


Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 10:00-11:00 Civilization and the Jews with Keve Karalitsky 11-12:00 Stretch and Strengthen Metro Physical Therapy 12:30 -1:30 Military Hist. Roundtable 12:45 -1:45 The Women of Broadway –part 7 Richard Knox</p>	<p>3 10:00 -11:00 Let's Be Honest Discussion with Bruce 11:00 -12:00 What's New With You? Discussion with Paula 11:00 -12:00 Chair Yoga with Diana 12:45 – 1:45 American History with Steve</p>	<p>4 10:00 – 11:00 Current Events 11:00 -12:00 Sit and Be Fit 11:00-12:00 A Trip Down Memory Lane with Sal 12:45 -1:45 Women and Education-Title IX with Evan Weiner</p>	<p>5 10:00 -11:00 Laugh till it Hertz 11:00 -12:00 Music Memories with Sal 12:45 – 1:45 Unleash Your Creativity with Tracey 12:45 -1:45 The Play's the Thing With Shirley and Bernie 12:45 -1:45 Challenges of the Golden Years Discussion with Laurie</p>	<p>6 Silver Sneakers Metro PT</p> <ul style="list-style-type: none"> • 10:00 -11:00 non-members • 11:00 – 12:00 members <p>12:45 -1:45 Shop on Your way Home</p>
<p>9 10:00-11:00 Civilization and the Jews with Keve Karalitsky 11-12:00 Stretch and Strengthen Metro Physical Therapy 12:30 -1:30 Military Hist. Roundtable 12:45 – 1:45 Naomi Zietlin Contemporary Music</p>	<p>10 10:00 -11:00 Let's Be Honest Discussion 10:30 -11:30 Megillah Reading with Cantor Steven Hevenstone from Dix hills Jewish Center 11:00 -12:00 Chair Yoga 12:45 -1:45 Influential women in History</p>	<p>11 10:00 – 11:00 Current Events 11:00 -12:00 Sit & Be Fit with Ann 11:00 -12:00 A Trip Down Memory Lane 12:45 -1:45 Purim Party –Music by Ari Leshans</p>	<p>12 10:00 -11:00 Laugh till it Hertz 11:00 – 12:00 STEM with Jack 12:45 – 1:45 Unleash Your Creativity with Tracey 12:45 -1:45 The Play's the Thing With Shirley and Bernie 12:45 -1:45 Challenges of the Golden Years with Laurie</p>	<p>13 Silver Sneakers Metro PT</p> <ul style="list-style-type: none"> • 10:00 -11:00 non-members • 11:00 – 12:00 members <p>12:45 -1:45 Shop on Your way Home</p>
<p>16 10:00-11:00 Civilization and the Jews with Keve Karalitsky 11-12:00 Stretch and Strengthen Metro Physical Therapy 12:30 -1:30 Military Hist. Roundtable 12:45 – 1:45 Avoid the Posture Slump with Metro PT Ian</p>	<p>17 10:00 -11:00 Let's Be Honest Discussion 11:00 -12:00 Connections Discussion with Michelle 11:00 -12:00 Chair Yoga 12:45 – 1:45 American History with Steve</p>	<p>18 10:00 – 11:00 Current Events 11:00 -12:00 Sit & Be Fit with Ann 11:00 -12:00 A Trip Down Memory Lane 12:45 -1:45 Women in Politics – Susan A. Berland, Suffolk County Legislator</p>	<p>19 10:00 -11:00 Laugh till it Hertz 11:00 -12:00 Ted Talk featuring Stacey Abrams- Responding to setbacks 12:45 – 1:45 Unleash Your Creativity 12:45 -1:45 Sing Along with Christine 12:45 -1:45 The Play's the Thing 12:45-1:45 Challenges of Golden Yrs.</p>	<p>20 Silver Sneakers Metro PT</p> <ul style="list-style-type: none"> • 10:00 -11:00 non-members • 11:00 – 12:00 members <p>12:45 -1:45 Shop on Your way Home</p>
<p>23 10:00-11:00 Civilization and the Jews with Keve Karalitsky 11-12:00 Stretch and Strengthen Metro Physical Therapy 12:30 -1:30 Military Hist. Roundtable 2:50 -2:30 RBG Movie –Late Bus</p>	<p>24 10:00 -11:00 Let's Be Honest - Discussion with Bruce 11:00 -12:00 Music Memories with Sal 11:00 -12:00 Chair Yoga 12:45 -1:45 Bissell Yiddish</p>	<p>25 10:00 – 11:00 Current Events 11:00 -12:00 Sit & Be Fit with Ann 11:00 -12:00 A Trip Down Memory Lane 12:45 –1:45 Music with Vic Vincent</p>	<p>26 10:00 -11:00 Classic TV 11:00 -12:00 Artist of the Month an Intergenerational Class w Janine 12:45 – 1:45 Unleash Your Creativity 12:45 -1:45 The Play's the Thing With Shirley and Bernie 12:45 -1:45 Challenges of the Golden Years with Laurie</p>	<p>27 Silver Sneakers Metro PT</p> <ul style="list-style-type: none"> • 10:00 -11:00 non-members • 11:00 – 12:00 members <p>12:45 -1:45 Shabbat Luncheon Music by Warren Shein</p>
<p>30 10:00-11:00 Civilization and the Jews with Keve Karalitsky 11-12:00 Stretch and Strengthen Metro Physical Therapy 12:30 -1:30 Military Hist. Roundtable 12:45 -1:45 Birthday Party Tom Parris</p>	<p>31 10:00 -11:00 Arts & Crafts with Michele 10:00 -11:00 Let's Be Honest 11:00 -12:00 Bridging Two Cultures with Bernie 11:00 Chair Yoga 12:45 -1:45 Influential Women in History with Freddie</p>		<p>Daily registration by 10:30am Sign-up in Room 24</p> <p>Or Call JANINE MANDERA (631) 462-9800 X147</p>	<p>SYJCC KOSHER LUNCH PROGRAM</p> <p><i>Please Note: This menu is subject to change. Please check the board for the menu of the day.</i></p>

For further information, please call Janine Mandera, Program Coordinator Senior Services and Nutrition Program (631) 462-9800 x147

