

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30 am: Coffee and Snack 10:45 am: Aerobics  11:15 am: Judaic Studies with Norman Shore Lunch: Beef Burgers	2 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Turkey Cutlets 1:00 pm: Arts & Crafts with Cheryl	3 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Eggplant Parmesan 1:00 pm: Individual computer, tablet and smartphone lessons.	4 10:30 am: Coffee and Snack 11:00 am: Entertainment with Humberto Guzman Kabbalat Shabbat  Lunch: Chicken Fajita
7 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Hot Dogs  1 pm: "Gentleman Prefer Blonds"	8 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: BINGO Lunch: Bean Chili	9 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Crispy Whitefish 12:45 pm: Rachel Maisler- the new Medicare Cards	10 10:30 am: Coffee and Snack 11:15 am: Strength Training 11:45 am: Seniors singing to the Gan Lunch: Stuffed Bell Peppers 1:00 pm: Individual computer, tablet and smartphone lessons.	11 10:30 am: Coffee and Snack 11:00 am: Entertainment with Steven Friedman  Kabbalat Shabbat Lunch: Teriyaki Salmon
14 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise  Lunch: Falafel 1 pm: "Unforgiven" (1992)	15 10:30 am: Coffee and Snack 10:45 am: Aerobics  11:15 am: Judaic Studies with Norman Shore Lunch: Chicken Fricassee	16 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Veggie Quiche	17 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Baked Honey Chicken 1:00 pm: Individual computer, tablet and smartphone lessons. 	18 10:30 am: Coffee and Snack 11:00 am: Entertainment with Mark Meadows & TBA Kabbalat Shabbat  Lunch: Beef Pot Roast
21 CLOSED (Shavuot)	22 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Nutrition w/ Janet Tenney Lunch: Baked Salmon	23 10:30 am: Coffee and Snack  11:15 am: Yoga Lunch: Corn Beef 1:00 pm: Arts & Crafts with Cheryl	24 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Tuna/Egg Salads 1:00 pm: Individual computer, tablet and smartphone lessons. Please RSVP 	25 10:30 am: Coffee and Snack 11:00 am: Entertainment with Freddie Dunn & John Lee (duet)  Kabbalat Shabbat Lunch: BBQ Chicken
28 CLOSED (Memorial Day)	29 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Discussion— Seniors Going Green Lunch: Chicken Salad	30 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Meatloaf	31 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Breakfast for Lunch 1:00 pm: Individual computer, tablet and smartphone lessons. Please RSVP	EDLAVITCH DCJCC 