





MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Open-Face Turkey Sandwich 1:00 pm Movie: <i>Cold Mountain (2003)</i>	3 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:30 am: Judaic Studies with Norman Shore Lunch: Salisbury Steak	4 FIELD TRIP! Meet at Adas at 10:00 am Theater J's <i>The Wanderers</i> by Anna Ziegler. A funny new drama about modern love. Box Lunches: Tuna Sandwiches Showtime— 12:00 PM	5 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Stuffed Cabbage Rolls 1:00 pm: Purim Craft	6 10:30 am: Coffee and Snack 11:15 am: The Purim Story / Interactive Fun Ray Kahn (Keyboard) Kabbalat Shabbat Lunch: Teriyaki Salmon 
9 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Eggplant Parmesan 1:00 pm Movie: <i>Garden State (2004)</i>	10 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:30 AM Delicious Living w/Chef EBeth Purim Lunch: TBA	11 10:30 am: Coffee and Snack 11:15 am: Yoga & Walking Club Lunch: Stuffed Peppers 1:00 pm: Jewelry Design	12 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Chicken Fricassee 12:45 pm: Sing-a-long / Ellen	13 10:30 am: Coffee and Snack 11:15 am: Entertainment / Daryl Davis (Keyboard) Kabbalat Shabbat Lunch: Fish with Lemon Sauce 
16 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Grilled Chicken Nuggets 1:00 pm Movie: <i>North Country (2005)</i>	17 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:30 am: Nutritional Tips / Janet Tenney Lunch: Corn Beef & Cabbage 1:00: Transportation-Yellow Cab	18 10:30 am: Coffee and Snack 11:15 am: Yoga & Walking Club Lunch: Cheese & Spinach Manicotti 1:00 pm: Anton Schuetze: Jewish Life in Germany Presentation	19 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Hot Dogs/Burgers 12:45 pm: Dept. Justice, Senior Abuse and Elder Exploitation	20 10:30 am: Coffee and Snack 11:15 am: Entertainment/ Mark Saltman (Piano) Kabbalat Shabbat Lunch: Chicken with Cinnamon and Apples 
23 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Chicken Marsala 1:00 pm Movie: <i>Say Anything (1989)</i>	24 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:30 am: Judaic Studies with Norman Shore Lunch: Vegetable Lasagna 1:00PM: Town Hall & Ice cream Social	25 10:30 am: Coffee and Snack 11:15 am: Yoga & Walking Club Lunch: Honey Baked Chicken 1:00 pm: Discussion on scams and the need for apartment insurance	26 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Chicken Caesar Salad 12:45: National Social Work Month Advance Directives/ 5 Wishes with Kim Cauthen	27 10:30 am: Coffee and Snack 11:15 am: Entertainment / Howard Feinstein (Piano) Kabbalat Shabbat Lunch: Beef Pot Roast 
30 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Chicken and Broccoli Stirfry 1:00 pm Movie: <i>The Glenn Miller Story (1954)</i>	31 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:30 AM Bingo Bash Lunch: Veggie Quiche	