
















February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 			1 10:30 am: Coffee and Snack  11:15 am: Strength Training Lunch: Bean Chili 1:00 pm: Individual computer, tablet and smartphone lessons.	2 10:30 am: Coffee and Snack 11:00 am: Entertainment with Ernie Tolley Kabbalat Shabbat  Lunch: Teriyaki Salmon
5 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Hot Dog 1 pm Film: <i>"A Raisin in the Sun"</i> (1961)	6  10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Beef Stew	7 Meet at Theatre J "Becoming Dr. Ruth" Bus leaves Adas at 10:30 am. Box lunches will be provided. Please RSVP	8 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Crispy White Fish 12:45 pm: Mini Sing-A-Long 1:00 pm: Individual computer, tablet and smartphone lessons.	9  10:30 am: Coffee and Snack 11:00 am: Entertainment with Jesse Palidofsky Kabbalat Shabbat Lunch: Cholent (Jewish Beef Stew)
12 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Eggplant Parmesan 1 pm: <i>"Black Like Me"</i> (1964)	13 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Nutrition w/ Janet Tenney Lunch: Stuffed Bell Peppers	14  10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Turkey Cutlets 1:00 pm: Arts & Crafts with Cheryl	15 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Baked Chicken Gan Hayed Preschool 1:00 pm: Individual computer, tablet and smartphone lessons.	16 10:30 am: Coffee and Snack 11:00 am: Entertainment with John Lee Kabbalat Shabbat  Lunch: Baked Salmon
19 	20  10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Veggie Quiche	21 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Tuna/Egg Salad  1:00 pm: Happy Birthday -	22 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Meatloaf 1:00 pm: Individual computer, tablet and smartphone lessons.	23 10:30 am: Coffee and Snack 11:00 am: Entertainment with Saleem Wayne Waters Kabbalat Shabbat  Lunch: BBQ Chicken
26 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Spaghetti & Meatballs  1 pm: <i>"Sunder"</i> (1972)	27 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15: BINGO Lunch: Falafel 1:00 pm: Town Hall Meeting	28  10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Chicken Fricassee 1:00 pm: Arts & Crafts with Cheryl	