


JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/1 - 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:15 Water Aerobics 10:30 Computer Class 10:30 Co-Ed Rap Session 10:30 Jacob's Philosophy Discussion 12:45 Knitting Class 1:00 Brain Games/Charades 1:00 Caregiver Support Group 1:00 Discussion Group	7/2 - 9:15 Come Alive Exercise 10:00 Painting Class 10:15 Nutrition Lecture 10:30 Computer Class 10:30 Functional Movement 11:00 Hebrew Club 12:45 Movie	7/3 - 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:30 Computer Class 10:45 Current Events with Professor Heller 1:00 Bingo 1:00 Discussion	7/4 CLOSED 	7/5 - 9:15 Come Alive Exercise 10:30 Concert 1:00 Friday Schmooze
7/8 - 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:15 Water Aerobics 10:30 Computer Class 10:30 Co-Ed Rap Session 10:30 Jacob's Philosophy Discussion 12:45 Knitting Class 12:45 Orientation/ DOROT Refreshments 1:00 Brain Games/Charades 1:00 Caregiver Support Group 1:00 Bliss Fit	7/9 - 9:15 Come Alive Exercise 10:00 Painting Class 10:15 Lecture and Slides 10:30 Blood Pressure Screening 10:30 Computer Class 10:30 Functional Movement 11:00 Hebrew Club 11:45 BIRTHDAY PARTY CELEBRATION 1:00 Dancing 	7/10 - 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:30 Computer Class 10:45 Current Events with Professor Heller 1:00 Bingo 1:00 Women's Discussion Group	7/11 - 9:15 Come Alive Exercise 10:30 Chair Yoga 10:30 Computer Class 10:30 History Lecture 11:00 Israeli Short Stories 12:45 Beading 1:00 Café Europa Concert	7/12 - 9:15 Come Alive Exercise 10:30 Court Room Drama: Law and Order 1:00 Friday Schmooze 1:00 Hula Dance Lesson
7/15 - 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:15 Water Aerobics 10:30 Computer Class 10:30 Co-Ed Rap Session 10:30 Jacob's Philosophy Discussion 12:45 Knitting Class 1:00 Brain Games/Charades 1:00 Caregiver Support Group	7/16 - 9:15 Come Alive Exercise 10:00 Painting Class 10:30 Lecture Members on a Panel 10:30 Computer Class 10:30 Functional Movement 11:00 Hebrew Club 12:45 Lecture & Multi Media Presentation	7/17 - 9:15 Come Alive Exercise 9:30 Trip 10:15 Water Aerobics 10:30 Functional Movement 10:30 Computer Class 10:45 Current Events with Professor Heller 1:00 Bingo 1:00 Poetry Workshop	7/18 - 9:15 Come Alive Exercise 10:00 Baking Class 10:30 Bliss Fit 10:30 Computer Class 10:30 Lecture 11:00 Israeli Short Stories 12:45 Art Discussion & Collage Making 12:45 Beading	7/19 - 9:15 Come Alive Exercise 10:30 Concert 1:00 Friday Schmooze
7/22 - 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:15 Water Aerobics 10:30 Co-Ed Rap Session 10:30 Computer Class 10:30 Jacob's Philosophy Discussion 12:45 Knitting Class DOROT 1:00 Brain Games/Charades DOROT 1:00 Virtual Realty/Tech Help DOROT	7/23 - 9:15 Come Alive Exercise 10:00 Painting Class 10:30 Pearls of Wisdom Program DOROT 10:30 Computer Class 10:30 Functional Movement 11:00 Hebrew Club 1:00 Movie & Discussion DOROT 1:00 Life Posts Legacy Project DOROT	7/24 - 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:30 Intergenerational Crafts DOROT 10:30 Computer Class 10:45 Current Events with Professor Heller 1:00 Bingo DOROT 1:00 Women's Discussion Group DOROT 1:00 Poetry Workshop Intergenerational /Seniors & DOROT	7/25 - 9:15 Come Alive Exercise 10:00 Baking Class 10:30 Computer Class 10:30 Current Social Issues DOROT 10:30 Chair Yoga 11:00 Israeli Short Stories 12:45 Beading 12:45 Book Club 1:00 Never Stop Coloring DOROT 1:00 Party/Improv Games DOROT 1:00 Tech Help DOROT 1:00 Wii Together DOROT	7/26 - 9:15 Come Alive Exercise 10:30 Court Room Drama Law and Order 1:00 Friday Schmooze
7/29 - 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:15 Water Aerobics 10:30 Co-Ed Rap Session 10:30 Computer Class 10:30 Jacob's Philosophy Discussion 12:45 Knitting Class DOROT 1:00 Brain Games/Charades DOROT 1:00 Virtual Realty/Tech Help DOROT	7/30 - 9:15 Come Alive Exercise 9:30 Trip 10:00 Painting Class 10:30 Historical Trivia DOROT 10:30 Computer Class 10:30 Functional Movement 11:00 Hebrew Club 1:00 Movie & Discussion DOROT 1:00 Life Posts Legacy Project DOROT	7/31 - 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:30 Computer Class 10:30 Intergenerational Crafts DOROT 10:45 Current Events with Professor Heller 1:00 Bingo DOROT 1:00 Men's Group DOROT 1:00 Poetry Workshop Intergenerational /Seniors & DOROT		LUNCH SERVED EVERYDAY AT 11:45 AM