

DAILY SCHEDULE FOR FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3-Feb	4-Feb	5-Feb	6-Feb
10:00am Current Events 11:00am Forever Fit/Trivia 11:30am Lunch 12:30pm Evan Weiner Presidential Impact through Sports 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 Membership Meeting
10-Feb	11-Feb	12-Feb	13-Feb
10:00am Current Events 11:00am Forever Fit/Trivia 11:30am Lunch 12:30pm Susan Galatz JCC Trip to South Africa 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 Jeff Dunston Sings Broadway
17-Feb	18-Feb	19-Feb	20-Feb
Closed Presidents' 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 Birthday Party B'nai Jazz
24-Feb	25-Feb	26-Feb	27-Feb
10:00am Current Events 11:00am Forever Fit/Trivia 11:30am Lunch 12:30pm Lloyd Kishinsky Dorothy Fields 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 Van Martin Rat pack

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.