

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| | | <p>1</p> <p>11:00 am - 12:00 pm Arthritis Exercise</p> <p>12:30 - 1:30 pm Gait & Balance Class</p>  | <p>2</p> <p>10:00 - 11:00 am Hearing Health Presentation</p> <p>12:00 - 4:00 pm Bridge</p> <p>1:00 pm Film - <i>The Intern</i></p>  | <p>3 Shabbat</p> <p>9:30 - 10:30 am Arthritis Exercise</p> <p>10:30 - 11:30 am Energy Explosion Class</p> <p>12:00 - 1:00 pm Time Slips with S. Jacobus, LCSW</p> <p>1:00 - 2:00 pm Shabbat Party with Lisa Shein</p>  |
| <p>6</p> <p>10:00 - 11:00 am Knitting</p> <p>11:00 am - 12:00 pm Gait & Balance A</p> <p>12:30 - 1:30 pm Gait & Balance B</p> <p>2:00 - 3:00 pm Current Events</p>  | <p>7</p> <p>10:00 - 11:00 am Wilshire Blvd. Temple</p> <p>1:00 pm Film - <i>Coming Through the Rye</i></p>  | <p>8</p> <p>11:00 am - 12:00 pm Arthritis Exercise</p> <p>12:30 - 1:30 pm Gait & Balance Class</p>  | <p>9</p> <p>12:00 - 4:00 pm Bridge</p> <p>NO MOVIE</p>  | <p>10 Shabbat</p> <p>9:30 - 10:30 am Arthritis Exercise</p> <p>10:30 - 11:30 am Energy Explosion Class</p> <p>1:00 - 2:00 pm Shabbat Party with David Winstone</p>  |
| <p>13</p> <p>10:00 - 11:00 am Knitting</p> <p>11:00 am - 12:00 pm Gait & Balance A</p> <p>12:30 - 1:30 pm Gait & Balance B</p> <p>2:00 - 3:00 pm Current Events</p>  | <p>14</p> <p>10:30 - 11:30 am Eating for Health with Carrie Bonfitto</p> <p>1:00 pm Film - <i>Goodbye Girl</i></p>  | <p>15</p> <p>11:00 am - 12:00 pm Arthritis Exercise</p> <p>12:30 - 1:30 pm Gait & Balance Class</p>  | <p>16</p> <p>12:00 - 4:00 pm Bridge</p> <p>1:00 pm Film - <i>Miss Peregrines Home for Peculiar Children</i></p>  | <p>17 Shabbat</p> <p>9:30 - 10:30 am Arthritis Exercise</p> <p>10:30 - 11:30 am Energy Explosion Class</p> <p>10:30 am - 12:00 pm Barnsdall Art Workshop in Lobby Area</p> <p>12:00 - 1:00 pm Time Slips with S. Jacobus, LCSW</p> <p>1:00 - 2:00 pm Shabbat Party with Greg Delson</p> |
| <p>20</p> <p>10:00 - 11:00 am Knitting</p> <p>11:00 am - 12:00 pm Gait & Balance A</p> <p>12:30 - 1:30 pm Gait & Balance B</p> <p>2:00 - 3:00 pm Current Events</p>  | <p>21</p> <p>1:00 pm Film - <i>The Notebook</i></p>  | <p>22</p> <p>11:00 - 12:00 pm Arthritis Exercise</p> <p>12:30 - 1:30 pm Gait & Balance Class</p>  | <p>23</p> <p>12:00 - 4:00 pm Bridge</p> <p>12:30 - 2:00 pm SPECIAL DAY Foot Clinic</p> <p>1:00 pm Film - <i>The Sea of Trees</i></p>  | <p>24 Shabbat</p> <p>9:30 - 10:30 am Arthritis Exercise</p> <p>10:30 - 11:30 am Energy Explosion Class</p> <p>1:00 - 2:00 pm Shabbat Party with Shlomo Rabinovici</p>  |
| <p>27</p> <p>10:00 - 11:00 am Knitting</p> <p>11:00 am - 12:00 pm Gait & Balance A</p> <p>12:30 - 1:30 pm Gait & Balance B</p> <p>2:00 - 3:00 pm Current Events</p>  | <p>28</p> <p>12:00 - 3:00 pm L.A. Jewish History Fair</p> <p>NO MOVIE</p>  | | | |

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

February 2017



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of services.
A family
that serves.

