




September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 <p style="text-align: center;">CLOSED <i>Labor Day</i></p>	3 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Beef Kabobs	4 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Crispy White fish 12:45 pm: Botswana Trip Photos with Judi	5 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Vegetable Lasagna 1:00 pm: Individual computer, tablet and smartphone lessons, please RSVP	6 10:30 am: Coffee and Snack 11:00 am: Entertainment with "Ordinary People" Kabbalat Shabbat Lunch: Chicken Fricassee
9 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Spinach & Cheese Manicotti 1:00 pm Movie: <i>Almost Famous (2000)</i>	10 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Delicious Living w/ Ebeth Lunch: Chicken Salad	11 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Eggplant Parmesan 1:00 pm: Ice Cream Social	12 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Stuffed Bell Peppers 1:00 pm: ARTS & CRAFTS Please RSVP	13 10:30 am: Coffee and Snack 11:00 am: Entertainment with William Baskin Kabbalat Shabbat Lunch: Baked Salmon with lemon
16 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Beef Hamburgers 1:00 pm Movie: <i>Dying Young (1991)</i>	17 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am Judaic Studies with Norman Shore Lunch: Veggie Quiche	18 <p style="text-align: center;">FIELD TRIP! <i>Theater J's Love Sick</i> Meet at Adas: 10:45 am Lunch after show Box Lunches: Chicken Salad</p>	19 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Turkey and Gravy 1:00 pm: Sing-A-Long w/ Carl & Ellen	20 11:15 am: Rabbi Lauren Holtzblatt 11:30 am: Entertainment with Mark Saltman 12:15 pm: Kabbalat Shabbat 12:30 pm: Annual Rosh Hashanah Luncheon and Celebration
23 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Tuna/Egg Salad 1:00 pm Movie: <i>Legally Blonde (2010)</i>	24 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: BINGO BASH Lunch: Corn Beef	25 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Meatloaf 1:00 pm: TOWN HALL MEETING	26 <p style="text-align: center;">CLOSED</p>	27 <p style="text-align: center;">CLOSED</p>
30 <p style="text-align: center;">CLOSED</p>				<p style="text-align: center;">We will be returning from the High Holidays to the Behrend-Adas Senior Fellowship on October 28, 2019</p>