

THE CENTER & PROPEL NETWORK PRESENT

# Hanukkah GIFT EXPO

MONDAY, DEC. 5 • 9 AM to 6 PM • @ THE CENTER

*Shop. Savor. Enjoy.*

- Shop vendors from the Tri-State
- Workshops, demos, and classes for adults
- Music and baking classes for kids
- Cafe and gourmet gifts
- Family photoshoots and personalized gifts
- Gift-wrapping station (red gym)
- Chai Lifeline toy drive (lobby)

<i>Time</i>	<i>Room</i>	<i>Event</i>	<i>More Info</i>
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<b>8:30 AM</b>	GX Studios	<b>Group X fitness classes</b>	Members and non-members welcome
<b>9:00</b>	Third floor	<b>Hanukah Gift Expo: doors open</b>	Welcome!
<b>9:35</b>	GX Studios	<b>Group X fitness classes II</b>	Dance, stretch, and tone with friends, old and new
<b>10:00</b>	4th floor	<b>Healthy Mind: yoga class</b>	Explore yoga movement with Atara Schweky
<b>11:00</b>	Red Gym	<b>Roots and Remedies: health demo</b>	With Frieda Sitt on topics of holistic health
<b>11:00</b>	Blue Gym	<b>Photos by Lil (by appt.)</b>	Selfies are so 2017. Get your professional shots taken.
<b>11:15</b>	203	<b>Managing Stress: lecture</b>	With Tzipora Langer, LCSW
<b>12:00 PM</b>	Blue Gym	<b>Cafe open</b>	Shop sweet treats and healthy indulgences
<b>12:00</b>	Blue Gym	<b>Israeli Food Board: culinary demo</b>	With Julie Ebani on better hosting
<b>12:15</b>	Auditorium	<b>Mommy &amp; Me Class</b>	A dynamic Mommy and Me class with Racquel Sutton
<b>1:00</b>	Teen Lounge	<b>Menopause: Mount Sinai lecture</b>	With Dr. Rachel Kassenoff, OBGYN
<b>2:00</b>	Auditorium	<b>Nutrition Matters: workshop</b>	With Stefanie Zakay
<b>3:45</b>	Junior Lounge	<b>Once Upon a Chef: kids' class</b>	Kids' culinary class with Sophia Zeitoune
<b>4:30</b>	Red Gym	<b>Raffle drawing</b>	50-50 split-the-pot. Good luck!
<b>6:00 PM</b>	---	<b>End of day: Thanks for attending!</b>	See you next year!

in partnership with

**PROPEL**

Subject to change

1901 OCEAN PARKWAY • FREE VALET PARKING



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# Hanukkah GIFT EXPO

Welcome!

MONDAY, DEC. 5 • 9 AM to 6 PM • 1901 OCEAN PKWY

Gifts for the family

**TREATS** *for* **YOURSELF**



Shop

over three-dozen local vendors,  
free gift wrapping,  
vendor demonstrations



Snack

fresh and prepared foods,  
healthy snacks and  
sweet indulgences



Grow

at our Women's Health Day  
with hands-on workshops and  
classes for body and mind



Play

with dance, music,  
and baking classes for kids;  
classes you'll both love

THE CENTER & PROPEL NETWORK PRESENT

# Hanukkah GIFT EXPO

MONDAY, DEC. 5 • 9 AM to 6 PM • 1901 OCEAN PKWY

**RED GYM**  
THIRD FLOOR

*Shop*

over three-dozen local vendors;  
free gift wrapping;  
vendor demonstrations

**BLUE GYM**  
THIRD FLOOR

*Snack*

fresh and prepared foods;  
healthy snacks and  
sweet indulgences

**AUDITORIUM**  
THIRD FLOOR

*Grow*

at our Women's Health Day,  
with hands-on workshops and  
classes for body and mind

**JUNIOR & TEEN  
LOUNGES**  
THIRD FLOOR

*Play*

dance and music classes for kids;  
baking classes for kids