## Highland Park Conservative Temple 201 South 3<sup>RD</sup> Avenue, Highland Park, NJ ELDERDAY CARE PROGRAM ACTIVITIES FOR:

## Jewish Family Services Middlesex Serving People of All Races, Ethnic Origins and Religions WWW.jfsmiddlesex.org





## October 2019

	WEDNESDAY BREAKFAST: 9:30 AM LUNCH: 12:00 PM Menu or Food is a subject to change	FRIDAY BREAKFAST: 9:30 AM LUNCH: 12:00 PM e at the discretion of the provider
MONDAY	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Surprise Speaker 12:30 Exercise with Balls 1:00 Baking with Microwave Eggplant Parmesan, Salad, Fruit	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Scrabble and Trivia 12:30 Exercises 12:30 Hand Massages  Roast Chicken
	MAY YOU HAVE A L'Shothoth  ROSH HASHANAH & COMMUNITY FOR 50 YEARS 1969 - 2019 Sentors & Holdenski Survivor Counseling Career/Winner's Counseling Food Partners Immigration & Citizenship	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Surprise Speaker 12:30 Crossword Puzzles  Roast Chicken
	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Marlene Herman - Storyteller 12:30 Pictionary  Pizza, Salad, Desert	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 lan Gallagher - Singer 12:30 Movies  Roast Chicken
	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Dr. Sing on Fall Prevention 12:30 Jewelry Making  Baked Ziti, Salad, Desert	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Stories of the Autumn 1:00 TV Shows  Roast Chicken
	9:00 Meet and Greet 9:30 Daily Chronicles 10:00 Bingo, Scrabble, Games 12:30 Exercises 1:00 Jeopardy  Fish, Orzo, Salad, Fruit	