



Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>NEW YEAR'S DAY</u> CLOSED	2 10:00am Current Events 11:00am Sit And Fit 11:00am Games/Scrabble 12:45pm Musical Entertainment by Phyllis Tagg / Vocalist and Pianist	3 10:00am Laugh Till It Hertz 11:00am STEM Intergenerational Program 12:45pm Reading Shakespeare Aloud 12:45pm Unleash Your Creativity 12:45pm Bingo	4 11:00am Silver Sneakers (Open to All) 12:00pm Shabbat Luncheon (Preregister in Room 24 by Dec 28) 12:45pm Musical Entertainment by Jim Ambrosio / Vocalist w/ Keyboard Accompaniment 1:30pm The Women's Room
7 10:00am Civilization & the Jews with Keve Karalitzky 11:00am Stretch & Strengthen 12:30pm Military History Roundtable 12:45pm VIBS/What You Need To Know About Preventing Elder Abuse/ Speaker: Donna Buccellato, Elder Abuse Community Educator	8 10:00am Let's Be Honest 10:00am What's New With You? Paula Silver 11:00am Chair Yoga w/ Diana 12:45pm Influential Women w/ Freddie Friedman	9 10:00am Current Events 11:00am Blood Pressure Screenings 11:00am Games/Scrabble 11:00am Sit And Fit 12:45pm Musical Entertainment by Alex Alexander / Guitarist and Singer Sing-A-Long	10 10:00am Laugh Till It Hertz 11:00am Changing Times w/ Alana & Jessica 12:45pm Reading Shakespeare Aloud 12:45pm Unleash Your Creativity 12:45pm Bingo 2:00pm Rosh Chodesh / Women's New Moon Circle / Shevat	11 11:00am Silver Sneakers (Open to All) 12:45pm Friendly Fridays w/ Jessica 1:30pm The Women's Room
14 10:00am Civilization & the Jews with Keve Karalitzky 11:00am Exercise Video 12:30pm Military History Roundtable 12:45pm Be Heart & Lung Healthy / Speakers: Ken Shah, PT & Dir. of Cardio & Pulmonary Program / Carolyn Palladino, Community Liason	15 10:00am Let's Be Honest 10:00am Connections with Michelle Herman 11:00am Chair Yoga w/ Diana 12:45pm American History w/ Steve Rochester	16 10:00am Current Events 11:00am Games/Scrabble 11:00am Sit And Fit 12:45pm Musical Entertainment by Charles Henry / Vocalist Sings Contemporary Music	17 10:00am Bobby & Bernice's Bissel Yiddish 11:00am STEM Intergenerational Program 12:45pm Reading Shakespeare Aloud 12:45pm Unleash Your Creativity 12:45pm Sing-A-Long w/ Christine	18 10:30am Yiddish Theatre In America Jewish Experience Lunch & Learn Lecture <i>See separate schedule for speaker and fee information</i> 11:00am Silver Sneakers (Open to All) 12:45pm Friendly Fridays w/ Jessica 1:30pm The Women's Room
21 10:00am Civilization & the Jews with Irving Weiss or Film 11:00am Stretch & Strengthen 12:30pm Military History Roundtable 12:45pm Martin Luther King Jr. & Tu B'Shevat Celebration	22 10:00am Let's Be Honest 10:00am Arts & Crafts w/ Michele Hertz 11:00am Chair Yoga w/ Diana 12:45pm Influential Women w/ Freddie Friedman	23 10:00am Current Events 11:00am Games/Scrabble 11:00am Sit And Fit 12:45pm Food In Art / Speaker: Evelyn Silver	24 10:00am Laugh Till It Hertz 11:00am Changing Times w/ Alana & Jessica 12:45pm Unleash Your Creativity 12:45pm Reading Shakespeare Aloud 12:45pm Bingo	25 11:00am Silver Sneakers (Open to All) 12:45pm Friendly Fridays w/ Jessica 1:30pm The Women's Room
28 10:00am Civilization & the Jews with Keve Karalitzky 11:00am Balance & Brain Fitness / Speaker: Daniel Nagorski, DPT 12:30pm Military History Roundtable 12:45pm Broadway Ballads & Show Stoppers: Part I / Speaker: Richard Knox	29 10:00am Let's Be Honest 10:00am Building Bridges w / Bernie Gershen 11:00am Chair Yoga w/ Diana 12:45pm American History w/ Steve Rochester	30 10:00am Current Events 11:00am Games/Scrabble 11:00am Sit And Fit 12:45pm Birthday Party Celebration Musical Entertainment by Timothy Richardson "SAXY RIC" / Singing & Saxophone	31 10:00am Laugh Till It Hertz 11:00am Changing Times w/ Alana & Jessica 12:45pm Unleash Your Creativity 12:45pm Reading Shakespeare Aloud 12:45pm Bingo	

For further information, please call Tina Block, Director of Senior Services, (631) 462-9800 x121
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