

# Senior Programming Week of February 10, 2020



Monday, February 10, Tu B'Shevat

- Tu B'Shevat Seder –10-10:50
- Magnificent Movement Mondays 10:50-11:30

Tuesday, February 11

- Media Madness 10 - 10:30
- Adult Development and Aging with Dr. Carmen Cerullo 10:30-11:30



Wednesday, February 12

- Jewish Learning with Rabbi Rosenberg 10-10:45
- Wednesday's Wonderful Workout with Neshe 10:50-11:30
- Love Luncheon 11:30

Thursday, February 13

- News Currents 10 - 11:30
- Senior Nutrition 12:15-1:15



Friday, February 14

- D'var Torah/Israel News 10-10:30
- Fantastic Fitness Friday with Neshe 10:30-11:20
- Oneg Shabbos 11:30



Note; daily programming begins at 9:30 with music &/or a chat.  
All Programming subject to change.

In case of bad weather, please call the Y office (289-8112) to be sure we are open.



**Sunday**

# **“Arts Brunch” at the Y**

February 16, 2020

11:30 A.M.

**Presents**

# **The Cake Maker**

The *Cakemaker* (in Hebrew האופה מברלין *Ofeh miBerlin*) is a 2017 Israeli-German drama film directed by Ofir Raul Graizer. It stars Sarah Adler, Tim Kalkhof, Zohar Strauss and Roy Miller.

It premiered at the 52nd Karlovy Vary International Film Festival .



**\$10/\$8 Member Discount**

**YM-YWHA of Union County**

**501 Green Lane, Union, NJ**

**RSVP by February 10, 2020 to 908-289-8112**

This program is made possible in part by a HEART Grant  
from the Union County Board of Chosen Freeholders



# Senior Programming Week of February 16, 2020

Sunday, February 16

- Arts Brunch, The Cakemaker 11:30



Monday, February 17

- Heart Health with RWJ/BH 10-10:50
- Magnificent Movement Mondays 10:50-11:30

Tuesday, February 18

- Media Madness 10 - 10:30
- Final Session Adult Development and Aging with Dr. Carmen Cerullo 10:30-11:30



Wednesday, February 19

- Jewish Learning with Rabbi Rosenberg 10-10:45
- Wednesday's Wonderful Workout with Neshe 10:50-11:30
- Art with Ruth 12-1

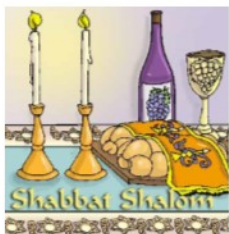
Thursday, February 20

- News Currents 10 -11:30
- Senior Nutrition 12:15-1:15



Friday, February 21

- D'var Torah/Israel Info 10-10:40
- Fantastic Fitness Friday with Neshe 10:40-11:20
- Oneg Shabbos & Lunch with Gan 11:30



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