

DAILY SCHEDULE FOR JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1-Jan	2-Jan
		Closed New Year's Day	10:00am You be the Judge w/ Carl 11:00am Exercise 11:30am Lunch 12:30pm Membership Meeting
6-Jan	7-Jan	8-Jan	9-Jan
10:00am Current Events 11:00am Forever Fit/Trivia 11:30am Lunch 12:30pm Kevin Woyce NJ State Parks 1:30pm Tai Chi Chih	10:00am 11:00am Balance with Dr. Mark 11:30am Lunch 12:30pm Bonnie's program	10:00am Creative Writing Sharing Life Stories 11:00am Seniors on Strength 11:30am Lunch 12:15pm MOVIE in Ross (M-6)	10:00am Points to Ponder 10:00 Blood Pressure WO Nurses 11:00am Exercise 11:30am Lunch 12:30pm Gene Matera <i>Music through the Decades</i>
13-Jan	14-Jan	15-Jan	16-Jan
10:00am Current Events 11:00am Forever Fit/Trivia 11:30am Lunch 12:30pm Unicity Healthcare The Myths of Aging 1:30pm Tai Chi Chih	10:00am 11:00am Balance with Dr. Mark 11:30am Lunch 12:30pm Bonnie's program	10:00am Creative Writing Sharing Life Stories 11:00am Seniors on Strength 11:30am Lunch 12:15pm MOVIE in Ross (M-6)	10:00am Points to Ponder 11:00am Exercise 11:30am Lunch 12:30pm Birthday Party <i>The Perfect Duo</i>
20-Jan	21-Jan	22-Jan	23-Jan
Closed Martin Luther King Jr. Day	10:00am 11:00am Balance with Dr. Mark 11:30am Lunch 12:30pm Bonnie's program	10:00am Creative Writing Sharing Life Stories 11:00am Seniors on Strength 11:30am Lunch 12:15pm MOVIE in Ross (M-6)	10:00am Points to Ponder 11:00am Exercise 11:30am Lunch 12:30pm Vocalist Jo Ann Roberts
27-Jan	28-Jan	29-Jan	30-Jan
10:00am Current Events 11:00am Forever Fit/Trivia 11:30am Lunch 12:30pm Lloyd Kishinsky Hal David 1:30pm Tai Chi Chih	10:00am 11:00am Balance with Dr. Mark 11:30am Lunch 12:30pm Bonnie's program	10:00am Creative Writing Sharing Life Stories 11:00am Seniors on Strength 11:30am Lunch 12:15pm MOVIE in Ross (M-6)	10:00am Points to Ponder 11:00am Exercise 11:30am Lunch 12:30pm Este Diva <i>Opera & More</i>

Essex County Kosher Lunch Program, Monday - Thursday at 11:30am - 12:15pm-- Suggested Donation \$4.00
Exercise classes are held in Room L-12 on the lower level.