

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00-10:45 Group Chair & Balance Exercise 10:50-11:15 Penny Drop (NEW) 11:30-12:30 Lunch at R. H. Myers	2 10:00- 11:00 Parfait and Reflections (New Year Reflections & Treats) 11:30-12:30 Lunch at R. H. Myers	3 <u>Erev Rosh Hashanah</u> 60 CONNECT PROGRAM CLOSED	4 <u>Rosh Hashanah</u> 60 CONNECT PROGRAM CLOSED
7 9:45-11:00 Terry Pollack: News of the Week (Limited Seating) 11:30-12:15 Lunch at R. H. Myers 1:00-2:00 MJCC: Brain Health 5 Ways to Stop Anxiety on the Spot!	8 10:00-11:00 UH Health Screens 10:00-10:45 Group Chair & Balance Exercise 10:50-11:15 Penny Drop 11:30-12:15 Lunch at R. H. Myers 1:00-3:00 Cleveland Museum of Art Tour- Exhibit TBA	9 10:00- 11:00 Terry Pollack: American Foreign Policy- Past & Present 11:30-12:15 Lunch at R. H. Myers	10 10:00-11:00 Medicare 101 w/ Brian DiBaggio (Registration Required) 10:00-10:45 Group Chair & Balance Exercise 11:30-12:30 Lunch at R. H. Myers Elder Class w/ Steven Greenman at Beachwood High School 12:00-2:30 Registration Required	11 <u>Erev Yom Kippur</u> 60 CONNECT PROGRAM CLOSED
14 9:45-11:00 Terry Pollack: News of the Week (Limited Seating) 11:30-12:15 Lunch at R. H. Myers	15 10:00-12:00 CWRU/Siegal Morning Lecture- "I Met Him at the Candy Store:" Early 1960's Pop, Tonkin Gulf Resolution & Fallen Youth (Landmark Centre Building) 12:30-1:00 Lunch at R. H. Myers	16 10:00- 11:00 Terry Pollack: American Foreign Policy- Past & Present 11:30-12:30 Lunch at R. H. Myers	17 <u>Sukkot (First Day)</u> 60 CONNECT PROGRAM CLOSED	18 <u>Sukkot (Second Day)</u> 60 CONNECT PROGRAM CLOSED
21 11:30-12:15 Lunch at R. H. Myers	22 <u>Get on The Bus Tour</u> Amish Autumn Harvest Chesterland, OH (9:30-4:30 pm)	23 10:00- 11:00 Terry Pollack: American Foreign Policy- Past & Present 11:30-12:30 Lunch at R. H. Myers	24 <u>Shemini Atzerat</u> 60 CONNECT PROGRAM CLOSED	25 <u>Simchat Torah</u> 60 CONNECT PROGRAM CLOSED

<p>28 9:45-11:00 Terry Pollack: News of the Week (Limited Seating)</p> <p>11:30-12:15 Lunch at R. H. Myers</p>	<p>29 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>30 10:00-11:15 Pumpkins & Spice (Pumpkin Decorating & Treats)</p> <p>11:30-12:15 Lunch at R. H. Myers</p> <p>1:00-2:00 MJCC: Brain Health Engage Your Brain! Spooky Brain Aerobics</p> <p>1:30-4:00 Cleveland Play House- "What the Constitution Means to Me" (Limited Seating)</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>	
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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 Brain Health 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

