

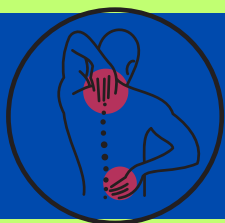


**MORRIS MERTZ WELLNESS
CAFE FOR OLDER ADULTS
60 & OVER
FOOD | ACTIVITIES |
SOCIALIZATION | FUN**



**YIPPEE!
IT'S
FREE!**

APRIL 2024



April 5th: Pain Management

A representative from Cawley PT & Rehab will share some insight on how to manage pain.



April 12th: What is Passover?

Join JCC staff member Miriam Raven as she teaches about the holiday.



April 19th: BINGO

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



April 26th: Trivia

Test you knowledge by enjoying some fun trivia!



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

