

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/3 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	12/4 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:00 Chorus Hudson River Voices 10:15 Lecture and Slides 10:30 Functional Movement 11:00 Hebrew Club 11:45 CHANUKAH LUNCHEON 1:00 Concert	12/5 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:45 Current Events with Professor Heller 1:00 Computer Class 12:45 Health Lecture & Blood Pressure Screening	12/6 9:15 Come Alive Exercise 10:00 Improv class 10:30 Bliss Fit 11:00 Israeli Short Stories 12:45 Bingo 1:00 Short Stories 1:00 Café Europa Concert, All Are Welcome	12/7 9:15 Come Alive Exercise 10:00 Chorus Hudson River Voices 10:30 Lecture 1:00 Friday Schmooze
12/10 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 12:45 Discussion 1:00 Brain Games	12/11 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:00 Chorus Hudson River Voices 10:30 Panel Discussion 10:30 Functional Movement 11:00 Hebrew Club 11:45 BIRTHDAY PARTY 1:00 Dancing 1:00 Digital Photography 	12/12 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Blood Pressure Screening 10:30 Functional Movement 10:45 Current Events with Professor Heller 12:45 Health Lecture 1:00 Computer Class 1:00 Women's Discussion Group	12/13 9:15 Come Alive Exercise 10:00 Improv Class 10:30 Theatrical Court Room Drama Program 11:00 Israeli Short Stories 12:45 Bingo 12:45 Ceramics Class- New 1:00 Short Stories 1:00 Concert	12/14 9:15 Come Alive Exercise 10:00 Chorus Hudson River Voices 10:15 Art Documentary 1:00 Friday Schmooze
12/17 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	12/18 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:30 Historical Trivia 10:30 Functional Movement 11:00 Hebrew Club 12:45 Movie	12/19 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 Concert	12/20 9:15 Come Alive Exercise 10:00 Improv Class 10:30 Bliss Fit 11:00 Israeli Short Stories 12:45 Bingo 12:45 Yoga Demo 12:45 Ceramics Class 1:00 Short Stories	12/21 9:15 Come Alive Exercise 11:00 CHORUS CONCERT 1:00 Friday Schmooze
12/24 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	12/25 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:30 Discussion 10:30 Functional Movement 11:00 Hebrew Club 12:45 Movie	12/26 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:45 Current Events with Professor Heller 11:45 NEW YEAR'S PARTY 1:00 Computer Class 12:45 Women's Discussion Group 1:00 Dancing	12/27 9:15 Come Alive Exercise 10:00 Improv Class 10:30 Lecture 11:00 Israeli Short Stories 12:45 Bingo 12:45 Ceramics Class 1:00 Book Club	12/28 9:15 Come Alive Exercise 10:30 Music Lecture and Clips 1:00 Friday Schmooze 1:00 Bliss Fit
12/31 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			LUNCH SERVED EVERYDAY AT 11:45 AM	
				