


OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/1 CLOSED	10/2 CLOSED	10/3 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:45 Current Events with Professor Heller 1:00 Computer Class 1:00 Lecture	10/4 9:15 Come Alive Exercise 10:00 Jewelry Class 10:30 Bliss Fit 11:00 Israeli Short Stories 12:45 Bingo 1:00 Short Stories 1:00 Entertainment	10/5 9:15 Come Alive Exercise 10:30 Lecture 1:00 Friday Schmooze
10/8 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:15 Water Aerobics 10:30 Lecture on Medicare 10:30 Co-Ed Rap Session 10:30 Jacob's Philosophy Discussion 12:45 Knitting Class 1:00 Brain Games 1:00 Short Stories	10/9 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:00 Blood Pressure 10:30 Lecture 10:30 Functional Movement 11:00 Hebrew Club 11:30 BIRTHDAY PARTY 12:45 Dancing 2:15 Balloon Art	10/10 9:15 Come Alive Exercise 10:00 Trip 10:15 Water Aerobics 10:30 Functional Movement 10:45 Current Events with Professor Heller 1:00 Computer Class 1:00 Lecture 1:00 Womens Discuss Group	10/11 9:15 Come Alive Exercise 10:00 Baking Class 10:00 Jewelry Class 10:30 Interactive Lecture 11:00 Israeli Short Stories 12:45 Bingo 1:00 Entertainment 1:00 Short Stories	10/12 9:15 Come Alive Exercise 10:30 Sing-a-log 1:00 Friday Schmooze 1:00 Bliss Fit
10/15 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:00 Flu Shots 10:15 Water Aerobics 10:30 Co-Ed Rap Session 10:30 Jacob's Philosophy Discussion 12:45 Knitting Class 1:00 Brain Games 1:00 Short Stories	10/16 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:30 Drama Games 10:30 Functional Movement 11:00 Hebrew Club 12:45 Movie 1:00 Digital Photography	10/17 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:45 Current Events with Professor Heller 1:00 Computer Class 1:00 Art Demo	10/18 9:15 Come Alive Exercise 10:00 Baking Class 10:00 Jewelry Class 10:30 Lecture 10:30 Bliss Fit 11:00 Israeli Short Stories 12:45 Bingo 1:00 Short Stories	10/19 9:15 Come Alive Exercise 10:00 Hudson River Voices 10:30 Lecture 1:00 Friday Schmooze
10/22 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 1:00 Short Stories	10/23 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:00 Advisory Board Meeting 10:15 Lecture and Slides 10:30 Functional Movement 11:00 Hebrew Club 12:45 Movie	10/24 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:45 Current Events with Professor Heller 1:00 Computer Class 1:00 Womens Discuss Group 1:00 Concert	10/25 9:15 Come Alive Exercise 10:00 Baking Class 10:00 Jewelry Class 10:30 Historical Trivia 11:00 Israeli Short Stories 12:45 Bingo 1:00 Short Stories 1:00 Book Club	10/26 9:15 Come Alive Exercise 10:30 Nutrition Lecture 1:00 Discussion Group
10/29 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 1:00 Short Stories	10/30 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:30 Drama Games 10:30 Functional Movement 11:00 Hebrew Club 12:45 Movie 1:00 Digital Photography	10/31 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:45 Current Events with Professor Heller 1:00 Computer Class 1:00 Music Trivia	OPEN SUNDAY OCT 14, 2018 BBQ	
				
				LUNCH SERVED EVERYDAY AT 11:45 AM