



**MORRIS MERTZ WELLNESS
CAFE FOR OLDER ADULTS
60 & OVER
FOOD | ACTIVITIES |
SOCIALIZATION | FUN**



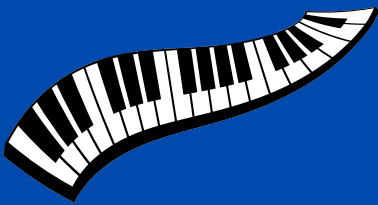
**YIPPEE!
IT'S
FREE!**

MARCH 2024



March 1st: BINGO

Enjoy some fun games of BINGO! There will be some prizes too!



March 8th: Piano Entertainment

Ann Marie Zakaraskas will provide some beautiful piano tunes!



March 15th: Meditation

Join Lisa Rigau as she takes you through a session of meditation.



March 22nd: Celebrating Purim!

Celebrate the Jewish holiday of Purim with songs and Purim treats!



March 29th: Coffee & Socializing

No program this week, but plenty of coffee and socialization.



Fridays 10:00am-11:30am, JCC Goodman Lounge

Open to all older adults 60 & over. Everyone is welcome!



JCC members, Renew Active & Silver Sneakers members (must scan in)

Sponsored by the Foundation for the Jewish Elderly of Eastern PA, United Way of Lackawanna County & Temple Israel of Dunmore