





# November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>10:30 am:</b> Coffee and Snack <b>11:15 am:</b> Yoga  <b>Lunch:</b> Shepherd Pie <b>1:00 pm:</b> Arts & Crafts with Cheryl	<b>2</b> <b>10:30 am:</b> Coffee and Snack <b>11:15 am:</b> Strength Training <b>12N:</b> Gan Hayed Preschool <b>Lunch:</b> Baked Salmon <b>1:00 pm:</b> Individual computer, tablet and smartphone lessons	<b>3</b> <b>10:30 am:</b> Coffee and Snack <b>11:00 am:</b> Entertainment with Ernie Tolley  <b>Kabbalat Shabbat</b> <b>Lunch:</b> Baked Chicken
<b>6</b> <b>10:30 am:</b> Coffee and Snack <b>11:15 am:</b> Isometric Exercise  <b>Lunch:</b> Hot Dog <b>1 pm Film:</b> "D.O.A" (1949)	<b>7</b> <b>10:30 am:</b> Coffee and Snack <b>10:45 am:</b> Aerobics <b>11:15 am:</b> Nutrition with Janet Tenney <b>Lunch:</b> Beef Stew	<b>8</b> <b>10:00 am—12 Noon</b> <b>Health Fair &amp; Flu Shots</b> <b>10:30 am:</b> Coffee and Snack <b>11:15 am:</b> Yoga <b>Lunch:</b> Eggplant Parmesan	<b>9</b> <b>10:30 am:</b> Coffee and Snack <b>11:15 am:</b> Strength Training <b>Lunch:</b> Honey Chicken <b>1:00 pm:</b> Individual computer, tablet and smartphone lessons. Please RSVP <b>1:00 pm: Town Hall Meeting</b>	<b>10</b> <p style="text-align: center;"><b>Closed</b></p>
<b>13</b> <b>10:30 am:</b> Coffee and Snack <b>11:15 am:</b> Isometric Exercise <b>Lunch:</b> Crispy White Fish <b>1 pm Film:</b> "Rachel, Rachel" (1968)	<b>14</b> <b>10:30 am:</b> Coffee and Snack <b>10:45 am:</b> Aerobics <b>11:15 am:</b> Judaic Studies with Norman Shore <b>Lunch:</b> Vegetable Quiche	<b>15</b> <b>10:30 am:</b> Coffee and Snack <b>11:15 am:</b> Yoga <b>Lunch:</b> Stuffed Bell Peppers <b>1:00 pm:</b> Arts & Crafts with Cheryl	<b>16</b> <b>10:30 am:</b> Coffee and Snack <b>11:15 am:</b> Strength Training <b>Lunch:</b> Tuna/Egg Salad <b>1:00 pm:</b> Individual computer, tablet and smartphone lessons. Please RSVP	<b>17</b> <b>Annual Thanksgiving Lunch</b> With Rabbi Holtzblat  <b>Traditional foods will be served</b>  <b>Kabbalat Shabbat</b>
<b>20</b> <b>10:30 am:</b> Coffee and Snack <b>11:15 am:</b> Isometric Exercise <b>Lunch:</b> Meatloaf  <b>1 pm:</b> "The Picture of Dorian Gray" (1945)	<b>21</b> <b>10:30 am:</b> Coffee and Snack <b>10:45 am:</b> Aerobics <b>11:15 am:</b> Lieutenant Brett Parsons <b>Lunch:</b> Maple Salmon	<b>22</b> <p style="text-align: center;"><b>Closed</b></p>	<b>23</b> <p style="text-align: center;"><b>Closed</b></p>	<b>24</b> <p style="text-align: center;"><b>Closed</b></p>
<b>27</b> <b>10:30 am:</b> Coffee and Snack <b>11:15 am:</b> Isometric Exercise <b>Lunch:</b> Chicken Fricassee <b>1 pm:</b> "The Usual Suspects" (1995)	<b>28</b> <b>10:30 am:</b> Coffee and Snack <b>10:45 am:</b> Aerobics <b>11:15 am:</b> Judaic Studies with Norman Shore <b>Lunch:</b> Spaghetti & Meatballs	<b>29</b> <b>10:30 am:</b> Coffee and Snack <b>11:15 am:</b> Yoga  <b>Lunch:</b> Macaroni and Cheese <b>1:00 pm:</b> Ice Cream Social	<b>30</b> <b>10:30 am:</b> Coffee and Snack <b>11:15 am:</b> Strength Training <b>Lunch:</b> Chicken Kabob <b>1:00 pm:</b> Individual computer, tablet and smartphone lessons. Please RSVP	