


30 **September 2018**

		<b>WEDNESDAY 9:30 AM CONTINENTAL BREAKFAST</b>		<b>FRIDAY 9:30 AM CONTINENTAL BREAKFAST</b>
<b>MONDAY</b>	<b>TUESDAY</b>	<p style="text-align: center; border: 1px dashed black; padding: 2px;">5</p> <ul style="list-style-type: none"> <li>• Meet and Greet</li> <li>• Daily Chronicles</li> <li>• 10 AM Surprise Speaker</li> <li>• Exercises</li> </ul> <p><b><u>Tuna and egg salad bagels, cucumber salad, coleslaw, fruit</u></b></p>	<b>THURSDAY</b>	<p style="text-align: center; border: 1px dashed black; padding: 2px;">7</p> <ul style="list-style-type: none"> <li>• Meet and Greet</li> <li>• Daily Chronicles</li> <li>• Reminiscing</li> <li>• Light Yoga</li> </ul> <p style="text-align: center;"><b><u>Roast Chicken</u></b></p>
	12	<ul style="list-style-type: none"> <li>• Meet and Greet</li> <li>• Daily Chronicles</li> <li>• 10 AM Dr. Guth on Senior Health</li> <li>• Flexersises</li> </ul> <p><b><u>Grilled fish (salmon) with orzo and grilled vegetables.</u></b></p>		<p style="text-align: center; border: 1px dashed black; padding: 2px;">14</p> <ul style="list-style-type: none"> <li>• Meet and Greet</li> <li>• Daily Chronicles</li> <li>• 10 AM Surprise Speaker</li> <li>• Exercises with Bands</li> </ul> <p style="text-align: center;"><b><u>Roast Chicken</u></b></p>
	19	<p style="text-align: center;">Closed</p> <h2 style="text-align: center;">Yom Kippur</h2> 		<p style="text-align: center; border: 1px dashed black; padding: 2px;">21</p> <ul style="list-style-type: none"> <li>• Meet and Greet</li> <li>• Daily Chronicles</li> <li>• 10 AM Ian Gallagher- Singer, Performer</li> <li>• Exercises</li> </ul> <p style="text-align: center;"><b><u>Roast Chicken</u></b></p>
	26	<ul style="list-style-type: none"> <li>• Meet and Greet</li> <li>• Daily Chronicles</li> <li>• 10:30 AM Marlene Herman, Story teller</li> </ul> <p><b><u>Eggplant Parmigiano, salad and fruit</u></b></p>		<p style="text-align: center; border: 1px dashed black; padding: 2px;">28</p> <ul style="list-style-type: none"> <li>• Meet and Greet</li> <li>• Daily Chronicles</li> <li>• 10 AM Helena Knee-Pianist</li> <li>• Flexersises</li> </ul> <p style="text-align: center;"><b><u>Roast Chicken</u></b></p>

