

# Active Mature Adults Event Calendar

## October 2018



*October is an Amazing Month for Seniors!*

The MJCCA has so much going on this month, from new exercise and art classes to amazing speakers and day trips. Be sure to review this month's calendar to get a full view of everything that's happening. If you would like to run a program, let us know! We have plenty of room and plenty of seniors who will be happy to participate. Have a great October and I look forward to seeing you enjoy our amazing fall programs!

### *MJCCA Now a Participating Pickup Location for Georgia's Yellow Dot Program*

Georgia's Yellow Dot program has come to Dunwoody and the MJCCA is one of the five locations where you can pick up a packet. This free program is designed to help first responders provide life-saving medical attention during that first "golden hour" after a medical emergency. If you want to learn more visit [atlantajcc.org/ama](http://atlantajcc.org/ama), or stop by the MJCCA front desk and we'll be happy to help you!



Georgia's Yellow Dot Program  
has come to Dunwoody!

## Featured Upcoming Events:

### **Strong & Steady: A Fall Prevention Program**

October 8 – December 3  
12:30 pm- 1:30 pm

Improve your strength and balance by participating in weekly presentations and exercises designed to reduce fall risk. The class will be led by Georgia State University occupational therapy students.

Visit [atlantajcc.org/steady](http://atlantajcc.org/steady) for prices and details.

### **Book Festival Prologue Events**

October 13, 21, and 29

Get ready for this year's 27<sup>th</sup> Edition of Book Festival of the MJCCA with authors like Mitch Albom, Sally Field, and Ronen Bergman! Be sure to purchase your tickets while you can!

For the full schedule visit [atlantajcc.org/bookfestival](http://atlantajcc.org/bookfestival)

### **Monthly Book and Film Club Selections**

Tuesday, October 23 &  
Sunday, October 28

Our monthly book club, Books for Breakfast, will delve into *Little Fires Everywhere* by Celeste Ng and The Classics Film Club, will be *Singin' in the Rain!*

Members: Free  
Community: \$5 per session

### **Forced from Home Exhibit Day Trip @ West Plaza Park**

Monday, October 22

Doctors Without Borders will be hosting an interactive exhibit that highlights the current plight of refugees around the world. Transportation is provided, but limited. Advanced registration is required.

Go to [atlantajcc.org/ama](http://atlantajcc.org/ama) for prices and details.

Questions? Contact 678.812.4070 or [earl.finley@atlantajcc.org](mailto:earl.finley@atlantajcc.org)

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 <b>Sh'mini Atzeret</b> MJCCA Closed	2 <b>Simchat Torah</b> MJCCA Closed	3 <b>Yiddish Vinkl</b> 11:30 am – 12:30 pm <b>Passport to Japan</b> <b>Cooking Class</b> 7:00 pm – 9:00 pm	4 <b>Get Excited and Move!</b> <b>(GEM) Wellness Class</b> 11:30 am – 12:30 pm	5 <b>Water Fitness</b> <b>w/Maureen</b> 9:00 am – 10:00 am	6 <b>Pickleball NEW TIME!</b> 3:00 pm – 6:00 pm
7 <b>SuperSculpt Fitness Class</b> 10:15 am – 11:15 am	8 <b>Talking Heads</b> 10:30 am – 12:00 pm <b>Strong &amp; Steady: Fall</b> <b>Prevention Class</b> 12:30 pm – 1:30 pm	9 <b>Pickleball</b> 9:30 am – 1:00 pm <b>The Forum: Men's</b> <b>Discussion Group</b> 12:30 pm – 2:30 pm	10 <b>Jewish Life &amp; Learning:</b> <i>Myths of Judaism Class</i> 9:30 am – 10:30 am <b>Open Play Games</b> 10:00 am – 3:00 pm	11 <b>KnowlEdgewise Speaker</b> <b>Series: From Sputnik to a</b> <i>Man on the Moon and</i> <i>Beyond</i> 10:30 am – 12:00 pm	12 <b>Basic Aquatics Water</b> <b>Fitness Class</b> 12:15 pm – 1:00 pm	13 <b>Pickleball</b> 3:00 pm – 6:00 pm <b>Book Festival Prologue</b> <b>Event: Mitch Albom</b> 8:00 pm – 10:00 pm
14 <b>SuperSculpt Fitness Class</b> 10:15 am – 11:15 am	15 <b>Beginner Pickleball</b> 8:00 am – 12:00 pm <b>Strong &amp; Steady: Fall</b> <b>Prevention Class</b> 12:30 pm – 1:30 pm	16 <b>Low &amp; Light Fitness Class</b> 9:45 am – 10:45 am <b>The Forum</b> 12:30 pm – 2:30 pm	17 <b>Yiddish Vinkl</b> 11:30 am – 12:30 pm <b>Cake Decorating - Icing</b> 7:00 pm – 9:00 pm	18 <b>Get Excited and Move!</b> <b>(GEM) Wellness Class</b> 11:30 am – 12:30 pm	19 <b>Water Fitness</b> <b>w/Maureen</b> 9:00 am – 10:00 am	20 <b>Pickleball</b> 3:00 pm – 6:00 pm
21 <b>SuperSculpt Fitness Class</b> 10:15 am – 11:15 am <b>Book Festival Prologue</b> <b>Event: Sally Field</b> 7:30 pm – 9:30 pm	22 <b>Forced from Home</b> <b>Exhibit Day Trip</b> 10:30 am – 2:00 pm <b>Strong &amp; Steady: Fall</b> <b>Prevention Class</b> 12:30 pm – 1:30 pm	23 <b>Books for Breakfast:</b> <i>Little Fires Everywhere</i> by Celeste Ng 10:30 am – 12:00 pm <b>The Forum</b> 12:30 pm – 2:30 pm	24 <b>Senior Men's Tennis</b> 9:00 am – 11:00 am <b>Yiddish Vinkl</b> 11:30 am – 12:30 pm	25 <b>KnowlEdgewise Speaker</b> <b>Series: Why Atlanta is the</b> <i>Best Place to Address our</i> <i>Racial Issues</i> 10:30 am – 12:00 pm	26 <b>Basic Aquatics Water</b> <b>Fitness Class</b> 12:15 pm – 1:00 pm	27 <b>Pickleball</b> 3:00 pm – 6:00 pm
28 <b>The Classics Film Club:</b> <i>Singin' in the Rain</i> 1:00 pm – 3:00 pm <b>What the Health?!</b> <i>Lymphedema</i> 1:00 pm – 3:00 pm	29 <b>Strong &amp; Steady: Fall</b> <b>Prevention Class</b> 12:30 pm – 1:30 pm <b>Book Festival Prologue</b> <b>Event: Ronen Bergman</b> 7:30 pm – 9:30 pm	30 <b>The Forum</b> 12:30 pm – 2:30 pm	31 <b>Yiddish Vinkl</b> 11:30 am – 12:30 pm <b>Open Play Games</b> 10:00 am – 3:00 pm	1	2	3