


September 2018

		WEDNESDAY BREAKFAST: 9:30 AM LUNCH: 12:00 PM		FRIDAY BREAKFAST: 9:30 AM LUNCH: 12:00 PM
MONDAY	TUESDAY	<p style="text-align: center; border: 1px dashed black; padding: 2px;">5</p> <p>9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Surprise Speaker 11:00 Exercises 12:30 Baking with Microwave</p> <p style="text-align: center;"><u>Tuna and egg salad bagels, cucumber salad, coleslaw, fruit</u></p>	THURSDAY	<p style="text-align: center; border: 1px dashed black; padding: 2px;">7</p> <p>9:00 Meet and Greet 9:30 Daily Chronicle 10:00 Reminiscing 11:00 Light Yoga 12:30 Hand massages</p> <p style="text-align: center;"><u>Roast Chicken</u></p>
		<p style="text-align: center; border: 1px dashed black; padding: 2px;">12</p> <p>9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Dr. Guth on Senior Health 12:30 Flexercises 1:00 Jeopardy</p> <p style="text-align: center;"><u>Grilled fish (salmon) with orzo and grilled vegetables.</u></p>		<p style="text-align: center; border: 1px dashed black; padding: 2px;">14</p> <p>9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Surprise Speaker 12:30 Exercises with Bands 1:00 Movie time</p> <p style="text-align: center;"><u>Roast Chicken</u></p>
		<p style="text-align: center;">19</p> <p style="text-align: center;">Closed</p> <h1 style="text-align: center;">Yom Kippur</h1> 		<p style="text-align: center; border: 1px dashed black; padding: 2px;">21</p> <p>9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Ian Gallagher- Singer, Performer 12:30 Exercises 1:00 TV Trivia</p> <p style="text-align: center;"><u>Roast Chicken</u></p>
		<p style="text-align: center; border: 1px dashed black; padding: 2px;">26</p> <p>9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Marlene Herman - Storyteller 12:30 Coloring Time</p> <p style="text-align: center;"><u>Eggplant Parmigiano, salad and fruit</u></p>		<p style="text-align: center; border: 1px dashed black; padding: 2px;">28</p> <p>9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Helena Knee -Pianist 12:30 Flexercises 1:00 Massages</p> <p style="text-align: center;"><u>Roast Chicken</u></p>

