


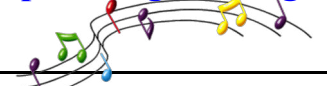







December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 First Day Chanukah 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Baked Chicken 1 pm Movie: <i>The Color of Money</i>	4 Second Day Chanukah 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore  Lunch: Turkey	5 Third Day Chanukah 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Veggie Quiche	6 Fourth Day Chanukah 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Flounder 1:00 pm: Individual computer, tablet and smartphone lessons. 	7 Annual Chanukah Celebration With Sonya Weisburd & entertainment with Marc Saltman Kabbalat Shabbat Lunch: Brisket
10 Eighth Day Chanukah 10:30 am: Coffee and Snack  11:15 am: Isometric Exercise Lunch: Hot Dogs 1 pm Movie: <i>Grease (1978)</i>	11 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15am: Nutrition with Janet Tenney Lunch: Eggplant Parmesan	12 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Beef stew Town Hall Meeting	13 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Cheese & Spinach Manicotti 1:00 pm: Individual computer, tablet and smartphone lessons. 1pm: Sing-A-Long 	14 10:30 am: Coffee and Snack 11:00 am: Entertainment with PEARL Kabbalat Shabbat Lunch: Teriyaki Salmon
17 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Grilled Chicken Breast Burger 12:45 pm: Arts & Crafts w/ Barbara	18 10:30 am: Coffee and Snack 10:45 am: Aerobics  11:15 am: Judaic Studies with Norman Shore Lunch: Turkey	19 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Crispy Whitefish Ice Cream Social 	20 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Vegetarian Chili 1:00 pm: Individual computer, tablet and smartphone lessons. Please RSVP 	21 10:30 am: Coffee and Snack 11:00 am: Entertainment with Eli Lev Kabbalat Shabbat Lunch: Beef Pot Roast
24 Theatre J at Arena Stage "Talley's Folly" Please RSVP with Kim <hr/> 11:30-12Noon Boxed Lunch at Adas: Tuna/Egg Salad PLEASE RSVP	25 CLOSED	26 11:30-12Noon Boxed Lunch at Adas: Turkey PLEASE RSVP	27 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Spaghetti and Meatballs 1:00 pm: Individual computer, tablet and smartphone lessons.	28 10:30 am: Coffee and Snack 11:00 am: Entertainment with Freddie Dunn  Kabbalat Shabbat Lunch: Chicken Fricassee
31 11:30-12Noon Boxed Lunch at Adas: Meatloaf PLEASE RSVP	CLOSED		EDLAVITCH DCJCC 