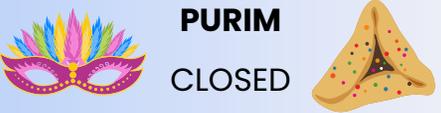




MARCH 2026

Monday	Tuesday	Wednesday	Thursday
2 TAANIS ESTHER CLOSED	3  PURIM CLOSED	4 SHUSHAN PURIM CLOSED	5 MISHLEI- RAIZY HIRTH.....10:30 ART-RSVP ONLY.....11:30 EXERCISE.....11:30 COMPLIMENTARY LUNCH.....12:15
9 R' AHRON HOCH SHIUR.....10:30 EXERCISE-BONE STRENGTH.....11:15 COMPLIMENTARY LUNCH.....12:00 PROJECT WITNESS FILM.....12:30	10 NUTRITION10:45 DANCE AEROBICS.....11:30 COMPLIMENTARY LUNCH.....12:15	11 WOMEN WELLNESS10:15 EXERCISE-BARRE BALANCE.....11:00 COMPLIMENTARY LUNCH.....11:45 HAKIVUN -RAIZY HIRTH.....12:30	12 MISHLEI- RAIZY HIRTH.....10:30 ART-RSVP ONLY.....11:30 EXERCISE.....11:30 COMPLIMENTARY LUNCH.....12:15
16 R' AHRON HOCH SHIUR.....10:30 EXERCISE-BONE STRENGTH.....11:15 COMPLIMENTARY LUNCH.....12:00 PROJECT WITNESS FILM.....12:30	17 BOOK CLUB10:45 DANCE AEROBICS.....11:30 COMPLIMENTARY LUNCH.....12:15 FELDEKRAIS EXERCISE.....12:45	18 EXERCISE-BARRE BALANCE.....11:00 NUTRITION TALK11:45 COMPLIMENTARY LUNCH.....12:00 HAKIVUN -RAIZY HIRTH.....12:30	19 ראש חודש ניסן MISHLEI- RAIZY HIRTH.....10:30 ART-RSVP ONLY.....11:30 EXERCISE.....11:30 COMPLIMENTARY LUNCH.....12:15
23 R' AHRON HOCH SHIUR.....10:30 EXERCISE-BONE STRENGTH.....11:15 COMPLIMENTARY LUNCH.....12:00 PROJECT WITNESS FILM.....12:30	24 LET'S SHMOOZE10:45 DANCE AEROBICS.....11:30 COMPLIMENTARY LUNCH.....12:15 FELDENKRAIS EXERCISE.....12:45	25 CLOSED FOR PESACH	26 CLOSED FOR PESACH
30 CLOSED FOR PESACH	31 בדיקת חמץ CLOSED FOR PESACH		

ABOUT OUR PROGRAM.....

SHIUR WITH RABBI AHRON HOCH

A Shiur on **יסודות התורה** - Seeing the Bigger Picture

PROJECT WITNESS FILMS

March 9th: In One Split Second

The Destruction of Hungarian Jewry

March 16th: In the Footsteps of A Giant

The Life of R' Michoel Ber Weissmandl

March 23rd: Hidden

Jewish Children Concealed During the Holocaust

TUESDAY'S ACTIVITIES

NUTRITION WORKSHOP - MARCH 10th

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

BOOK CLUB - MARCH 17th

Monthly Book Club with Dr. T (Sara Teichman)

This Month's Book: **EVEN IF I'M NOT** by *Devoirie Kreiman*

LET'S SHMOOZE - DASSY PRAGER MARCH 24th

Family Connections Across Generations-
Understanding changing roles, communication,
and expectations within families.

WEDNESDAY: MARCH 11TH @ 10:15 AM

WOMEN WELLNESS-Strong at Any Age

A women's health talk with **Tali Beneli**

WEDNESDAY: MARCH 18TH @ 12:00 PM

Nutrition Talk with **Leah Blum** - Hydration for Health

Why drinking enough water matters more than you think --
and simple ways to stay hydrated every day.

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 - THURSDAYS@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