

March

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Blue = Community Inclusion Trips (Shay Remillard, ext. 424)

*For any trips, you **MUST** sign up with Shay via phone or email to be guaranteed a spot on the trip. If you show up without signing up and there are no openings, you will be turned away. If you sign up for a trip that requires a ticket purchase, you will be responsible for that cost even if you cannot attend the trip.*

Red = Athletics Practices/Events/Personal Training (Wayne Branch, ext. 426)

Please contact Wayne Branch with any questions about the personal training program. You do not need to be a part of the athletics program to attend personal training sessions.

Please also note that the location for all activities are listed next to their activity names. For any **community trips** or **athletic events**, clients should expect to meet at the Judi House unless otherwise instructed and should be there 15 minutes before the departure time.

Please check for any altered café hours throughout the month in **bold purple font**.



SIGN UP for all trips in **BLUE** and with ****ASTERISKS**** by contacting **SHAY** via email at sremillard@jespy.org, or by phone, ext. 424. You will receive a confirmation phone call or email securing your spot on the trip.

<p>1 5p-6p Kitchen Basics (J4) 6p-7p Zentangle (J4) 6p-8p J-Street Band (J2)</p> <p>6:30p-8:30p PURIM PARTY (J4) (Refreshments will be served.)</p> <p>7p-8:30p Knitting (J4) 4p-8p Group Exercise (J4)</p> <p>5:30p—Bowling Practice</p>	<p>2 4p-5p Computer Class (J4)</p> <p>6p-6:30p Community Dinner (J4)</p> <p>7p Bingo (J4)</p> <p>**5p-8p Short Hills Mall (Bring \$\$ for purchases)**</p>	<p>3 10:30a-11a Activity Planning Session (J4)</p> <p>12p-1p Dine-In Deli Lunch (J4)</p> <p>2p-4p Iron On Beads (J4)</p> <p>5p-7:30p Night at the Movies “Leap Year” (J4) 12p - Bowling Regionals</p> <p>12:30p-5:30p Basketball Practice</p>
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<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p>4</p> <p>10a-11a Open Breakfast (J4)</p> <p>1p-2p Dr. Seuss' Birthday Appreciation (J4)</p> <p>3p-4p Art Collective (J4)</p> <p>5p-7p Open Mic Night (Dinner will be served.) (J4)</p> <p>11a - Basketball Game</p> <p>1p - Basketball Game</p>	<p>5</p> <p>4p-5p JESPY Planters (J4)</p> <p>5p-6p Nutrition(J4)</p> <p>5p-6p Poetry (J2)</p> <p>6:30p-7:30p Name That Tune (J4)</p> <p>6p-8p J-Street Beginner's Band (J2)</p> <p>**6p-8p Target**</p> <p>4p-6p Group Exercise (J4)</p>	<p>6</p> <p>5p-6p Couponing (J4)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>5p-6p Yoga/Meditation (J2)</p> <p>6p - 7p Women's Book Club</p> <p>6p-7p Photography (J4)</p> <p>7p-8p Current Events (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>4p-8p Group Exercise (J4)</p>	<p>7</p> <p>5p-6p Glee Club (J4)</p> <p>5:30p-6:30p Working Women's Support Network</p> <p>6p - 8p Nutritional Cooking Group (must be signed up to attend)</p> <p>6:30p-8p Theater Group (J2)</p> <p>6p-7p Social Action (J4)</p> <p>4p-6p Group Exercise (J4)</p> <p>5:30p—Bowling Practice</p>	<p>8</p> <p>5p-6p Ocean Grove Meeting (J4)</p> <p>6p-7p Zentangle (J4)</p> <p>6p - 7p Kitchen Basics (J4)</p> <p>6p-8p J-Street Intermediate Band (J2)</p> <p>7p-8:30p Knitting (J4)</p> <p>4p-8p Group Exercise (J4)</p> <p>5:30p—Bowling Practice</p>	<p>9</p> <p>4p-5p Computer Class (J4)</p> <p>6p-6:30p Community Dinner (J4)</p> <p>7p Bingo (J4)</p> <p>**6p-8p Shabbat Dinner at Temple Beth Shalom**</p>	<p>10</p> <p>10:30a-11a Menu Planning (J4)</p> <p>12p-1p Dine-In Deli Lunch (J4)</p> <p>2p-4p Sip & Paint</p> <p>5p-7:30p Night at the Movies: "The Quiet Man" (J4)</p> <p>** 11a-3:30p Union St. Patrick's Day Parade (Bring \$\$ for lunch)**</p> <p>10:30a-11:30a Group Exercise</p> <p>12:30p-5:30p Basketball Practice</p>
<p>11</p> <p>10a-11a Open Breakfast (J4)</p> <p>1p-2p Video Editing (J4)</p> <p>3p-4p Card Making (J4)</p> <p>5p-6:30p J-Street Band Performance (Dinner will be served.) (J4)</p> <p>**1p-5:30p New York City Gay Mens Choir: Big Gay Sing X (\$30 & bring \$\$ for lunch)**</p> <p>Time - TBD Basketball Game</p>	<p>12</p> <p>4p-5p JESPY Planters (J4)</p> <p>5p-6p Nutrition(J4)</p> <p>5p-6p Poetry (J2)</p> <p>6p-7p Walking Group (J4)</p> <p>6p-8p J-Street Beginner's Band (J2)</p> <p>4p-6p Group Exercise (J4)</p> <p>**6p-8p Stop & Shop**</p>	<p>13</p> <p>5p-6p Couponing (J4)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>5p-6p Yoga/Meditation (J2)</p> <p>6p-7p Photography (J4)</p> <p>7p-8p Current Events (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>4p-8p Group Exercise (J4)</p>	<p>14</p> <p>CAFÉ CLOSED</p> <p>4p-6p Group Exercise (J4)</p> <p>5:30p—Bowling Practice</p>	<p>15</p> <p>5p-6p Kitchen Basics (J4)</p> <p>6p-7p Zentangle (J4)</p> <p>6p-8p Client Team Meeting (J4)</p> <p>6p-8p J-Street Intermediate Band (J2)</p> <p>7p-8:30p Knitting (J4)</p> <p>4p-8p Group Exercise (J4)</p> <p>5:30p—Bowling Practice</p>	<p>16</p> <p>4p-5p Computer Class (J4)</p> <p>6p-6:30p Community Dinner (J4)</p> <p>7p Bingo (J4)</p> <p>**5p-8p Dinner at TGI Fridays (Bring \$\$ for dinner)**</p>	<p>17</p> <p>10:30a-11a Trip Planning (J4)</p> <p>12p-1p Dine-In Deli Lunch (J4)</p> <p>2p-4p Shamrock Shakes (J4)</p> <p>5p-7:30p Night at the Movies "The Secret of Kells" (J4)</p> <p>** 12p-4p Popovich Pet Comedy @ NJPAC (\$6)**</p> <p>10:30a-11:30a Group Exercise</p> <p>12:30p-5:30p Basketball Practice</p>

