

2026

October

Seniors Living Well

at Hamilton Jewish Family Services

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Low and Slow Hike Group 10:30 VR Cafe 12:30 Bingo Drop-In 3:00 Food Fit 5	9:30 Hike Club 6	10:30 Functional Fitness	9:30 "Is Your Glass Half Empty or Half Full?" 12:00 Mindful Movement (mat) 1:30 Mahjong Drop-In 8	CLOSED 9
CLOSED FOR THANKSGIVING 12	9:30 Hike Club 12:00 Israeli Folk Dancing 2:30 Tech Tuesday Troubleshooting 13	10:30 Functional Fitness 3:30 Hebrew for Beginners 14	9:30 "Is Your Glass Half Empty or Half Full?" 12:00 Mindful Movement (chair) 1:30 Cafe Europa 1:30 Mahjong Drop-In 15	CLOSED 16
9:30 Low and Slow Hike Group 10:30 VR Cafe 12:30 Bingo Drop-In 3:00 Food Fit 19	9:30 Hike Club 12:00 Israeli Folk Dancing 20	10:30 Functional Fitness 3:30 Hebrew for Beginners 21	10:30 Laughter Yoga 12:00 Mindful Movement (mat) 1:30 Mahjong Drop-In 22	CLOSED 23
9:30 Low and Slow Hike Group 10:30 VR Cafe 12:30 Bingo Drop-In 3:00 Food Fit 26	9:30 Hike Club 12:00 Israeli Folk Dancing 2:30 Tech Tuesday Troubleshooting 27	10:30 Functional Fitness 1:00 Card Making 3:30 Hebrew for Beginners 28	12:00 Mindful Movement (chair) 1:30 Mahjong Drop-In 29	CLOSED 30
9:30 Low and Slow Hike Group 10:30 VR Cafe 12:30 Bingo Drop-In 3:00 Food Fit 2	9:30 Hike Club 12:00 Israeli Folk Dancing 3	10:30 Functional Fitness 3:30 Hebrew for Beginners 4	12:00 Mindful Movement (mat) 1:30 Mahjong Drop-In 5	CLOSED 6

“LOW AND SLOW” HIKE GROUP (9:30 - 11:00 AM)

- Short, flat, and relatively easy nature walks designed for individuals with lower mobility levels

VR CAFE (10:30 - 11:30 AM)

- Use META VR headsets to travel, play games, make art, explore museums and historical sites, and more!

BINGO DROP-IN (12:30 - 3:00 PM)

- organized games with caller
- .25 cents per card played

FOOD FIT (3 - 6 PM)

- cook, move, and eat together
- kosher and vegetarian
- 10 weeks

HIKE CLUB (9:30 - 11:00 AM)

- appropriate for moderate fitness levels and higher
- most hikes take place on uneven trails

FUNCTIONAL FITNESS (9:30 - 11:00 AM)

- improve strength, flexibility, and balance
- all equipment provided
- all fitness levels welcome

“IS YOUR GLASS HALF EMPTY OR HALF FULL?” (9:30 - 11:00 AM)

- a positive psychology program that will help you shift your perspective and mindset

MINDFUL MOVEMENT (12 - 1 PM)

- a blend of Pilates, Yoga, and meditation (standing, on mat, and on chair)

MAHJONG DROP-IN (1:30 - 3:30 PM)

- American style
- all skill levels welcome - beginners encouraged!

TECH TUESDAY TROUBLESHOOTING (2:30 - 3:30 PM)

- one-on-one troubleshooting - bring your device!
- must pre-book

ISRAELI FOLK DANCING (12 - 1 PM)

- beginner friendly, no experience required
- 6 weeks
- HEBREW FOR BEGINNERS (3:30 - 5:00 pm)**
- learn to read Hebrew - no prior experience required
- 10 weeks

LAUGHTER YOGA (10:30 - 11:30 AM)

- playful laughter, deep yogic breathing, and no yoga poses

CARD MAKING WITH PAPER AND STAMPS (1:00 - 3:00 PM)

- create simple, lovely cards with paper and rubber stamps