

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

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

# August 2018



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A family that serves.

