Highland Park Conservative Temple 201 South 3RD Avenue, Highland Park, NJ ELDERDAY CARE PROGRAM ACTIVITIES FOR:

JewishFamilyServices Middlesex Serving People of All Races, Ethnic Origins and Religions WWW.jfsmiddlesex.org





March 2020

WEDNESDAY BREAKFAST: 9:30 AM LUNCH: 12:00 PM FRIDAY BREAKFAST: 9:30 AM LUNCH: 12:00 PM Menu or Food is subject to change at the discretion of the provider Purim - March 10 (starts March 17 - St. Patrick's Sundown on March 9) Day TUESDAY MONDAY 9:00 Meet and Greet 9:00 Meet and Greet 9:30 Daily Chronicles 9:30 Daily Chronicles 10:00 Surprise Speaker 10:00 Scrabble, Games 11:30 Flexercise 11:30 Trivia 12:30 Massages 12:30 Movie **Turkey Franks, Bowties, Green Beans Roast Chicken** 9:00 Meet and Greet 11 9:00 Meet and Greet 9:30 Daily Chronicles 9:30 Daily Chronicles 10:00 Exercise with Balls 10:00 Surprise Speaker 12:30 Light Yoga 12:30 Personal Stories **Roast Chicken** Chicken Stew, Rice, Zucchini 9:00 Meet and Greet 9:00 Meet and Greet 9:30 Daily Chronicles 9:30 Daily Chronicles 10:00 Surprise Speaker 10:00 Stories of our Lives 12:30 Cooking in Microwave 12:30 Bingo **Breaded Chicken, Mashed Potato, Mixed Vegetables Roast Chicken** 9:00 Meet and Greet 25 9:00 Meet and Greet 9:30 Daily Chronicles 9:30 Daily Chronicles 10:00 Surprise Speaker 10:00 Light Yoga 12:30 Games 12:30 Art Work Stuffed Cabbage, Israeli Couscous, Carrots Roast Chicken