








October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed	3 Closed	4 Closed	5 Closed	6 Closed
9 Closed	10 Closed	11 Closed	12 Closed	13 Closed
16 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Spaghetti & Meat Sauce 1 pm Film: "Kitty Foyle" (1940)	17 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Turkey Cutlets	18 Meet at Theater J "Sotto Voce" Box lunch Tuna/Egg Salad served at The J. Van leaves Adas at 10:30 am. Please RSVP	19 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Eggplant Parmesan 1:00 pm: Individual computer, tablet and smartphone lessons. Please RSVP 1:00 pm: Ice Cream Social	20 10:30 am: Coffee and Snack 11:00 am: Entertainment with Ray Kahn Kabbalat Shabbat Lunch: Baked Honey Chicken 
23 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Crispy White Fish  1 pm: "The Little Foxes" (1941)	24 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Nutrition: Janet Tenney- "What to eat as you age" Lunch: Vegetable Quiche	25 10:30 am: Coffee and Snack 11:15 am: Yoga  Lunch: Hot Dogs 1:00 pm: Arts & Crafts with Cheryl 	26 10:00 am: Cell phone photography with Kevin 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Stuffed Bell Peppers 1:00 pm: Individual computer, tablet and smartphone lessons. Please RSVP 	27 10:30 am: Coffee and Snack 11:00 am: Entertainment with Ari Jacobson Kabbalat Shabbat Lunch: Teriyaki Salmon
30 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Chicken Salad 1 pm: "Hoosiers" (1986)	31 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Beef Burgers			Please join us in November for warm meals, exercise and fellowship with friends and new friends to be made at the Adas Senior Fellowship. Other activities will be enjoyed as well.