










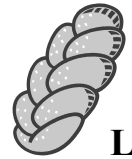


December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>We hope you have a happy holiday season and remember we will be closed on Monday, December 25th, Friday, December 29th and Monday, January 1st.</p>	<p>1 10:30 am: Coffee and Snack 11:00 am: Entertainment with John Butler Kabbalat Shabbat Lunch: Honey Chicken</p> 
<p>4 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Hot Dog 1 pm Film: "The Fabulous Baker"</p>	<p>5 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Nutrition w/ Janet Tenney: Alcohol, Chocolate and Seafood Lunch: Beef Stew</p> 	<p>6 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Eggplant Parmesan 1:00 pm: Arts & Crafts with Cheryl</p> 	<p>7 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Baked Chicken 1:00 pm: Individual computer, tablet and smartphone lessons. Please RSVP</p>	<p>8 10:30 am: Coffee and Snack 11:00 am: Entertainment with Mark Owen Martin-An All Gershwin Tribute Kabbalat Shabbat Lunch: Teriyaki Salmon</p>
<p>11 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Crispy White Fish 1 pm Film: "The Children's"</p>	<p>12 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Chicken Kabob</p> 	<p>13 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Stuffed Bell Peppers 1:00 pm: Exploring Bolivia</p>	<p>14 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Tuna/Egg Salad 1:00 pm: Individual computer, tablet and smartphone lessons. Please RSVP</p> 	<p>15 Annual Hanukkah Celebration With Cantor Arianne Brown Traditional foods will be served Kabbalat Shabbat Lunch: Brisket</p>  
<p>18 10:30 am: Coffee and Snack 11:15 am: Isometric Exercise Lunch: Meatloaf 1 pm: "The Philadelphia"</p> 	<p>19 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Discussion with Daryl Davis Lunch: Turkey & Gravy</p>	<p>20 Theatre J "The Last Night Of Ballyhoo" Bus leaves Adas at 10:30 am. Box lunches will be provided. Please RSVP</p>	<p>21 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Veggie Quiche 1:00 pm: Individual computer, tablet and smartphone lessons. 1:00 pm: Ice Cream Social</p>	<p>22 10:30 am: Coffee and Snack 11:00 am: Entertainment with Flute Ensemble Kabbalat Shabbat Lunch: Baked Chicken</p> 
<p>25 Closed</p>	<p>26 10:30 am: Coffee and Snack 10:45 am: Aerobics 11:15 am: Judaic Studies with Norman Shore Lunch: Spaghetti & Meatballs</p>	<p>27 10:30 am: Coffee and Snack 11:15 am: Yoga Lunch: Maple Salmon 1:00 pm: Arts & Crafts with Cheryl</p>	<p>28 10:30 am: Coffee and Snack 11:15 am: Strength Training Lunch: Chicken Fricassee 1:00 pm: Individual computer, tablet and smartphone lessons. Please RSVP</p>	<p>29 Closed Our program will resume Tuesday, January 2nd</p>