



# FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>LUNCH SERVED EVERY DAY AT 11:45 AM</b>			<b>2/1</b> 9:15 Come Alive Exercise 10:00 DVD 1:00 Friday Schmooze
<b>2/4</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>2/5</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 12:45 Movie 1:00 Digital Photography	<b>2/6</b> 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:30 Computer Class 10:45 Current Events with Professor Heller 1:00 Bingo-New Day 1:00 Concert	<b>2/7</b> 9:15 Come Alive Exercise 10:30 Bliss Fit 10:30 Computer Class 10:00 Creative Writing New 11:00 Hebrew Short Stories 12:45 Ceramics 1:00 Short Stories	<b>2/8</b> 9:15 Come Alive Exercise 10:30 Music Lecture & Clips 1:00 Friday Schmooze
<b>2/11</b> 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:15 Water Aerobics 10:30 Computer Class 10:30 Co-Ed Rap Session 10:30 Jacob's Philosophy Discussion 12:45 Knitting Class 12:45 Menu Meeting 1:00 Discussion Group-New 1:00 Brain Games/Charades	<b>2/12</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:30 Computer Class 10:30 Interactive Discussion 10:30 Functional Movement 11:00 Hebrew Club <b>11:45 BIRTHDAY PARTY</b> 1:00 Dancing 	<b>2/13</b> 9:15 Come Alive Exercise 10:00 DVD 10:15 Water Aerobics 10:30 Functional Movement 10:30 Blood Pressure Screening 10:30 Computer Class 10:45 Current Events with Professor Heller 12:45 Health Lecture 1:00 Womens' Discussion Group 1:00 Bingo	<b>2/14</b> 9:15 Come Alive Exercise 10:00 Creative Writing - New 10:30 Lecture 10:30 Computer Class 11:00 Hebrew Short Stories 12:45 Ceramics (Final Class) 1:00 Concert/Self Help 1:00 Short Stories 	<b>2/15</b> 9:15 Come Alive Exercise 10:30 Nutrition Lecture 1:00 Friday Schmooze 1:00 Bliss Fit
<b>2/18</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 1:00 Discussion Group 1:00 Concert	<b>2/19</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:00 Advisory Meeting 10:30 Computer Class 10:30 Interactive Discussion 10:30 Functional Movement 11:00 Hebrew Club 12:45 Movie 1:00 Social Media Class	<b>2/20</b> 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:30 Computer Class 10:45 Current Events with Professor Heller 1:00 Lecture 1:00 Bingo	<b>2/21</b> 9:15 Come Alive Exercise 10:00 Creative Writing - New 10:30 Bliss Fit 10:30 Computer Class 10:30 Lecture 11:00 Hebrew Short Stories	<b>2/22</b> 9:15 Come Alive Exercise 10:30 Concert 12:45 Sign Language Part II 1:00 Friday Schmooze
<b>2/25</b> 9:15 Come Alive Exercise 9:30 Wisdom for Living 10:15 Water Aerobics 10:30 Computer Class 10:30 Co-Ed Rap Session 10:30 Jacob's Philosophy Discussion 12:45 Knitting Class 1:00 Brain Games/Charades 1:00 Lecture 1:00 Discussion Group	<b>2/26</b> 9:15 Come Alive Exercise 10:00 Painting Class 10:00 Tai Chi 10:30 Computer Class 10:30 Functional Movement 10:30 Historical Trivia 11:00 Hebrew Club 1:00 Concert	<b>2/27</b> 9:15 Come Alive Exercise 10:15 Water Aerobics 10:30 Functional Movement 10:30 Computer Class 10:45 Current Events with Professor Heller 1:00 Womens' Discussion Group 1:00 Bingo	<b>2/28</b> 9:15 Come Alive Exercise 10:00 Creative Writing - New 10:30 Computer Class 10:30 Court Room Drama Program 11:00 Hebrew Short Stories 1:00 Book Club	The Riverdale YM-YWHA 