


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FEBRUARY 2023</p>  <p>Events listed in blue are detailed in the New and Noteworthy section</p>		<p>2/1 10:00 Stay Well Exercise-V 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg Advanced Beginners 1:00 Karaoke 1:30 Water Aerobics</p>	<p>2/2 9:30 Conv.Spanish-Advanced 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 with Anthony-H</p>	<p>2/3 9:15 Stay Well Exercise-H 10:30 Meditation 11:00 Current Events 12:45 Friday Flicks: <i>"The Fabelmans"</i> (2022) 1:00 Spanish Language Program: Current Events with Chloe</p>
<p>2/6 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:00 Manicures with Frances 10:30 Meditation 10:45 Women's Group 10:45 Men's Group 12:45 Mah Jongg Beginners-FULL 1:00 Bingo</p>	<p>2/7 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg Advanced Intermediate 11:30 Hebrew Short Stories -V 1:00 Knitting with Barbara 1:00 Brain Games with Marv</p>	<p>2/8 10:00 Stay Well Exercise-V 10:00 Ceramics-FULL 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg Advanced Beginners 1:00 Karaoke 1:15 Bliss Fit with Trinity-H 1:30 Water Aerobics</p>	<p>2/9 9:30 Conv.Spanish-Advanced 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 with Anthony-H 1:00 Trip to Trader's Joe's & Marshalls</p>	<p>2/10 9:15 Stay Well Exercise-H 10:00 Adult Fitness-V 10:30 Meditation 11:00 Current Events 12:45 Friday Flicks: <i>"American Factory"</i> (2019) 1:00 Spanish Language Program: Current Events with Chloe</p>
<p>2/13 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:00 Manicures with Frances 10:30 Meditation 12:45 Mah Jongg Beginners-FULL 1:00 Bingo</p>	<p>2/14 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg Advanced Intermediate 11:30 Hebrew Short Stories -V 1:00 Knitting with Barbara 1:00 Brain Games with Marv 1:15 Birthday Entertainment</p>	<p>2/15 10:00 Stay Well Exercise-V 10:00 Ceramics-FULL 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg Advanced Beginners 1:00 Karaoke 1:30 Water Aerobics</p>	<p>2/16 9:30 Conv. Spanish-Advanced 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 with Anthony-H 1:00 Ridge Hill Mall Trip-Movie or Shopping</p>	<p>2/17 9:15 Stay Well Exercise-H 10:30 Meditation 10:30 Men's Group-V 10:30 Law and Order 11:00 Current Events 12:45 Friday Flicks: <i>"The Notebook"</i> (2004) 1:00 Spanish Language Program: Current Events with Chloe</p>
<p>2/20 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:00 Manicures with Frances 10:30 Meditation 10:45 Women's Group 10:45 Men's Group 12:45 Mah Jongg Beginners-FULL 1:00 Bingo</p>	<p>2/21 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg Advanced Intermediate 10:00 Krav Maga (Israeli Martial Art) 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>2/22 10:00 Stay Well Exercise-V 10:00 Ceramics-FULL 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg Advanced Beginners 1:15 Bliss Fit with Trinity-H 1:30 Water Aerobics</p>	<p>2/23 9:30 Conv. Spanish-Advanced 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 with Anthony-H 1:00 Book Club-V</p>	<p>2/24 9:15 Stay Well Exercise-H 10:30 Meditation 11:00 Current Events 12:45 Interactive Workshop with Juan Usera 1:00 Spanish Language Program: Current Events with Chloe</p>
<p>2/27 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:00 Manicures with Frances 10:30 Meditation 12:45 Mah Jongg Beginners-FULL 1:00 Bingo</p>	<p>2/28 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg Advanced Intermediate 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>Birthday Party Tuesday Feb. 14th 11:30am</p> <p>Food Pantry-Tuesday Feb. 14th 1:30pm - 3:30pm</p> <p>Lunch Daily @ 11:45am Dining Room Seating Begins @ 11:30am</p>	<p>Tech Lab Tuesdays @ 10:00am &Thursdays @ 11:00-11:30 am</p>