

JULY 2026
Monday
Tuesday
Wednesday
Thursday
SUMMER ADMISSION SPECIAL!

\$100 FOR THE MONTHS OF JULY AND AUGUST
 STARTING **JUNE 29TH!**

1
TALI BENALI SKINCARE.....10:15
 EXERCISE.....11:00
 COMPLIMENTARY LUNCH.....12:00
 HAKIVUN -RAIZY HIRTH.....12:30

2
CLOSED
שבעה עשר בתמוז

6
R' GRAMA SHIUR.....10:30
 DANCE/ART.....11:15
 COMPLIMENTARY LUNCH.....12:00
 CHABURAH.....12:30

7
 NUTRITION.....10:45
 REFOCUS - Y. KAISMAN.....11:30
 LUNCH WITH DR T.-OWLS.....12:15
 EXERCISE.....12:45

8
GET ORGANIZED.....10:30
 EXERCISE.....11:15
 COMPLIMENTARY LUNCH.....12:00
 HAKIVUN -RAIZY HIRTH.....12:30

9
 MISHLEI- RAIZY HIRTH.....10:30
 EXERCISE/ART.....11:30
 COMPLIMENTARY LUNCH.....12:15
 FILM.....12:45

13
R' GRAMA SHIUR.....10:30
 DANCE/ART.....11:15
 COMPLIMENTARY LUNCH.....12:00
 CHABURAH.....12:30

14
CONNECTIONS EVENT

15 ראש חודש אב
REB. PARETZKY SHIUR.....10:30
 EXERCISE.....11:15
 COMPLIMENTARY LUNCH.....12:00
 HAKIVUN -RAIZY HIRTH.....12:30

16
 MISHLEI- RAIZY HIRTH.....10:30
 EXERCISE/ART.....11:30
 COMPLIMENTARY LUNCH.....12:15
 FILM/FELDENKRAIS.....12:45

20
R' GRAMA SHIUR.....10:30
 DANCE/ART.....11:15
 COMPLIMENTARY LUNCH.....12:00
 CHABURAH.....12:30

21
 SHIDDUCH MEETING.....10:45
 REFOCUS - Y. KAISMAN.....11:30
 LUNCH WITH DR T.-OWLS.....12:15
 EXERCISE.....12:45

22
CLOSED
ערב תשעה באב

23
CLOSED
תשעה באב

27
**CHEMED DAY OF
 HEALTH**

28
TAPPING AND YAPPING.....10:30
 REFOCUS - Y. KAISMAN.....11:30
 LUNCH WITH DR T.-OWLS.....12:15
 EXERCISE.....12:45

29
MAKEUP DEMO.....10:30
 EXERCISE.....11:15
 COMPLIMENTARY LUNCH.....12:00
 DENA FELDMAN SHIUR.....12:30

30
R' SIMCHA LEFKOWITZ SHIUR.....10:30
 EXERCISE/ART.....11:30
 COMPLIMENTARY LUNCH.....12:15
 FILM/FELDENKRAIS.....12:45

HAKIVUN AND HAFTORAH SHIURIM ARE SPONSORED BY RACHEL'S PLACE

ABOUT OUR PROGRAM.....

NEW!

SHIUR WITH R' NECHEMIA GRAMA - MONDAYS @ 10:30 AM

A Shiur on עניני דיומא

DAY OF HEALTH AT THE SQUARE - MONDAY, JULY 27TH @ 10:30 AM

MAJOR FIRST OF ITS KIND SENIOR HEALTH EVENT!

"WHAT YOUR DOCTORS WISH YOU KNEW"

MILCHIG LUNCH BUFFET

HOSTED BY THE SQUARE, CHEMAED AND JOWMA

**DON'T
MISS IT!**

TAPPING AND YAPPING - TUESDAY, JULY 28TH @ 10:30 AM

Join Miriam Langsam for an interactive introduction to EFT Tapping and discover how the mind-body connection can help reduce stress, release limiting patterns, and build resilience.

NEW!

REFOCUS WITH Yael KAISMAN - TUESDAYS @ 11:30 AM

Refocusing on relationship building

WEDNESDAY'S ACTIVITIES @ 10:30 AM

JULY 1ST: Tali Benali Workshop - Skin and self care

JULY 8TH: Get Organized Workshop

JULY 15TH: Rebetzin Paretzky Shiur on עניני דיומא

JULY 29TH: Judy Glucksman Makeup Artist

WEDNESDAY JULY 15TH @ 2:00 PM - 5:00 PM AT THE SQUARE

PAS-1 APPLICATION FILING AND ASSISTANCE EVENT

PAS-1 is for homeowner and renter age 65 or older or receiving Social Security Disability Benefits

More details to follow

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 FEE: \$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**

ART - MONDAY@11:15, THURSDAY@11:30

Canvas Painting - By **RSVP** Only
\$45/3 sessions or become a **Platinum** Member
Call 732-523-5111



www.lakewoodsquare.org



732-523-5111



313 3RD STREET, LKWD NJ 08701