





# DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>12/2</b> 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:15 Water Aerobics 10:30 Jacob's Philosophy Discussion 10:30 Co-Ed Rap Session 10:30 Computer Class 12:45 Knitting Class 1:00 Brain Games/Charades 1:00 Caregivers Support Group 1:00 Men's Group	<b>12/3</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:15 Functional Movement 10:30 Computer Class 10:30 Lecture 11:00 Hebrew Club 11:45 SelfHelp/SAR Program 12:45 Movie	<b>12/4</b> 9:15 Come Alive Exercise 10:00 Baking 10:15 Water Aerobics 10:15 Functional Movement 10:30 Computer Class 10:45 Current Events with Professor Heller 1:00 Bingo 1:00 Lecture & Power Point	<b>12/5</b> 9:15 Come Alive Exercise 10:00 Improv Class 10:30 Bliss Fit 10:30 Computer Class 10:30 Blood Pressure 11:00 Israeli Short Stories 1:00 Discussion with Ronnie 1:00 Café Europa Concert	<b>12/6</b> 9:15 Come Alive Exercise 10:00 Chorus 10:30 Educational Workshop 12:45 Ceramics 1:00 Charades
<b>12/9</b> 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:15 Water Aerobics 10:30 Jacob's Philosophy Discussion 10:30 Co-Ed Rap Session 10:30 Computer Class 12:45 Knitting Class 1:00 Brain Games/Charades 1:00 Caregivers Support Group	<b>12/10</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:00 Interactive Workshop 10:15 Functional Movement 10:30 Computer Class 10:30 Blood Pressure 10:30 Lecture 11:00 Hebrew Club <b>11:45 BIRTHDAY PARTY CELEBRATION</b> 11:45 SelfHelp/SAR Program 1:00 Dancing 	<b>12/11</b> 9:15 Come Alive Exercise 9:30 Trip 10:00 Baking 10:00 Workshop & Meditation 10:15 Water Aerobics 10:15 Functional Movement 10:30 Computer Class 10:45 Current Events with Professor Heller 1:00 Bingo 1:00 Women's Discussion Group 1:00 Dancing & Performance	<b>12/12</b> 9:15 Come Alive Exercise 10:00 Improv Class 10:30 Chair Yoga 10:30 Computer Class 11:00 Israeli Short Stories 1:00 Discussion with Ronnie 12:45 Wii Games	<b>12/13</b> 9:15 Come Alive Exercise 10:00 Chorus 10:30 Nutrition Lecture 10:30 Educational Workshop 12:45 Ceramics 1:00 Charades
<b>12/16</b> 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:15 Water Aerobics 10:30 Jacob's Philosophy Discussion 10:30 Co-Ed Rap Session 10:30 Computer Class 12:45 Knitting Class 1:00 Brain Games/Charades 1:00 Men's Group 1:00 Caregivers Support Group	<b>12/17</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:15 Lecture & Slides 10:15 Functional Movement 10:30 Computer Class 11:00 Hebrew Club 11:45 SelfHelp/SAR Program <b>11:45 CHANUKAH LUNCHEON</b> 1:15 Concert 	<b>12/18</b> 9:15 Come Alive Exercise 10:00 Baking 10:15 Water Aerobics 10:15 Functional Movement 10:30 Computer Class 10:45 Current Events with Professor Heller 1:00 Trip 1:00 Bingo	<b>12/19</b> 9:15 Come Alive Exercise 10:00 Improv Class 10:00 Bronx Boro Chanukah Program 10:30 Computer Class 10:30 Bliss Fit 10:30 Blood Pressure 11:00 Israeli Short Stories 12:45 Book Club 1:00 Discussion with Ronnie	<b>12/20</b> 9:15 Come Alive Exercise 10:30 Educational Workshop 10:00 Chorus Concert 12:45 Ceramics 1:00 Charades
<b>12/23</b> 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:15 Water Aerobics 10:30 Jacob's Philosophy Discussion 10:30 Co-Ed Rap Session 10:30 Computer Class 12:45 Knitting Class 1:00 Brain Games/Charades 1:00 Caregivers Support Group	<b>12/24</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:30 Historical Trivia 10:30 Computer Class 11:00 Hebrew Club <b>11:45 NEW YEARS LUNCHEON &amp; PARTY</b> 1:15 Dancing 	<b>12/25</b> 9:15 Come Alive Exercise 10:00 Movie 1:00 Bingo	<b>12/26</b> 9:15 Come Alive Exercise 10:30 Lecture 10:30 Computer Class 11:00 Israeli Short Stories 1:00 Discussion with Ronnie	<b>12/27</b> 9:15 Come Alive Exercise 10:30 Sing-A-Long 12:45 Ceramics 1:00 Charades
<b>12/30</b> 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 1:00 Brain Games/Charades 1:00 Caregivers Support Group	<b>12/31</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:00 Advisory Board Meeting 10:30 Art Talk & Power Point 10:30 Computer Class 10:15 Functional Movement 11:00 Hebrew Club 12:45 Movie Trivia		<b>LUNCH SERVED EVERYDAY</b>  <b>AT 11:45 AM</b>	