














May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Baked Chicken</p>	<p>2 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Veggie Quiche 1:00 pm: Individual computer, tablet and smartphone lessons.</p>	<p>3 10:30 am: Coffee and Snack 11:00 am: Entertainment with John Butler (Sax) & Dave Erickson (Trumpet & Vocals) Kabbalat Shabbat Lunch: Corned Beef</p> 
<p>6 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Hot Dogs 1 pm Movie: <i>Capote</i> (2005)</p> 	<p>7 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Flounder</p> 	<p>8 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Spaghetti & Meatballs <i>Arts & Crafts w/ Cheryl</i></p> 	<p>9 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Crispy Whitefish Documentary: <i>The Artist's Garden</i> 1:00 pm: Individual computer, tablet and smartphone lessons</p>	<p>10 10:30 am: Coffee and Snack 11:00 am: Entertainment with Daryl Davis Kabbalat Shabbat Lunch: Pot Roast</p> 
<p>13 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Whitefish with orange-sesame ginger sauce 1 pm Movie: <i>Annie</i> (1982)</p>	<p>14 10:30 am: Coffee and Snack 10:45 am: Aerobics Nutrition with Janet Tenney Lunch: Baked Honey Chicken <i>Sing-Along</i></p>	<p>15 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Spinach & Cheese Manicotti Town Hall Meeting</p>	<p>16 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Beef Kabobs 1:00 pm: Individual computer, tablet and smartphone lessons</p>	<p>17 10:30 am: Coffee and Snack 11:00 am: Entertainment TBA Kabbalat Shabbat Lunch: Teriyaki Salmon</p> 
<p>20 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Vegetarian Chili 1 pm Movie: <i>Charlie Wilson's War</i> (2007)</p> 	<p>21 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Chicken Salad</p> 	<p>22 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Meatloaf <i>Arts & Crafts w/ Cheryl</i></p> 	<p>23 FIELD TRIP! Tuna/Egg Box Lunch 9:15 am —NEWSEUM <i>Please RSVP with Kim</i></p>	<p>24 10:30 am: Coffee and Snack 11:00 am: Entertainment with Dr. Leah Claiborne & Dr. Carlos Simon Kabbalat Shabbat Lunch: BBQ Chicken</p> 
<p>27 CLOSED</p>	<p>28 10:30 am: Coffee and Snack 10:45 am: Aerobics Lunch: Beef Burgers <i>Delicious Living with Chef Ebeth</i></p>	<p>29 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Vegetable Lasagna <i>Ice Cream Social</i></p> 	<p>30 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Salmon with Lemon Sauce 1:00 pm: Individual computer, tablet and smartphone lessons</p>	<p>31 10:30 am: Coffee and Snack 11:00 am: Entertainment with Ernie Talley Kabbalat Shabbat Lunch: Chicken Fricassee</p> 