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<p>18</p> <p>10a-11a Open Breakfast (J4)</p> <p>1p-2p Irish Soda Bread (J4)</p> <p>3p-4p Art Collective (J4)</p> <p>5p-7p Tour of Ireland (Themed dinner and videos) (J4)</p> <p>**11a-2p Darby Road Pub (Bring \$\$ for lunch)**</p> <p>Time - TBD Basketball Game</p>	<p>19</p> <p>4p-5p JESPY Planters (J4)</p> <p>5p-6p Nutrition(J4)</p> <p>5p-6p Poetry (J2)</p> <p>6p-7p Walking Group (J4)</p> <p>6p-8p J-Street Beginner's Band (J2)</p> <p>4p-6p Group Exercise (J4)</p> <p>**6p-8p Trader Joes**</p>	<p>20</p> <p>5p-6p Couponing (J4)</p> <p>6p-7p Kitchen Basics (J4)</p> <p>5p-6p Yoga/Meditation (J2)</p> <p>6p - 7p Women's Book Club</p> <p>6p-7p Photography (J4)</p> <p>7p-8p Current Events (J4)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>4p-8p Group Exercise (J4)</p>	<p>21</p> <p>5p-6p Glee Club (J4)</p> <p>5:30p-6:30p Working Women's Support Network</p> <p>6p - 8p Nutritional Cooking Group (must be signed up to attend)</p> <p>6:30p-8p Theater Group (J2)</p> <p>6p-7p JESPY Journal (J4)</p> <p>6:30p Championship Night (J4)</p> <p>4p-6p Group Exercise (J4)</p>	<p>22</p> <p>5p-6p Kitchen Basics (J4)</p> <p>6p-7p Zentangle (J4)</p> <p>6:30pm - GREASE SING-A-LONG at SOPAC (Come dressed up and bring your singing voice! Enjoy free snacks with entry!)</p> <p>Café closes at 7 - No Band or Knitting</p> <p>4p-8p Group Exercise (J4)</p> <p>5:30p—Bowling Practice</p>	<p>23</p> <p>4p-5p Computer Class (J4)</p> <p>6p-6:30p Community Dinner (J4)</p> <p>7p Bingo (J4)</p> <p>**Shabbat Service at Oheb Shalom**</p> <p>**6:30p -11p The Ultimate Led Zeppelin Experience at NJPAC**</p>	<p>24</p> <p>10:30a-11a Table Talk (J4)</p> <p>12p-1p Dine-In Deli Lunch (J4)</p> <p>3p-4p Iron-On Beads (J4)</p> <p>5:30p-7:30p Night at the Movies: "Once" (J4)</p> <p>**11a-4p Woodbridge Mall (Bring spending and lunch \$)**</p> <p>10:30a-11:30a Group Exercise</p> <p>Leaving for state basketball championships - Time: TBD</p>	
<p>25</p> <p>10a-11a Open Breakfast (J4)</p> <p>12p-2p Sip & Paint (J4)</p> <p>3p-4p Video Editing (J4)</p> <p>5:30p-6:30p Spaghetti Dinner (\$10) (J4)</p> <p>**2p-6p Mamma Mia @ UCPAC (\$20)</p> <p>Time - TBD Basketball Game</p>	<p>26</p> <p>4p-5p JESPY Planters (J4)</p> <p>5p-6p Nutrition(J4)</p> <p>5p-6p Poetry (J2)</p> <p>5:30p Model Seder in honor of Passover</p> <p>4p-6p Group Exercise (J4)</p> <p>**6p-8p Stop & Shop**</p>	<p>27</p> <p>4p-5p Couponing (J4)</p> <p>5:30p - 7:30p Relationship Chat and Sexual Wellness (Refreshments will be provided.)</p> <p>7:30p-8:30p Zumba (J2)</p> <p>4p-8p Group Exercise (J4)</p>	<p>28</p> <p>5p-6p Glee Club (J4)</p> <p>5:30p-6:30p Working Women's Support Network</p> <p>6p - 8p Nutritional Cooking Group (must be signed up to attend)</p> <p>6:30p-8p Theater Group (J2)</p> <p>6p-7p Social Action (J4)</p> <p>4p-6p Group Exercise (J4)</p> <p>5:30p—Bowling Practice</p>	<p>29</p> <p>5p-6p Kitchen Basics (J4)</p> <p>6p-7p Zentangle (J4)</p> <p>6:30p-7:30p Art Creations (J4)</p> <p>6p-8p J-Street Intermediate Band (J2)</p> <p>7p-8:30p Knitting (J4)</p> <p>4p-8p Group Exercise (J4)</p> <p>5:30p—Bowling Practice</p>	<p>30</p> <p>CAFÉ CLOSED</p>		<p>31</p> <p>CAFÉ CLOSED</p>

