









December 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| 3 Second Night of Chanukah 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Baked Chicken 1 pm Movie: <i>The Color of Money</i> | 4 Third Night of Chanukah 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Turkey  | 5 Fourth Night of Chanukah 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Veggie Quiche | 6 Fifth Night of Chanukah 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Flounder 1:00 pm: Individual computer, tablet and smartphone lessons. | 7 Fifth Night of Chanukah Annual Chanukah Celebration With Sonya Weisburd & entertainment with Marc Saltman Kabbalat Shabbat |
| 10 Eighth Night of Chanukah 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Hot Dogs 1 pm Movie: <i>Grease (1978)</i>  | 11 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Nutrition with Janet Tenney Lunch: Eggplant Parmesan | 12 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Beef stew Town Hall Meeting | 13 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Cheese & Spinach Manicotti 1:00 pm: Individual computer, tablet and smartphone lessons. 1pm: Sing-A-Long | 14 10:30 am: Coffee and Snack 11:00 am: Entertainment with PEARL Kabbalat Shabbat Lunch: Teriyaki Salmon |
| 17 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Grilled Chicken Breast Burger 12:45 pm: Arts & Crafts w/ Barbara | 18 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Turkey  | 19 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Crispy Whitefish Ice Cream Social  | 20 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Vegetarian Chili 1:00 pm: Individual computer, tablet and smartphone lessons. Please RSVP | 21 10:30 am: Coffee and Snack 11:00 am: Entertainment with Eli Lev Kabbalat Shabbat Lunch: Beef Pot Roast |
| 24 Theatre J at Arena Stage <i>Talley's Folly</i> PLEASE RSVP 11:30AM-12PM Boxed Lunch at Adas: Tuna/Egg Salad PLEASE RSVP | 25 CLOSED | 26 11:30AM-12PM Boxed Lunch at Adas: Turkey PLEASE RSVP | 27 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Spaghetti and Meatballs 1:00 pm: Individual computer, tablet and smartphone lessons. | 28 10:30 am: Coffee and Snack 11:00 am: Entertainment with Freddie Dunn Kabbalat Shabbat Lunch: Chicken Fricassee  |
| 31 11:30AM-12PM Boxed Lunch at Adas: Meatloaf PLEASE RSVP | 1 CLOSED |  | EDLAVITCH DCJCC  |  ADAS ISRAEL Congregation |