

















June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:30 am: Coffee and Snack 11:00 am: Entertainment with Vladimir Fridman (world-round gypsy music) Kabbalat Shabbat 
4 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Meatloaf  1 pm: "Altered States" (1980)	5 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Eggplant Parmesan	6 10:30 am: Coffee and Snack 11:15 am: Yoga  Lunch: Turkey Cutlets 1:00 pm: Arts & Crafts with Cheryl	7 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Baked Chicken 1:00 pm: Individual computer, tablet and smartphone lessons.	8 CLOSED
11 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Hot Dogs 1 pm: "High Society" (1956)	12 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: BINGO  Lunch: Tuna/Egg Salad	13 Meet at Theater J "Trayf" Bus leaves Adas at 10:30 am. Box lunches will be provided. Please RSVP	14 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Stuffed Bell Peppers 1:00 pm: Individual computer, tablet and smartphone lessons.	15 10:30 am: Coffee and Snack 11:00 am: Entertainment with Ramon Tasat (Jewish music)  Kabbalat Shabbat Lunch: Baked Honey Chicken
18 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise  Lunch: Bean Chili 1 pm: "Eight Men Out" (1988)	19 10:30 am: Coffee and Snack 10:45 am: Aerobics  11:15 am: Judaic Studies with Norman Shore Lunch: Crispy Whitefish	20 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Chicken Fricassee 12:45pm: Town Hall Meeting	21 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Falafel 1:00 pm: Individual computer, tablet and smartphone lessons. Please RSVP  1:00 pm: Ice Cream Social	22 10:30 am: Coffee and Snack 11:00 am: Entertainment with Steven Friedman- Lecture & Song  Kabbalat Shabbat Lunch: Beef Pot Roast
25 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Beef Burgers 1 pm: "On Human Bondage" (1934)	26 10:30 am: Coffee and Snack  10:45 am: Aerobics 11:15am: Nutrition with Janet Tenney Lunch: Chicken Salad	27 10:30 am: Coffee and Snack  11:15 am: Yoga Lunch: Veggie Quiche 1:00 pm: Arts & Crafts with Cheryl	28 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Turkey and Gravy 1:00 pm: Individual computer, tablet and smartphone lessons.	29 10:30 am: Coffee and Snack 11:00 am: Entertainment with Susan Jones- Solo Violinist  Kabbalat Shabbat