

August 2018



		WEDNESDAY	BREAKFAST: 9:00 AM LUNCH: 12:00 PM	FRIDAY	BREAKFAST: 9:30 AM LUNCH: 12:00 PM	
MONDAY	TUESDAY	1	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Games and Exercises 11:00 Singing 12:30 Hand massages <u>Tuna and egg salad bagels, Cesar salad, fruit</u>	THURSDAY	3	9:00 Meet and Greet 9:30 Daily Chronicle 10:00 Virtual Trip to Italy 11:00 Exercise with Bands 12:30 Cooking with Microwave <u>Roast Chicken</u>
		8	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Arts and Crafts 12:30 Ice Cream Party 1:00 You be the Judge <u>Grilled fish (salmon) with orzo and grilled vegetable</u>		10	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Dr. Parck on Medical Questions 12:30 Flexercises 1:00 Band Exercises <u>Roast Chicken</u>
		15	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Jewish Historical Society 12:30 Arts,Crafts <u>Pizza , salad and fruit</u>		17	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Ian Gallagher- Singer, Performer 12:30 Virtual Trip to Israel <u>Roast Chicken</u>
		22	9:00 Meet and Greet 9:30 Daily Chronicles 10:30 Marlene Herman - Storyteller 12:30 Movie <u>Eggplant Parmigiano, salad and fruit</u>		24	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Helena -Pianist Stories 12:30 Relaxation Exercises <u>Roast Chicken</u>
		29	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Games 12:30 Discussions, Exercises 1:00 Massages <u>Tuna and egg salad wraps, cucumber salad, coleslaw, fruit</u>		30	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Don Anthony – Singer 12:30 Exercises with Bands <u>Roast Chicken</u>

