

October 2018

		WEDNESDAY BREAKFAST: 9:30 AM LUNCH: 12:00 PM		FRIDAY BREAKFAST: 9:30 AM LUNCH: 12:00 PM	
MONDAY	TUESDAY	<div style="border: 1px dashed black; padding: 2px; display: inline-block; margin-bottom: 5px;">3</div> 9:00 Meet and Greet 9:30 Daily Chronicles 10:30 Flexercise 12:30 Bake a cake <u>Tuna and egg salad bagels, cucumber salad, coleslaw, fruit</u>	THURSDAY	<div style="border: 1px dashed black; padding: 2px; display: inline-block; margin-bottom: 5px;">5</div> 9:00 Meet and Greet 9:30 Daily Chronicle 10:30 Chair Exercises 12:30 Scrabble <u>Roast Chicken</u>	
	10	9:00 Meet and Greet 9:30 Daily Chronicles 10:30 Surprise Speaker 12:30 Massages <u>Grilled fish (salmon) with orzo and grilled vegetables.</u>		12	9:00 Meet and Greet 9:30 Daily Chronicles 10:30 Dr. Rosen on Fall Prevention 12:30 Movie Time <u>Roast Chicken</u>
	17	9:00 Meet and Greet 9:30 Daily Chronicles 10:30 Jewish Historical Society 12:30 Ball Exercises <u>Pizza, salad and fruit</u>		19	9:00 Meet and Greet 9:30 Daily Chronicles 10:30 Ian Gallagher- Singer, Performer 12:30 Bingo <u>Roast Chicken</u>
	24	9:00 Meet and Greet 9:30 Daily Chronicles 10:30 Game Time 12:30 Chair Yoga with Judy 1:30 Singing <u>Eggplant Parmigiano, salad and fruit</u>		26	9:00 Meet and Greet 9:30 Daily Chronicles 10:30 Surprise Speaker 12:30 Let's Play Lotto 1:00 Bake a Cupcake <u>Roast Chicken</u>
	31	9:00 Meet and Greet 9:30 Daily Chronicles 10:30 Marlene Herman - Storyteller 12:30 Exercises 1:00 Chair Exercises <u>Tuna and egg salad bagels, Cesar salad, fruit</u>			