

January 2018














Monday

Tuesday

Wednesday

Thursday

Friday

<p>1</p> <p>Closed</p>	<p>2</p> <p>10:30 am: Coffee and Snack</p> <p>10:45 am: Aerobics</p> <p>Lunch: Spaghetti & Meatballs</p> 	<p>3</p> <p>10:30 am: Coffee and Snack</p> <p>11:15 am: Yoga</p> <p>Lunch: Herbed Baked Chicken</p> 	<p>4</p> <p>10:30 am: Coffee and Snack</p> <p>11:15 am: Strength Training</p> <p>Lunch: Bean Chili</p> <p>1:00 pm: Individual computer, tablet and smartphone lessons.</p>	<p>5</p> <p>10:30 am: Coffee and Snack</p> <p>11:00 am: Entertainment with Laura Lenes</p> <p>Kabbalat Shabbat</p> <p>Lunch: Teriyaki Salmon</p> 
<p>8</p> <p>10:30 am: Coffee and Snack</p> <p>11:15 am: Isometric Exercise</p> <p>Lunch: Hot Dog</p> <p>1 pm Film: "Scent of a Woman" (1992)</p> 	<p>9</p> <p>10:30 am: Coffee and Snack</p> <p>10:45 am: Aerobics</p> <p>11:15 am: Judaic Studies with Norman Shore</p> <p>Lunch: Beef Stew</p> 	<p>10</p> <p>10:30 am: Coffee and Snack</p> <p>11:15 am: Yoga</p> <p>Lunch: Eggplant Parmesan</p> <p>1:00 pm: Arts & Crafts with Cheryl</p> 	<p>11</p> <p>10:30 am: Coffee and Snack</p> <p>11:15 am: Strength Training</p> <p>Lunch: Baked Chicken</p> <p>1:00 pm: Individual computer, tablet and smartphone lessons.</p> <p>Please RSVP</p>	<p>12</p> <p>10:30 am: Coffee and Snack</p> <p>11:00 am: Entertainment with Freddie Dunn</p> <p>Kabbalat Shabbat</p> <p>Lunch: Baked Honey Chicken</p> 
<p>15</p> <p>Closed</p>	<p>16</p> <p>10:30 am: Coffee and Snack</p> <p>10:45 am: Aerobics</p> <p>11:15 am: Nutrition w/ Janet Tenney</p> <p>Lunch: Stuffed Bell Peppers</p> <p>12:45 pm: Mini Sing-A-Long</p>	<p>17</p> <p>Meet at Theatre J</p> <p>"Everything is Illuminated"</p> <p>Bus leaves Adas at 10:30 am. Box lunches will be provided.</p> <p>Please RSVP</p>	<p>18</p> <p>10:30 am: Coffee and Snack</p> <p>11:15 am: Strength Training</p> <p>Lunch: Veggie Quiche</p> <p>1:00 pm: Individual computer, tablet and smartphone lessons.</p> <p>Please RSVP</p>	<p>19</p> <p>10:30 am: Coffee and Snack</p> <p>11:00 am: Entertainment with Vladimir Fridman</p> <p>Kabbalat Shabbat</p> <p>Lunch: Baked Salmon</p> 
<p>22</p> <p>10:30 am: Coffee and Snack</p> <p>11:15 am: Isometric Exercise</p> <p>Lunch: Mac & Cheese</p> <p>1 pm: "The Sunshine Boys" (1975)</p>	<p>23</p> <p>10:30 am: Coffee and Snack</p> <p>10:45 am: Aerobics</p> <p>11:15 am: Judaic Studies with Norman Shore</p> <p>Lunch: Tuna/Egg Salad</p> <p>1 pm: Happy Birthday Ice Cream Social</p> 	<p>24</p> <p>10:30 am: Coffee and Snack</p> <p>11:15 am: Yoga</p> <p>Lunch: Turkey Cutlets</p> <p>1:00 pm: Arts & Crafts with Cheryl</p> 	<p>25</p> <p>10:30 am: Coffee and Snack</p> <p>11:15 am: Strength Training</p> <p>11 am– Noon: Cell phone photography with Kevin North</p> <p>Lunch: Meatloaf</p> <p>1:00 pm: Individual IT lessons.</p> <p>Please RSVP</p> 	<p>26</p> <p>10:30 am: Coffee and Snack</p> <p>11:00 am: Entertainment Ray Kahn</p> <p>Kabbalat Shabbat</p> <p>Lunch: Chicken Fricassee</p> 
<p>29</p> <p>10:30 am: Coffee and Snack</p> <p>11:15 am: Isometric Exercise</p> <p>Lunch: Crispy Whitefish</p> <p>1 pm: "Rain Man" (1988)</p> 	<p>30</p> <p>10:30 am: Coffee and Snack</p> <p>10:45 am: Aerobics</p> <p>11:15 am: Discussion: Tovah Kasden addresses Elder Abuse</p> <p>Lunch: Shepherds Pie</p>	<p>31</p> <p>10:30 am: Coffee and Snack</p> <p>11:15 am: Yoga</p> <p>Lunch: BBQ Chicken</p> 