


January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED	2 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Corned Beef	3 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Eggplant Parmesan 1:00 pm: Individual computer, tablet and smartphone lessons.	4 10:30 am: Coffee and Snack 11:00 am: Entertainment with John Butler (Trio) Kabbalat Shabbat Lunch: Teriyaki Salmon
7 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Baked Chicken 1 pm Movie: <i>Mamma Mia (2008)</i>	8  10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Tuna/Egg Salad	9 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Spinach & Cheese Manicotti	10 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Crispy Whitefish 1:00 pm: Individual computer, tablet and smartphone lessons.	11 10:30 am: Coffee and Snack 11:00 am: Entertainment with Sam Levine Kabbalat Shabbat  Lunch: Pot Roast
14 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Hot Dog & Beans  1 pm Movie: <i>Disclosure (1994)</i>	15 10:30 am: Coffee and Snack 10:30 am: Aerobics 11:15 am– 12:15 pm: Delicious Living Leftovers Lunch: Flounder 	16 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Spaghetti & Meatballs Art: Rembrandt (Movie)	17 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Vegetarian Chili 1:00 pm: Individual computer, tablet and smartphone lessons.	18 10:30 am: Coffee and Snack 11:00 am: Entertainment with PEARL  Kabbalat Shabbat Lunch: Chicken Fricassee
21 CLOSED	22 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Meatloaf 1PM: Sing-A-Long	23 10:30 am: Coffee and Snack 11:15 am: Yoga  Lunch: Vegetarian Quiche	24 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Turkey 1:00 pm: Individual computer, tablet and smartphone lessons.	25 10:30 am: Coffee and Snack 11:00 am: Entertainment with Howard Feinstein  Kabbalat Shabbat Lunch: Salmon w/ Lemon Sauce
28 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Mandarin Chicken 1 pm Movie: <i>The Way We Were (1973)</i>	29 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Nutrition with Janet Tenney Lunch: Vegetable Lasagna	30 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Crispy Whitefish	31 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Beef Stew 1:00 pm: Individual computer, tablet and smartphone lessons.	