

March 2018




Monday

Tuesday

Wednesday

Thursday

Friday

			<p>1 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>2 10:30 am: Coffee and Snack</p> <p>11:00 am: Entertainment with Fiona Forcey</p>  <p>Kabbalat Shabbat</p> <p>Lunch: Teriyaki Salmon</p>
<p>5 10:30 am: Coffee and Snack</p> <p>11:15 am: Isometric Exercise</p> <p>Lunch: Crispy White Fish</p> <p>1 pm Film: "Gilda"</p> 	<p>6 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>7 Meet at Theater J</p> <p>"Becoming Dr. Ruth"</p> <p>Bus leaves Adas at 10:30 am. Box lunches will be provided.</p>	<p>8 <i>YSOP (College Students)</i></p> <p>10:30 am: Coffee and Snack</p> <p>11:15 am: Strength Training</p> <p>Lunch: Turkey Cutlets</p> <p>1:00 pm: Individual computer, tablet and smartphone lessons.</p>  <p>1:00 pm: Sing-A-Long</p>	<p>9 10:30 am: Coffee and Snack</p> <p>11:00 am: Entertainment with Ray Kahn</p>  <p>Kabbalat Shabbat</p> <p>Lunch: Chicken Fricassee</p>
<p>12 10:30 am: Coffee and Snack</p> <p>11:15 am: Isometric Exercise</p> <p>Lunch: Stuffed Bell Peppers</p> <p>1 pm: "HUD" (1964)</p> 	<p>13 10:30 am: Coffee and Snack</p> <p>10:45 am: Aerobics</p>  <p>11:15 am: Nutrition w/ Janet Tenney</p> <p>Lunch: Veggie Quiche</p>	<p>14 10:30 am: Coffee and Snack</p> <p>11:15 am: Yoga</p>  <p>Lunch: Baked Chicken</p> <p>1:00 pm: Arts & Crafts with Cheryl</p>	<p>15 10:30 am: Coffee and Snack</p> <p>11:15 am: Strength Training</p> <p>Lunch: Hot Dog</p> <p>1:00 pm: Individual computer, tablet and smartphone lessons. Please RSVP</p> <p>1:00 pm: Town Hall Meeting</p>	<p>16 10:30 am: Coffee and Snack</p> <p>11:00 am: Entertainment with Daryl Davis</p>  <p>Kabbalat Shabbat</p> <p>Lunch: Baked Salmon</p>
<p>19 10:30 am: Coffee and Snack</p> <p>11:15 am: Isometric Exercise</p> <p>Lunch: Tuna/Egg Salad</p> <p>1 pm: "The Grifters" (1990)</p>	<p>20 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: Falafel</p> <p>1:00 pm: Ice Cream Social</p>	<p>21 10:30 am: Coffee and Snack</p>  <p>11:15 am: Yoga</p> <p>Lunch: Meatloaf</p> <p>1:00 pm: BINGO</p>	<p>22 10:30 am: Coffee and Snack</p> <p>11:15 am: Strength Training</p> <p>Lunch: Teriyaki Chicken</p> <p>1:00 pm: Individual computer, tablet and smartphone lessons. Please RSVP</p> 	<p>23 Annual Passover Luncheon</p> <p>Join Rabbi Schwartz for lunch including traditional holiday foods and entertainment</p> <p>Kabbalat Shabbat</p>  <p>Lunch: Beef Brisket</p>
<p>26</p> <p>CLOSED</p>	<p>27</p> <p>CLOSED</p>	<p>28</p> <p>CLOSED</p>	<p>29</p> <p>CLOSED</p>	<p>30</p> <p>CLOSED</p>