


# JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1/1</b> <b>CLOSED</b> <b>NEW YEAR'S DAY</b>  <b>LUNCH SERVED EVERY DAY</b> <b>AT 11:45 AM</b>	<b>1/2</b> 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:45 Current Events with Professor Heller 1:00 Technology Session	<b>1/3</b> 9:15 Come Alive Exercise 10:00 Improv 10:30 Bliss Fit 11:00 Hebrew Short Stories 12:45 Bingo 12:45 Ceramics 1:00 Short Stories 1:00 Concert-Café Europa Open to all	<b>1/4</b> 9:15 Come Alive Exercise 10:00 DVD 10:30 Learn Sign Language 1:00 Friday Schmooze
<b>1/7</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	<b>1/8</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:30 Lecture 10:30 Computer Class 10:30 Functional Movement 11:00 Hebrew Club <b>11:45 BIRTHDAY PARTY</b> 1:00 Digital Photography 1:15 Dancing <div style="text-align: center;">  </div>	<b>1/9</b> 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:30 Blood Pressure Screening 10:45 Current Events with Professor Heller 12:45 Harmonica Lesson 1:00 Computer Class 1:00 Women's Discussion Group	<b>1/10</b> 9:15 Come Alive Exercise 10:00 Improv 10:30 Chair Yoga Demo 10:30 Computer Class 10:30 Lecture 11:00 Hebrew Short Stories 12:45 Bingo 12:45 Ceramics 1:00 Short Stories 1:00 Concert-Self Help	<b>1/11</b> 9:15 Come Alive Exercise 10:30 Music Lecture & Clips 1:00 Friday Schmooze 1:00 Bliss Fit
<b>1/14</b> 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:15 Water Aerobics 10:30 Co-Ed Rap Session 10:30 Jacob's Philosophy Discussion 12:45 Knitting Class 1:00 Brain Games/Charades	<b>1/15</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:30 Discussion 10:30 Functional Movement 11:00 Hebrew Club 1:00 Lecture & Power Point	<b>1/16</b> 9:15 Come Alive Exercise 9:30 Volunteer Appreciation Brunch 10:15 Water Aerobics 10:30 Functional Movement 10:45 Current Events with Professor Heller 1:00 Computer Class 1:00 Concert	<b>1/17</b> 9:15 Come Alive Exercise 10:00 Improv 10:30 Bliss Fit 10:30 Lecture 12:45 Ceramics 11:00 Hebrew Short Stories 12:45 Bingo 1:00 Short Stories	<b>1/18</b> 9:15 Come Alive Exercise 10:30 Concert 1:00 Friday Schmooze
<b>1/21</b> 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:15 Water Aerobics 10:30 Co-Ed Rap Session 10:30 Jacob's Philosophy Discussion 12:45 Knitting Class 1:00 Brain Games/Charades	<b>1/22</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:00 Advisory Meeting 10:30 Court Room Drama 10:30 Functional Movement 11:00 Hebrew Club 12:45 Movie 1:00 Digital Photography	<b>1/23</b> 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:45 Current Events with Professor Heller 12:45 Lecture 1:00 Women's Discussion Group 1:00 Computer Class	<b>1/24</b> 9:15 Come Alive Exercise 10:30 Discussion 10:30 Nutrition Lecture 11:00 Hebrew Short Stories 12:45 Bingo 12:45 Ceramics 1:00 Book Club 1:00 Improv Class/Performance	<b>1/25</b> 9:15 Come Alive Exercise 10:30 Music Lecture & Clips 1:00 Friday Schmooze
<b>1/28</b> 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:15 Water Aerobics 10:30 Co-Ed Rap Session 10:30 Jacob's Philosophy Discussion 12:45 Knitting Class 1:00 Brain Games/Charades	<b>1/29</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:30 Functional Movement 10:30 Historical Trivia 11:00 Hebrew Club 12:45 Movie	<b>1/30</b> 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:45 Current Events with Professor Heller 12:45 Health Lecture 1:00 Computer Class	<b>1/31</b> 9:15 Come Alive Exercise 10:30 Health Lecture 11:00 Hebrew Short Stories 12:45 Bingo 12:45 Ceramics 1:00 Short Stories	