


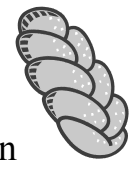









# July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Chicken Marsala 1:00 pm: "A Beautiful Mind" (2001)	<b>4</b>  <b>Closed</b> 	<b>5</b> 10:30 am: Coffee and Snack 11:15 am: Yoga  Lunch: Meatloaf 1:00 pm: Arts and Crafts w/ Cheryl	<b>6</b> 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Turkey Cutlets 1:00 pm: Individual computer, tablet and smartphone lessons. Please RSVP	<b>7</b> 10:30 am: Coffee and Snack 11:00 am: Entertainment with Ernie Tolley  <b>Kabbalat Shabbat</b> Lunch: Maple Salmon
<b>10</b> 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Hot Dogs  1:00 pm: "To Have and Have Not" (1944)	<b>11</b> 10:30 am: Coffee and Snack 10:45 am: Aerobics  11:15 am: Judaic Studies with Norman Shore Lunch: Chicken Salad	<b>12</b> 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Baked Fish	<b>13</b> 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Eggplant Parmesan 1:00 pm: Individual computer, tablet and smartphone lessons. Please RSVP	<b>14</b> 10:30 am: Coffee and Snack 11:00 am: Entertainment with Ray Kahn <b>Kabbalat Shabbat</b> Lunch: Baked Chicken
<b>17</b> 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Stuffed Bell Peppers 1:00 pm: "Pretty Woman" (1990)	<b>18</b> 10:30 am: Coffee and Snack <b>10:30 am: Aerobics</b> <b>11:15 am: Tasting Memories from Brisket to Borekas with Susan Barocas</b> Lunch: Tuna/Egg Salad	<b>19</b> 10:30 am: Coffee and Snack 11:15 am: Yoga  Lunch: Turkey w/ Gravy 1:00 pm: Arts and Crafts w/ Cheryl	<b>20</b> 10:30 am: Coffee and Snack 11:15 am: Strength Training 10 am– Noon: Cell phone Photography w/ Kevin North Lunch: Veggie Quiche 1:00 pm: Individual computer, tablet and smartphone lessons.	<b>21</b> 10:30 am: Coffee and Snack 11:00 am: Lecture & Entertainment with Steven Friedman  <b>Kabbalat Shabbat</b> Lunch: Teriyaki Salmon
<b>24</b> 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Falafel 1:00 pm: "Treasure of the Sierra Madre"	<b>25</b> 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Meatloaf <b>Town Hall Meeting</b>	<b>26</b> 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Crispy White Fish 1:00 pm: Ice Cream Social	<b>27</b> <b>YSOP</b> 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Salisbury Steak 1:00 pm: Individual computer, tablet and smartphone lessons.  Please RSVP	<b>28</b> 10:30 am: Coffee and Snack 11:00 am: Entertainment with Ramon Tesat  <b>Kabbalat Shabbat</b> Lunch: BBQ Chicken
<b>31</b> 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise  Lunch: Shawarma 1:00 pm: "Boys Town" (1938)				