


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">CLOSED (NEW YEAR'S DAY)</p>	<p>1/3 9:30 Baking with Galina/Isabel 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg (FULL) 10:00 Painting Class 10:30 Art Explorations-H 11:30 Hebrew Short Stories -V 1:00 Knitting with Barbara 1:00 Brain Games with Marv</p>	<p>1/4 10:00 Stay Well Exercise-V 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg (Beg.) (FULL) 1:00 Karaoke 1:30 Water Aerobics</p>	<p>1/5 9:30 Conv.Spanish-Advance Beginners 10:00 Stay Well Exercise-V 10:45 Functional Movement 11:30 Hebrew Short Stories-V 1:00 Group Chat with Carmen 1:00 Chair Yoga with Antony-H 1:00 Book Club-V</p>	<p>1/6 9:15 Stay Well Exercise-H 10:00 Art Lecture Dick Frank 10:30 Meditation 10:30 Current Events 12:45 Friday Flicks: "Hustle" (2012)</p>
<p>1/9 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:30 Meditation 10:45 Women's Group 1:00 Bingo</p>	<p>1/10 9:30 Baking with Galina/Isabel 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg (FULL) 10:00 Painting Class 10:30 Art Explorations-H 11:30 Hebrew Short Stories -V 1:00 Knitting with Barbara 1:00 Brain Games with Marv</p>	<p>1/11 10:00 Stay Well Exercise-V 10:00 Ceramics 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg (Beg.) (FULL) 1:15 Bliss Fit-H 1:30 Water Aerobics</p>	<p>1/12 9:30 Conv. Spanish-Advance Beginners 10:00 Stay Well Exercise-V 10:00 Trip to Trader's Joes&Mart Harsdale 10:45 Functional Movement 11:30 Hebrew Short Stories-V 12:45 NutritionTalk: Tamar 1:00 Group Chat with Carmen 1:00 Chair Yoga with Antony-H</p>	<p>1/13 9:15 Stay Well Exercise-H 10:00 Adult Fitness-V 10:30 Meditation 11:00 Current Events 12:45 Friday Flicks: "The fabelmans" (2012)</p>
<p>1/16 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:00 Manicures with Frances 10:30 Meditation 1:00 Bingo</p>	<p>1/17 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg (FULL) 10:00 Painting Class 10:30 Art Explorations-H 10:30 Nutrition Talk with Arnie Pt.2 11:30 Hebrew Short Stories -V 1:00 Knitting with Barbara 1:00 Brain Games with Marv 1:15 Birthday Entertainment</p>	<p>1/18 10:00 Stay Well Exercise-V 10:00 Ceramics 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg (Beg.) (FULL) 1:00 Karaoke 1:30 Water Aerobics</p>	<p>1/19 9:30 Conv. Spanish-Advance Beginners 10:00 Stay Well Exercise-V 10:45 Functional Movement 11:30 Hebrew Short Stories-V 1:00 Group Chat with Carmen 1:00 Chair Yoga-H 2:00 Trip to Movie Theater</p>	<p>1/20 9:15 Stay Well Exercise-H 10:00 Men's Group-H 10:30 Meditation 11:00 Current Events 12:45 Friday Flicks: "The Banshees of Inisherin" (2022)</p>
<p>1/23 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:00 Manicures with Frances 10:30 Meditation 1:00 Bingo</p>	<p>1/24 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg (FULL) 10:00 Krav Maga—Basketball Court. 10:00 Painting Class 10:30 Art Explorations-H 11:30 Hebrew Short Stories-V 1:00 Knitting with Barbara 1:00 Brain Games with Marv</p>	<p>1/25 10:00 Stay Well Exercise-V 10:00 Chair Aerobics with Stuart 10:00 Tech Class with Trinity 12:30 Mah Jongg (Beg.) (FULL) 1:15 Bliss Fit-H 1:30 Water Aerobics</p>	<p>1/26 9:30 Conv. Spanish-Advance Beginners 10:00 Stay Well Exercise-V 10:00 Improv with Frank 10:45 Functional Movement 11:30 Hebrew Short Stories-V 1:00 Group Chat with Carmen 1:00 Chair Yoga-H</p>	<p>1/27 9:15 Stay Well Exercise-H 10:30 Meditation 11:00 Current Events 1:15 Afro-Caribbean Music and Dance Juan Usera</p>
<p>1/30 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:00 Manicures with Frances 10:30 Meditation 1:00 Bingo</p>	<p>1/31 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg (FULL) 10:00 Painting Class 10:30 Art Explorations-H 11:30 Hebrew Short Stories-V 1:00 Knitting with Barbara 1:00 Brain Games with Marv</p>	<p align="center">JANUARY 2023</p>  <p align="center">Events listed in blue are detailed in the New and Noteworthy section</p>	<p align="center">Birthday Party Tuesday Jan. 17th 11:30am</p> <p align="center">Food Pantry-Tuesday Jan 17th 1:30pm - 3:30pm</p> <p align="center">Lunch Daily @ 11:45am Dining Room Seating Begins @ 11:30am</p>	<p align="center">Blood Pressure Check Thursday 12/8 @ 10:00 am</p> <p align="center">Tech Lab Tuesdays &Thursdays @ 10:00am</p>