


MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/2 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 Men's Group 1:00 Dementia Support Group 1:00 Caregiver's Support Group	3/3 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:15 Functional Movement 10:30 Fire Safety Presentation 10:30 Computer Class 11:00 Hebrew Club 12:45 Sing-a-Long	3/4 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 Lecture Honoring Women's History Month 1:00 Bingo	3/5 9:15 Come Alive Exercise 10:30 Bliss Fit 10:30 Computer Class 10:00 Creative Writing 11:00 Hebrew Short Stories 1:00 Discussion 1:00 Café Europa Concert	3/6 9:00 Tai Chi 9:15 Come Alive Exercise 10:00 Chorus 1:00 Charades
3/9 9:00 Tai Chi 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Co-Ed Rap Session 10:30 Computer Class 10:30 Trivia 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	3/10 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:15 Functional Movement 10:30 Computer Class 11:00 Hebrew Club 11:45 BIRTHDAY PARTY FOR MAR 1:15 Dancing 	3/11 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 1:00 Women's Discussion Group	3/12 9:15 Come Alive Exercise 10:30 Chair Yoga 10:30 Discussion 10:30 Blood Pressure Screening 10:30 Computer Class 10:00 Creative Writing 11:00 Hebrew Short Stories 12:00 Trip 12:45 Lecture & Discussion	3/13 9:15 Come Alive Exercise 10:00 Chorus 1:00 Charades
3/16 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 Men's Group 1:00 Brain Games/Charades 1:00 Dementia Support Group 1:00 Caregiver's Support Group	3/17 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:15 Functional Movement 10:30 Court Room Drama 10:30 Computer Class 10:30 New Baking Class 11:00 Hebrew Club 11:45 Holiday Meal 12:45 Interactive Health Talk	3/18 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 Lecture 1:00 Bingo	3/19 9:15 Come Alive Exercise 10:00 Creative Writing 10:30 Bliss Fit 10:30 Computer Class 11:00 Hebrew Short Stories 12:45 Art Workshop New 1:00 Discussion	3/20 9:15 Come Alive Exercise 10:00 Chorus 1:00 Charades
3/23 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 Caregiver's Support Group	3/24 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:00 Advisory Board Meeting 10:15 Functional Movement 10:30 Computer Class 10:30 Historical Trivia 11:00 Hebrew Club 11:30 PASSOVER MODEL SEDER 1:30 New Computer Workshop	3/25 9:15 Come Alive Exercise 10:00 Meditation 10:15 Water Aerobics 10:15 Functional Movement 10:30 Blood Pressure Screening 10:30 Computer Class 10:45 Current Events with Professor Heller 12:45 Illustrated Lecture and Videos 1:00 Womens' Discussion Group 1:00 Bingo	3/26 9:15 Trip 9:15 Come Alive Exercise 10:00 Creative Writing 10:30 Chair Yoga 10:30 Computer Class 11:00 Hebrew Short Stories 12:45 Book Club 1:00 Discussion	3/27 9:15 Come Alive Exercise 10:00 Chorus 1:00 Charades
3/30 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 Men's Group 1:00 Caregiver's Support Group	3/31 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:15 Functional Movement 10:30 Nutrition Lecture 10:30 Computer Class 11:00 Hebrew Club 12:45 Concert	LUNCH SERVED EVERYDAY AT 11:45 AM		Sunday, March 22, 2020 10:30 Bingo 1:00 Dancing 