



# JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>LUNCH SERVED EVERYDAY</b>  <b>AT 11:45 AM</b>	<b>1/1</b> <b>CLOSED</b>  	<b>1/2</b> 9:15 Come Alive Exercise 10:00 Improv 10:30 Bliss Fit 10:30 Computer Class 11:00 Hebrew Short Stories 1:00 Concert-Café Europa Open to all 1:00 Discussion	<b>1/3</b> 9:15 Come Alive Exercise 10:30 Concert 12:45 Ceramics 1:00 Charades
<b>1/6</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 Men's Group 1:00 Dementia Support Group 1:00 Caregiver's Support Group	<b>1/7</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:15 Functional Movement 10:30 Lecture 10:30 Computer Class 11:00 Hebrew Club 12:45 Movie	<b>1/8</b> 9:15 Come Alive Exercise 10:00 Meditation 10:15 Water Aerobics 10:15 Functional Movement 10:30 Computer Class 10:45 Current Events with Professor Heller 12:45 Lecture & Demo 1:00 Bingo 1:00 Women's Discussion Group	<b>1/9</b> 9:15 Come Alive Exercise 10:00 Improv 10:30 Blood Pressure Screening 10:30 Computer Class 10:30 Chair Yoga 11:00 Hebrew Short Stories 11:45 New Years Luncheon 1:00 Discussion 1:15 Dancing	<b>1/10</b> 9:15 Come Alive Exercise 10:30 Performance 12:45 Collage Art Workshop 1:00 Charades
<b>1/13</b> 9:00 Tai Chi –New 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 Blood Pressure Screening 10:30 Jacob's Philosophy Discussion 12:45 Knitting Class 1:00 Brain Games/Charades 1:00 Caregiver's Support Group 1:00 Dementia Support Group 1:00 Men's Group	<b>1/14</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:00 Tag Sale 10:15 Functional Movement 10:30 Computer Class 10:30 Interactive Workshop 11:00 Hebrew Club 10:30 Computer Class 11:45 BIRTHDAY PARTY 1:15 Dancing	<b>1/15</b> 8:00 Trip 9:15 Come Alive Exercise 10:15 Water Aerobics 10:15 Functional Movement 10:30 Computer Class 10:45 Current Events with Professor Heller 12:45 Wrapping with Toby 1:00 Bingo	<b>1/16</b> 9:15 Come Alive Exercise 10:00 Improv 10:30 Lecture & Discussion 10:30 Computer Class 11:00 Hebrew Short Stories 1:00 Discussion 1:00 SelfHelp Concert	<b>1/17</b> 9:00 Tai Chi-New 9:15 Come Alive Exercise 10:30 Sing a Long 1:00 Charades
<b>1/20</b> 9:00 Tai Chi 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's Support Group	<b>1/21</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:15 Functional Movement 10:30 Computer Class 10:30 Concert 11:00 Hebrew Club 1:00 Lecture	<b>1/22</b> 9:15 Come Alive Exercise 10:00 Meditation 10:15 Water Aerobics 10:15 Functional Movement 10:30 Computer Class 10:45 Current Events with Professor Heller 12:45 Health Lecture 1:00 Women's Discussion Group 1:00 Bingo	<b>1/23</b> 9:15 Come Alive Exercise 10:00 Improv 10:30 Blood Pressure Screening 10:30 Chair Yoga 10:30 Computer Class 11:00 Hebrew Short Stories 12:45 Wii Games 1:00 Discussion	<b>1/24</b> 9:00 Tai Chi 9:15 Come Alive Exercise 10:30 Nutrition Lecture 1:00 Charades
<b>1/27</b> 9:00 Tai chi 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 Dementia Support Group 1:00 Caregiver's Support Group	<b>1/28</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:00 Advisory Board Meeting 10:15 Functional Movement 10:30 Historical Trivia 10:30 Computer Class 11:00 Hebrew Club 12:45 Movie	<b>1/29</b> 9:15 Come Alive Exercise 10:15 Water Aerobics 10:15 Functional Movement 10:30 Computer Class 10:45 Current Events with Professor Heller 12:45 History Lecture 1:00 Bingo	<b>1/30</b> 9:15 Come Alive Exercise 10:30 Computer Class 10:30 Bliss Fit 10:30 Discussion 11:00 Hebrew Short Stories 12:45 Book Club 12:45 Improv Performance	<b>1/31</b> 9:00 Tai Chi 9:15 Come Alive Exercise 10:30 Art Workshop 10:00 Movie 1:00 Charades