TUESDAY, MARCH 3
10 AM IN THE SENIOR LOUNGE
MOVIE IN THE LOUNGE

WEDNESDAY, MARCH 4
12 PM IN ZALE AUDITORIUM
RAYMOND VERVEKKEN’S BIRTHDAY BASH
Hosted by Elona Vervekken with entertainment by Don Weitz.

THURSDAY, MARCH 5
12 PM IN ZALE AUDITORIUM
THE JCC CHOIR
Our house performers will perform for us during senior lunch!

FRIDAY, MARCH 6
10 AM IN THE SENIOR LOUNGE
IMPROVING COGNITION
Join The Center for Vital Longevity as they demonstrate how to improve your cognitive function through computer-based training in late adulthood.

FRIDAY, MARCH 6
12 PM IN ZALE AUDITORIUM
KABBALAT SHABBAT LUNCHEON
Details in sidebar.

TUESDAY, MARCH 17
10:30 AM IN THE SENIOR LOUNGE
SMART SERIES: BE SMART ABOUT PLANNING FOR YOUR FUTURE
In this seminar you will hear from financial and legal experts about how to prepare for your future and avoid scrambling to get things in order in a time of crisis. Sullivan & Sullivan’s panel will discuss important legal considerations, ways to preserve wealth, and how to be prepared for any situation. Part 1 of a 5-part monthly series.

WEDNESDAY, MARCH 18
10:30 AM IN THE SENIOR LOUNGE
$1 BINGO
Hosted by our friends at The Forum.

THURSDAY, MARCH 19
LEAVE THE J AT 12:45 PM
OUTING: COME FROM A WAY AT DSM
Sorry, we are sold out. Ticket holders only.

TUESDAY, MARCH 24
10 AM IN THE SENIOR ASSEMBLY ROOM
SOCIAL LIGHTS SOIREE
See details in sidebar.

TUESDAY, MARCH 27
10 AM IN THE SENIOR LOUNGE
BREATHING TO REDUCE STRESS
What is stress, who gets stressed, and what does it do to our bodies? From toddlers to teens to older adults, we all experience stress at some point. Learn about breathing methods you can use to relieve your stress by our friends at Apple Care.

GAME RULES
The Senior Department manages room reservations for our bridge, canasta, mah jongg and poker games. The staff does NOT arrange these games. The individual participants arrange their own groupings. Participants must be JCC members in good standing, and follow rules of good conduct. JCC policy prohibits betting on campus.
Lunch is served at Noon for a $3.50 suggested donation. Must be seated on time. Sorry, no take-out.