



## JANUARY 2026

### Monday

### Tuesday

### Wednesday

### Thursday

			<b>1</b> MISHLEI- <i>RAIZY HIRTH</i> .....10:30 ART/CURRENT EVENTS.....11:30 COMPLIMENTARY LUNCH.....12:15
<b>5</b> MIRIAM GETTINGER SHIUR.....10:30 EXERCISE-BONE STRENGTH.....11:15 COMPLIMENTARY LUNCH.....12:00 MIDOR L'DOR FILM.....12:30	<b>6</b> <b>NUTRITION WORKSHOP</b> .....10:45 DANCE AEROBICS.....11:30 COMPLIMENTARY LUNCH.....12:15 FELDENKRAIS.....12:45	<b>7</b> EXERCISE-BARRE BALANCE.....11:00 COMPLIMENTARY LUNCH.....11:45 HAKIVUN - <i>RAIZY HIRTH</i> .....12:30	<b>8</b> MISHLEI- <i>RAIZY HIRTH</i> .....10:30 ART/EREV SHABBOS T.B.A.....11:30 COMPLIMENTARY LUNCH.....12:15
<b>12</b> MIRIAM GETTINGER SHIUR.....10:30 EXERCISE-BONE STRENGTH.....11:15 COMPLIMENTARY LUNCH.....12:00 MIDOR L'DOR FILM.....12:30	<b>13</b>  <b>CONNECTIONS EVENT</b>	<b>14</b> EXERCISE-BARRE BALANCE.....11:00 COMPLIMENTARY LUNCH.....12:00 HAKIVUN - <i>RAIZY HIRTH</i> .....12:30	<b>15</b> MISHLEI- <i>RAIZY HIRTH</i> .....10:30 ART/CURRENT EVENTS.....11:30 COMPLIMENTARY LUNCH.....12:15
<b>19</b> MIRIAM GETTINGER SHIUR.....10:30 EXERCISE-BONE STRENGTH.....11:15 COMPLIMENTARY LUNCH.....12:00 MIDOR L'DOR FILM.....12:30	<b>20</b> <b>BOOK CLUB</b> .....10:45 DANCE AEROBICS.....11:30 COMPLIMENTARY LUNCH.....12:15 FELDENKRAIS.....12:45	<b>21</b> EXERCISE-BARRE BALANCE.....11:00 COMPLIMENTARY LUNCH.....11:45 HAKIVUN - <i>RAIZY HIRTH</i> .....12:30	<b>22</b> MISHLEI- <i>RAIZY HIRTH</i> .....10:30 ART/EREV SHABBOS T.B.A.....11:30 COMPLIMENTARY LUNCH.....12:15
<b>26</b> MIRIAM GETTINGER SHIUR.....10:30 EXERCISE-BONE STRENGTH.....11:15 COMPLIMENTARY LUNCH.....12:00 MIDOR L'DOR FILM.....12:30	<b>27</b> <b>LET'S SHMOOZE</b> .....10:45 DANCE AEROBICS.....11:30 COMPLIMENTARY LUNCH.....12:15 FELDENKRAIS.....12:45	<b>28</b> EXERCISE-BARRE BALANCE.....11:00 COMPLIMENTARY LUNCH.....11:45 HAKIVUN - <i>RAIZY HIRTH</i> .....12:30	<b>29</b> MISHLEI- <i>RAIZY HIRTH</i> .....10:30 ART/CURRENT EVENTS.....11:30 COMPLIMENTARY LUNCH.....12:15



# ABOUT OUR PROGRAM.....

## TUESDAY'S ACTIVITIES

### NUTRITION WORKSHOP – JANUARY 6TH

Eat well, feel great. Nutrition with Malky Shafran, RDN

### BOOK CLUB – JANUARY 20TH

Monthly Book Club with Dr. T (Sara Teichman)

### LET'S SHMOOZE – JANUARY 27

Navigating Life's Transitions with Dassy Prager, LPC

## MIDOR L'DOR FILM

INSPIRING WOMEN SHARE THEIR LIFE STORIES:

January 5: Mrs. Ruth Katzenstein

January 12: Mrs. Bertha Jacobovits

January 19: Mrs. Shlima Warzman

January 26: Rebbitzin Brog

## ART – THURSDAYS@11:30

Canvas Painting

By RSVP Only

\$15 per session or become a

**Platinum** Member

Call 732-523-5111

## COMPLIMENTARY LUNCHES

A RESERVATION IS REQUIRED FOR  
COMPLIMENTARY LUNCH  
BY 12:00 PM THE DAY BEFORE.

PLEASE CALL **732-523-5111 EXT 2**

IF YOU LEAVE YOUR NAME, NUMBER AND  
DESIRED DATE,  
**YOUR LUNCH IS RESERVED.**

PLEASE BE RESPONSIBLE AND SHOW UP IF  
A RESERVATION WAS MADE.

## ADMISSION FEES – \$10

or

## Become a Member!

### GOLD – \$360

- Entry to The Square (excluding art)
- Entry to Connections Luncheon
- All Store Discounts

### PLATINUM – \$500

- Everything in GOLD
- \$250 off Simcha Hall Rental
- Free entry to art classes

**\*Pick up our brochure to see full details**