

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 	2 9:30 - 10:30 am Pilates with Phyllis 10:00 am - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Strength with Danny 12:30 - 1:30 pm Gait & Balance with Kathy	3 9:30 - 10:30 am Yoga/Tai Chi with Danny 1:00 - 3:00 pm Film - <i>Murder on the Orient Express</i>	4  9:30 - 10:30 am Strength with Danny 10:30 am - 12:00 pm Art of Elysium - Music 10:30 - 11:30 am Balance with Danny 1:00 - 2:00 pm Shabbat Party with Dave Winstone
7 9:30 - 10:30 am Strength with Danny 10:00 - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Balance with Danny 11:00 am - 12:00 pm SCAN Health Mondays 12:00 - 1:00 pm Gait & Balance with Kathy 1:00 - 2:00 pm Current Events	8 10:00 am - 1:00 pm HICAP (by appointment only) 10:30 - 11:30 am Yoga/Tai-Chi with Danny 1:00 - 2:30 pm Film - <i>Joseph and the Amazing Technicolor Dreamcoat</i>	9 9:30 - 10:30 am Pilates with Phyllis 10:00 am - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Strength with Danny 12:30 - 1:30 pm Gait & Balance with Kathy	10 9:30 - 10:30 am Yoga/Tai Chi with Danny 1:00 - 3:00 pm Film - <i>Brooklyn</i>	11  9:30 - 10:30 am Strength with Danny 10:30 - 11:30 am Balance with Danny 10:30 am - 12:00 pm Beading & Jewelry Making with Juniper 12:00 - 1:00 pm TimeSlips w/S.Jacobus LCSW 1:00 - 2:00 pm Shabbat Party with Greg Delson
14 9:30 - 10:30 am Strength with Danny 10:00 - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Balance with Danny 12:00 - 1:00 pm Gait & Balance with Kathy 1:00 - 2:00 pm Current Events	15 10:00 am - 1:00 pm HICAP (by appointment only) 10:30 - 11:30 am Yoga/Tai-Chi with Danny 1:00 - 3:00 pm Film - <i>Ghostbusters</i>	16 9:30 - 10:30 am Pilates with Phyllis 10:00 am - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Strength with Danny 12:30 - 1:30 pm Gait & Balance with Kathy 1:30 - 2:30 pm Medicare Updates	17 9:30 - 10:30 am Yoga/Tai Chi with Danny 12:30 - 2:00 pm Foot Care Clinic 1:00 - 3:00 pm Film - <i>Love & Friendship</i>	18  9:30 - 10:30 am Strength with Danny 10:30 - 11:30 am Balance with Danny 1:00 - 2:00 pm Shabbat Party with Ashley Adler
21  Martin Luther King Jr. Day 	22 10:30 - 11:30 am Yoga/Tai-Chi with Danny 1:00 - 3:30 pm Film - <i>Some Like It Hot</i>	23 9:30 - 10:30 am Pilates with Phyllis 10:00 am - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Strength with Danny 12:30 - 1:30 pm Gait & Balance with Kathy	24 9:30 - 10:30 am Yoga/Tai Chi with Danny 1:00 - 2:30 pm Film - <i>Blazing Saddles</i>	25  9:30 - 10:30 am Strength with Danny 10:30 - 11:30 am Balance with Danny 10:30 am - 12:00 pm Beading & Jewelry Making with Juniper 12:00 - 1:00 pm TimeSlips w/S.Jacobus LCSW 1:00 - 2:00 pm Shabbat Party with Lisa Shein
28 9:30 - 10:30 am Strength with Danny 10:00 - 12:00 pm Computer Class with Bill 10:30 - 11:30 am Balance with Danny 12:00 - 1:00 pm Gait & Balance with Kathy 1:00 - 2:00 pm Current Events	29 10:30 - 11:30 am Yoga/Tai-Chi with Danny 1:00 - 3:30 pm Film - <i>The Phantom of the Opera</i>	30 9:30 - 10:30 am Pilates with Phyllis 10:00 am - 12:00 pm Computer Class with Bill 10:00 - 11:00 am Intergenerational Program with Wilshire Blvd. Temple 12:30 - 1:30 pm Gait & Balance with Kathy	31 9:30 - 10:30 am Yoga/Tai Chi with Danny 1:00 - 3:30 pm Film - <i>Oklahoma</i>	

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

January 2019



A family of services.
A family that serves.

