

Active Mature Adults Event Calendar

February 2019



More Ways to Mingle at the MJCCA!

We have so many ways for you to mingle at the MJCCA in February! Enjoy a popular Japanese film at our **International Classics Film Club**. Enjoy some play time with new friends at our **Fun & Games** program. Learn something new at our **Yiddish Vinkl** group. Get some exercise on our **Pickleball** courts. Hang out with the guys at our men's discussion group, **The Forum**, or with the **Senior Men's Tennis** group!

But the fun doesn't stop in February! Join 100 active mature adults at **Senior Day at the MJCCA** on Monday, March 11 for some amazing programs and surprises. Enjoy some friendly competition at our **Spring Doubles Pickleball Tournament** on Sunday, March 31. These programs will fill up quickly, so be sure to register in advance. New friends, players, and partners are waiting for you!



Featured Upcoming Events:

Beginner's Mah Jongg

Sunday, February 17
1:00 pm - 5:00 pm

Learn how to play Mah Jongg in a small group setting with Mahjong Central's Michelle Frizzell through a collaborative approach. Space fills quickly! Advanced registration required.

Visit atlantajcc.org/ama for prices and details.

What the Health?! Presents: Heart Health

Sunday, February 10
1:00 pm – 3:00 pm

Learn about food choices, lifestyle habits, and simple steps that will help manage your weight and keep your cardiovascular system healthy with Elyse Krawtz, registered dietitian, nutritionist, and weight management specialist.

Members: Free, Community: \$5
atlantajcc.org/wellness

NEW! Fun & Games for Active Mature Adults

Monday, February 25
11:45 am – 1:45 pm

Join us for game days and game nights at the MJCCA! Have fun with your friends or come make new ones as you enjoy card games, board games, dominoes, and more. Feel free to bring your own games, too!

Members: Free, Community: \$5
atlantajcc.org/games

Day Trip to the Wren's Nest

Wednesday, February 20
9:30 am – 12:30 pm

Join the MJCCA for a trip to the Wren's Nest, a cultural center that celebrates the timeless legacy of the Brer Rabbit tales and promotes the art of storytelling. Fee includes discounted ticket and transportation.

Members: \$18, Community: \$22
atlantajcc.org/wrensnest

Questions? Contact 678.812.4070 or earl.finley@atlantajcc.org

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31		1 Pickleball 9:30 am – 2:00 pm	2 Pickleball 3:00 pm – 6:00 pm
					Basic Aquatics 12:15 pm – 1:15pm	
3 SuperSculpt Fitness Class 10:15 am – 11:15 am	4 Talking Heads Co-Ed Discussion Group 10:30 am – 12:00 pm Beginner Pickleball 8:00 am – 12:00 pm	5 Pickleball 9:30 am – 1:00 pm The Forum: Men's Discussion Group 12:30 pm – 2:30 pm	6 Open Play Games 10:00 am – 3:00 pm Yiddish Vinkl 11:30 am – 12:30 pm	7 Pickleball 9:30 am – 1:00 pm Get Excited and Move! Wellness Workout 11:30 am – 12:30 pm	8 Senior Men's Tennis 9:00 am – 11:00 am SilverSneakers® CLASSIC 11:30 am – 12:30 am	9 Pickleball 3:00 pm – 6:00 pm
10 SuperSculpt Fitness 10:15 am – 11:15 am What the Health?! Presents: Heart Health 1:00 pm – 3:00 pm	11 Open Play Games 10:00 am – 3:00 pm Talking Heads 10:30 am – 12:00 pm	12 Les Mills™ TONE Fitness Class 8:30 am – 9:30 pm The Forum 12:30 pm – 2:30 pm	13 Senior Men's Tennis 9:00 am – 11:00 am Yiddish Vinkl 11:30 am – 12:30 pm	14 KnowEdgewise: The U.S. Submarine Service – Past, Present, and Future 10:30 am – 12:00 pm	15 Pickleball 9:30 am – 2:00 pm Basic Aquatics 12:15 pm – 1:15pm	16 Pickleball 3:00 pm – 6:00 pm
17 SuperSculpt Fitness Class 10:15 am – 11:15 am Beginner Mah Jongg 1:00 pm – 5:00 pm	18 Talking Heads 10:30 am – 12:00 pm Aquatic Fitness Wellness Workout 1:00 pm – 2:00 pm	19 Low & Light Fitness Class 9:45 am – 10:45 am The Forum 12:30 pm – 2:30 pm	20 Visit the Wren's Nest Day Trip 9:30 am – 12:30 pm Yiddish Vinkl 11:30 am – 12:30 pm	21 Pickleball 9:30 am – 1:00 pm Get Excited and Move! Wellness Workout 11:30 am – 12:30 pm	22 Senior Men's Tennis 9:00 am – 11:00 am SilverSneakers® CIRCUIT 2:00 pm – 3:00pm	23 Pickleball 3:00 pm – 6:00 pm
24 The Classics Film Club: Rashomon 1:00 pm – 3:00 pm Book Festival Event 7:00 pm – 9:00 pm	25 Talking Heads 10:30 am – 12:00 pm Fun & Games for Active Mature Adults 11:45 am – 1:45 pm	26 Books for Breakfast: Lucky Boy by Shanthi Sakaran 10:30 am – 12:00 pm	27 Open Play Games 10:00 am – 3:00 pm Yiddish Vinkl 11:30 am – 12:30 pm	28 KnowEdgewise: Trump vs. Roberts: Render Your Verdict 10:30 am – 12:00 pm	2	3