



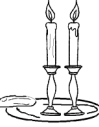





April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED	3 CLOSED	4 CLOSED	5 CLOSED	6 CLOSED
9 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise  Lunch: Beef Burgers 1 pm Film: "The Natural"	10 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Nutrition w/ Janet Tenney  Lunch: Turkey Cutlets	11 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Chicken Fricassee Movie: TBA	12 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Bean Chili 1:00 pm: Sing-A-Long 	13 10:30 am: Coffee and Snack 11:00 am: Entertainment with Ernie Tolley  Kabbalat Shabbat Lunch: Teriyaki Salmon
16 CLOSED	17 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Stuffed Bell Peppers	18 Meet at Theater J "Roz & Ray" Bus leaves Adas at 10:30 am. Box lunches will be provided. Please RSVP	19 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Crispy White Fish 1:00 pm: Individual computer, tablet and smartphone lessons.	20 10:30 am: Coffee and Snack 11:00 am: Entertainment with Vintage Entertainment  Kabbalat Shabbat Lunch: BBQ Chicken
23 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Meatloaf  1 pm: "National Velvet" (1944)	24 10:30 am: Coffee and Snack 10:45 am: Aerobics Lunch: Teriyaki Chicken 1:00 pm: BINGO	25 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Baked Flounder 1:00 pm: Ice Cream Social	26 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Veggie Quiche 1:00 pm: Individual computer, tablet and smartphone lessons. 	27 10:30 am: Coffee and Snack 11:00 am: Entertainment with Joe Jenkins Kabbalat Shabbat  Lunch: Cholent
30 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Hot Dog 1 pm: "Walk The Line" (2005)	CUL8R BRB OMW B4N	Do you know what the kids (and others) are saying?	LOL= Laughing out loud BRB= Be right back CUS= See you soon IDK= I don't know	B4N= Bye for now CD9= Code 9 parents around CUL8R= See you later OMW= On my way