p>11:15-12:00 Lunch at R. H. Myers</p> <p>12:30-1:30 Cleveland Museum of Art: Music In the Atrium- Chabrier's L'Etoile (Optional self-paid lunch is available at CMA café')</p>	<p>6 10:00- 12:00 MJCC Healthy Aging: Creative Art Therapy w/ Mary Kay</p> <p>12:15-12:45 Lunch at R. H. Myers</p>	<p>7 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>8 11:00-11:45 MJCC @ R. H. Myers: Cardio Drumming (Virtual)</p> <p>12:00-12:45 Lunch at R. H. Myers</p>
<p>11 9:45-11:00 MJCC Healthy Aging: Terry Pollack w/News of the Week</p> <p>11:30-12:15 Lunch at R. H. Myers</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 MJCC Healthy Aging: Creative Art Therapy w/ Mary Kay</p> <p>12:15-12:45 Lunch at R. H. Myers</p> <p>1:00-2:00 MJCC Healthy Aging: Brain Health Cognitive Cool Down- Calm Your Brain & Body</p>	<p>14 10:00-11:00 Live Entertainment: Greg Piscura</p> <p>11:30-12:30 Lunch at R. H. Myers</p> <p>12:00-2:15 Beachwood High School: Elder Class Luncheon & Concert w/ Marshall Griffith Duo (Registration Required)</p>	<p>15 10:00-11:00 Beachwood Library- Through the Eyes of the Artist: Viktor Schreckengost</p> <p>11:30-12:30 Lunch at R. H. Myers</p>
<p>18 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>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>20 10:00- 12:00 MJCC Healthy Aging: Creative Art Therapy w/ Mary Kay</p> <p>12:15-12:45 Lunch at R. H. Myers</p>	<p>21 10:00-11:00 MJCC Healthy Aging: Senior Nutrition- Why We Stay Hungry: A Special Focus on "Real" Food</p> <p>11:30-12:30 Lunch at R. H. Myers</p>	<p>22 11:30-12:30 Lunch at R. H. Myers</p> <p>1:00-2:00 MJCC @ R. H. Myers Healthy Aging: Brain Health EngAge Your Brain! Interactive Brain Aerobics</p>

25 10:30-11:00 MJCC @ R. H. Myers Chair Yoga (virtual)	26 10:00-12:00 CWRU Siegal Bagel & Morning Lecture-First Lady of Laughs: Jean Carroll (Landmark Centre Building)	27 10:30-11:00 MJCC @ R. H. Myers Balance Exercise w/ Myers Staff	28 <u>THANKSGIVING DAY</u> 60 CONNECT PROGRAM CLOSED	29 <u>THANKSGIVING DAY</u> <u>EXT.</u> 60 CONNECT PROGRAM CLOSED
11:00-11:30 MJCC @ R. H. Myers Word challenge	12:30-1:00 Lunch at R. H. Myers	11:00-11:30 MJCC @ R. H. Myers Thanksgiving Trivia		
11:30-12:30 Lunch at R. H. Myers		11:30-12:30 Lunch at R. H. Myers		

FOR INFORMATION YOLANDA NIXON 216-831-0700, 1210 • YNIXON@MANDELJCC.ORG

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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 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

