### MARCH 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| 10:30 am: Coffee and Snack  
11:15 am: Isometric Exercise  
Lunch: Open-Face Turkey Sandwich  
1:00 pm Movie: *Cold Mountain* (2003) | 10:30 am: Coffee and Snack  
10:45 am: Aerobics  
11:30 am: Judaic Studies with Norman Shore  
Lunch: Salisbury Steak | **FIELD TRIP!**  
Meet at Adas at 10:00 am  
Theater J’s *The Wanderers* by Anna Ziegler. A funny new drama about modern love.  
Box Lunches: Tuna Sandwiches  
Showtime– 12:00 PM | 10:30 am: Coffee and Snack  
11:15 am: Strength Training  
Lunch: Stuffed Cabbage Rolls  
1:00 pm: Purim Craft | 10:30 am: Coffee and Snack  
11:15 am: The Purim Story / Interactive Fun  
Ray Kahn (Keyboard)  
Kabbalat Shabbat  
Lunch: Teriyaki Salmon |
| 10:30 am: Coffee and Snack  
11:15 am: Isometric Exercise  
Lunch: Eggplant Parmesan  
1:00 pm Movie: *Garden State* (2004) | 10:30 am: Coffee and Snack  
10:45 am: Aerobics  
11:30 AM Delicious Living w/Chef EBeth  
Purim Lunch: TBA | 10:30 am: Coffee and Snack  
11:15 am: Yoga & Walking Club  
Lunch: Stuffed Peppers  
1:00 pm: Jewelry Design | 10:30 am: Coffee and Snack  
11:15 am: Strength Training  
Lunch: Chicken Fricassee  
12:45 pm: Dept. Justice, Senior Abuse and Elder Exploitation | 10:30 am: Coffee and Snack  
11:15 am: Entertainment / Daryl Davis (Keyboard)  
Kabbalat Shabbat  
Lunch: Fish with Lemon Sauce |
| 10:30 am: Coffee and Snack  
11:15 am: Isometric Exercise  
Lunch: Grilled Chicken Nuggets  
1:00 pm Movie: *North Country* (2005) | 10:30 am: Coffee and Snack  
10:45 am: Aerobics  
11:30 am: Nutritional Tips / Janet Tenney  
Lunch: Corn Beef & Cabbage  
1:00: Transportation-Yellow Cab | 10:30 am: Coffee and Snack  
11:15 am: Yoga & Walking Club  
Lunch: Cheese & Spinach Manicotti  
1:00 pm: Anton Schuetze: Jewish Life in Germany Presentation | 10:30 am: Coffee and Snack  
11:15 am: Strength Training  
Lunch: Hot Dogs/Burgers  
12:45 pm: Dept. Justice, Senior Abuse and Elder Exploitation | 10:30 am: Coffee and Snack  
11:15 am: Entertainment/Mark Saltman (Piano)  
Kabbalat Shabbat  
Lunch: Chicken with Cinnamon and Apples |
| 10:30 am: Coffee and Snack  
11:15 am: Isometric Exercise  
Lunch: Chicken Marsala  
1:00 pm Movie: *Say Anything* (1989) | 10:30 am: Coffee and Snack  
10:45 am: Aerobics  
11:30 am: Judaic Studies with Norman Shore  
Lunch: Vegetable Lasagna  
1:00PM: Town Hall & Ice cream Social | 10:30 am: Coffee and Snack  
11:15 am: Yoga & Walking Club  
Lunch: Honey Baked Chicken  
1:00 pm: Discussion on scams and the need for apartment insurance | 10:30 am: Coffee and Snack  
11:15 am: Strength Training  
Lunch: Chicken Caesar Salad  
12:45: National Social Work Month Advance Directives/ 5 Wishes with Kim Cauthen | 10:30 am: Coffee and Snack  
11:15 am: Entertainment / Howard Feinstein (Piano)  
Kabbalat Shabbat  
Lunch: Beef Pot Roast |
| 10:30 am: Coffee and Snack  
11:15 am: Isometric Exercise  
Lunch: Chicken and Broccoli Stirfry  
1:00 pm Movie: *The Glenn Miller Story* (1954) | 10:30 am: Coffee and Snack  
10:45 am: Aerobics  
11:30 AM Bingo Bash  
Lunch: Veggie Quiche | 10:30 am: Coffee and Snack  
11:15 am: Strength Training  
Lunch: Chicken Caesar Salad  
12:45: National Social Work Month Advance Directives/ 5 Wishes with Kim Cauthen | 10:30 am: Coffee and Snack  
11:15 am: Entertainment / Howard Feinstein (Piano)  
Kabbalat Shabbat  
Lunch: Beef Pot Roast |