

October 2018

| | | WEDNESDAY 9:30 AM CONTINENTAL BREAKFAST | | FRIDAY 9:30 AM CONTINENTAL BREAKFAST |
|---------------|----------------|---|-----------------|---|
| MONDAY | TUESDAY | <div style="border: 1px dashed black; padding: 2px; display: inline-block; margin-bottom: 5px;">3</div> <ul style="list-style-type: none"> Meet and Greet Daily Chronicles Flexercise <p><u>Tuna and egg salad bagels, cucumber salad, coleslaw, fruit</u></p> | THURSDAY | <div style="border: 1px dashed black; padding: 2px; display: inline-block; margin-bottom: 5px;">5</div> <ul style="list-style-type: none"> Meet and Greet Daily Chronicles Chair Exercises <p><u>Roast Chicken</u></p> |
| | 10 | <ul style="list-style-type: none"> Meet and Greet Daily Chronicles 10:30 Surprise Speaker <p><u>Grilled fish (salmon) with orzo and grilled vegetables.</u></p> | 12 | <ul style="list-style-type: none"> Meet and Greet Daily Chronicles 10:30 Dr. Rosen on Fall Prevention <p><u>Roast Chicken</u></p> |
| | 17 | <ul style="list-style-type: none"> Meet and Greet Daily Chronicles 10:30 Jewish Historical Society <p><u>Pizza, salad and fruit</u></p> | 19 | <ul style="list-style-type: none"> Meet and Greet Daily Chronicles 10:30 Ian Gallagher- Singer, Performer <p><u>Roast Chicken</u></p> |
| | 24 | <ul style="list-style-type: none"> Meet and Greet Daily Chronicles Game Time Chair Yoga with Judy <p><u>Eggplant Parmigiano, salad and fruit</u></p> | 26 | <ul style="list-style-type: none"> Meet and Greet Daily Chronicles 10:30 Surprise Speaker Let's Play Lotto <p><u>Roast Chicken</u></p> |
| | 31 | <ul style="list-style-type: none"> Meet and Greet Daily Chronicle 10:30 AM Marlene Herman, Story Teller Exercises <p><u>Tuna and egg salad bagels, Cesar salad, fruit</u></p> | 31 |  |