




FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/3 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 1:00 Men's Group	2/4 9:15 Come Alive Exercise 10:00 Painting Class 10:15 Lecture & slides 10:15 Functional Movement 10:30 Computer Class 11:00 Hebrew Club 12:45 Movie	2/5 9:15 Come Alive Exercise 10:15 Water Aerobics 10:15 Functional Movement 10:30 Computer Class 10:45 Current Events with Professor Heller 1:00 Bingo	2/6 9:15 Come Alive Exercise 10:30 Computer Class 10:30 Bliss Fit 10:00 Creative Writing New 11:00 Hebrew Short Stories 12:45 Concert	2/7 9:00 Tai Chi 9:15 Come Alive Exercise 10:30 Interactive Discussion 1:00 Charades
2/10 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 1:00 Men's Group	2/11 9:15 Come Alive Exercise 10:00 Painting Class— No Danny 10:15 Functional Movement 10:30 Law & Order Court Room Drama 10:30 Computer Class 11:00 Hebrew Club 11:45 BIRTHDAY PARTY 1:15 Dancing 	2/12 9:15 Come Alive Exercise 10:15 Water Aerobics 10:15 Functional Movement 10:30 Computer Class 10:30 Lecture 10:45 Current Events with Professor Heller 12:45 Beading—New 1:00 Bingo 1:00 Women's Discussion Group	2/13 9:15 Come Alive Exercise 10:30 Lecture 10:30 Chair Yoga 10:30 Blood Pressure Screening 10:30 Computer Class 10:00 Creative Writing 11:00 Hebrew Short Stories 12:45 Y Gallery Talk 1:00 Discussion	2/14 9:00 Tai Chi 9:15 Come Alive Exercise 10:30 Nutrition Lecture 1:00 Charades 
2/17 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	2/18 9:15 Come Alive Exercise 10:00 Painting Class-No Danny 10:00 Tai Chi 10:15 Functional Movement 10:30 Computer Class 10:30 Historical Trivia 11:00 Hebrew Club 12:45 General Membership Meeting	2/19 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 Beading 12:45 Health Lecture 1:00 Bingo	2/20 9:15 Come Alive Exercise 10:00 Creative Writing 10:30 Bliss Fit 10:30 Computer Class 11:00 Hebrew Short Stories 1:00 Concert/Self Help 1:00 Discussion	2/21 9:00 Tai Chi 9:15 Come Alive Exercise 10:30 Concert 1:00 Charades
2/24 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	2/25 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Advisory Meeting 10:15 Functional Movement 10:30 Computer Class 10:30 Interactive Writing 11:00 Hebrew Club 12:45 Lecture and Power Point <div style="text-align: center;"> LUNCH SERVED EVERYDAY AT 11:45 AM </div>	2/26 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 Beading 12:45 Health Lecture 1:00 Women's Discussion Group 1:00 Bingo	2/27 9:15 Come Alive Exercise 10:00 Creative Writing 10:30 Chair Yoga 10:30 Computer Class 10:30 Blood Pressure Screening 11:00 Hebrew Short Stories 12:45 Blood Pressure Screening 1:00 Discussion <div style="text-align: center;">  </div>	2/28 9:00 Tai Chi 9:15 Come Alive Exercise 10:30 Sing-a-Long Concert 1:00 Charades