

Activities are made possible through generous donations from **Cindy Ornest and the Ornest Family Foundation.**

JFS { Freda Mohr Multipurpose Center • 6310 San Vicente Blvd., Suite 275 • Los Angeles, CA 90048 • (323) 937-5900

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 - 10:30 am Strength Training w/Danny 10:00 am - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Strength Training w/Danny 12:30 - 1:30 pm AFEP 1:30 - 2:30 pm USC Focus Group	2 9:30 - 10:30 am Yoga with Danny 10:30 - 11:30 am Stretch & Restore 1:00 - 3:00 pm Film - <i>The Post</i>	3 Shabbat 9:30 - 10:30 am Joyful Joints 10:30 - 11:30 am Zumba 1:00 - 2:00 pm Shabbat Party with Lisa Shein
6 9:30 - 10:30 am Joyful Joints 9:30 - 10:30 am Crafting with Marilyne 10:00 - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Energy Explosion 12:00 - 1:00 pm AFEP 1:00 - 2:00 pm Current Events	7 10:30 - 11:30 am Body & Brain Yoga Tai-Chi with Danny 1:00 - 3:00 pm Film - <i>Evelyn</i>	8 9:30 - 10:30 am Strength Training w/Danny 10:00 am - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Strength Training w/Danny 12:30 - 1:30 pm AFEP	9 9:30 - 10:30 am Yoga with Danny 10:30 - 11:30 am Stretch & Restore 1:00 - 3:00 pm Film - <i>Mama Mia</i>	10 Shabbat 9:30 - 10:30 am Joyful Joints 10:30 - 11:30 am Zumba 12:00 - 1:00 pm Time Slips with S. Jacobus, LCSW 1:00 - 2:00 pm Shabbat Party with Dave Winstone
13 9:30 - 10:30 am Joyful Joints 9:30 - 10:30 am Crafting with Marilyne 10:00 - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Energy Explosion 12:00 - 1:00 pm AFEP 1:00 - 2:00 pm Current Events	14 10:00 am - 1:00 pm HICAP (by appointment only) 10:30 - 11:30 am Body & Brain Yoga Tai-Chi with Danny 1:00 - 3:00 pm Film - <i>Splash</i>	15 9:30 - 10:30 am Strength Training w/Danny 10:00 am - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Strength Training w/Danny 12:30 - 1:30 pm Gait & Balance	16 9:30 - 10:30 am Yoga with Danny 10:30 - 11:30 am Stretch & Restore 12:30 - 2:00 pm Foot Care Clinic 1:00 - 3:15 pm Film - <i>Julie & Julia</i>	17 Shabbat 9:30 - 10:30 am Joyful Joints 10:30 - 11:30 am Zumba 1:00 - 2:00 pm Shabbat Party with Greg Delson
20 9:30 - 10:30 am Joyful Joints 9:30 - 10:30 am Crafting with Marilyne 10:00 - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Energy Explosion 12:00 - 1:00 pm Gait & Balance 1:00 - 2:00 pm Current Events	21 10:30 - 11:30 am Body & Brain Yoga Tai-Chi with Danny 1:00 - 3:00 pm Film - <i>The Frisco Kid</i>	22 9:30 - 10:30 am Strength Training w/Danny 10:00 am - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Strength Training w/Danny 12:30 - 1:30 pm Gait & Balance	23 9:30 - 10:30 am Yoga with Danny 10:30 - 11:30 am Stretch & Restore 1:00 - 3:15 pm Film - <i>Kramer vs. Kramer</i>	24 Shabbat 9:30 - 10:30 am Joyful Joints 10:30 - 11:30 am Zumba 12:00 - 1:00 pm Time Slips with S. Jacobus, LCSW 1:00 - 2:00 pm Shabbat Party with Ariel Louk
27 9:30 - 10:30 am Joyful Joints 9:30 - 10:30 am Crafting with Marilyne 10:00 - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Energy Explosion 12:00 - 1:00 pm Gait & Balance 1:00 - 2:00 pm Current Events	28 10:30 - 11:30 am Body & Brain Yoga Tai-Chi with Danny 1:00 - 2:30 pm Film - <i>Thumbelina</i>	29 9:30 - 10:30 am Strength Training w/Danny 10:00 am - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Strength Training w/Danny 12:30 - 1:30 pm Gait & Balance	30 9:30 - 10:30 am Yoga with Danny 10:30 - 11:30 am Stretch & Restore 1:00 - 3:15 pm Film - <i>The Thomas Crown Affair</i>	31 Shabbat 9:30 - 10:30 am Joyful Joints 10:30 - 11:30 am Zumba 1:00 - 2:00 pm Shabbat Party with Joey Aaron

The Michael C. Forman Institute for Healthy Living at the JFS { Freda Mohr Multipurpose Center

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A family of services.
A family that serves.

