

Have Questions?

Contact the Programming Staff:

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201-569-7900 Ext. 512



**Thank you to our Sponsors!**



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Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Debbie 1/19 Willy 1/21</p>	<p><b>Manicures</b></p> <p>Once a week our participants may receive a free manicure. Manicurist days are subject to change.</p> <p>Inquire for more details</p> 		<p><sup>1</sup> <b>Program Closed</b></p> <p><b>Happy New Year!</b></p>	<p><sup>2</sup></p> <p>10:00 Light Breakfast and Chat 10:30 Travel Club 11:15 Concert by Jay Daniels 12:15 Chicken with Mushrooms 1:00 Cranium Crunch 2:00 Relax and Refresh 2:15 Karaoke</p> 
<p><sup>5</sup></p> <p>10:00 Light Breakfast and Chat 10:30 Bingo Sponsored by Applause 11:15 Concert by Tom Spinella 12:15 Turkey Burger 1:00 Make it Mondays with Peg 2:00 Relax and Refresh 2:15 Move it Mondays</p> 	<p><sup>6</sup></p> <p>10:00 Light Breakfast and Chat 10:30 Morning Stretch 11:15 Concert by Frankie M 12:15 Sponsored Lunch 1:00 Crafternoon or Qigong - Group Exercise 2:00 Relax and Refresh 2:15 Party with Ardie</p> 	<p><sup>7</sup></p> <p>10:00 Light Breakfast and Chat 10:30 Paint Misbehaving 11:15 Concert by Aaron* 12:15 Sweet and Sour Meatballs 1:00 Trivia 2:00 Fun Crafts Sponsored by Synergy</p> 	<p><sup>8</sup></p> <p>10:00 Light Breakfast and Chat 10:30 Tabletop Games 11:15 Concert by Selah 12:15 Poached Salmon 1:00 Chair Aerobics 2:00 Relax and Refresh 2:15 Jammin with Julianne</p>	<p><sup>9</sup></p> <p>10:00 Light Breakfast and Chat 10:30 Travel Club 11:15 Concert by Lou Sabini 12:15 Sweet and Sour Chicken 1:00 Guided Art 2:00 Relax and Refresh 2:15 Plinko</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12</p> <p>10:00 Light Breakfast and Chat</p> <p>10:30 Bingo</p> <p>11:15 Concert by Cecilia</p> <p>12:15 Chinese Style Peper Steak</p> <p>1:00 Make it Mondays with Peg</p> <p>2:00 Relax and Refresh</p> <p>2:15 Move it Mondays</p> 	<p>13</p> <p>10:00 Light Breakfast and Chat</p> <p>10:30 Morning Stretch</p> <p>11:15 Concert by George Tuzzeo</p> <p>12:15 Baked Breaded Fish</p> <p>1:00 Crafternoon or Qigong - Group Exercise</p> <p>2:00 Relax and Refresh</p> <p>2:15 Party with Ardie</p> 	<p>14</p> <p>10:00 Light Breakfast and Chat</p> <p>10:30 Paint Misbehaving</p> <p>11:15 Concert by Flip Peters*</p> <p>12:15 Pot Roast</p> <p>1:00 Reminiscence Therapy</p> <p>2:00 Crafts Sponsored by ComforCare</p> 	<p>15</p> <p>10:00 Light Breakfast and Chat</p> <p>10:30 Tabletop Games</p> <p>11:15 Concert by Elsie</p> <p>12:15 Baked Ziti</p> <p>1:00 Chair Aerobics</p> <p>2:00 Relax and Refresh</p> <p>2:15 Jammin with Julianne</p> 	<p>16</p> <p>10:00 Light Breakfast and Chat</p> <p>10:30 Travel Club</p> <p>11:15 Concert by Byron</p> <p>12:15 Hawaiian Chicken</p> <p>1:00 Guided Art</p> <p>2:00 Relax and Refresh</p> <p>2:15 Fun Crafts Sponsored by Care One</p> 
<p>19</p> <p>10:00 Light Breakfast and Chat</p> <p>10:30 Bingo</p> <p>11:15 Concert by Efrate</p> <p>12:15 Chicken Francaise</p> <p>1:00 Make it Mondays with Peg</p> <p>2:00 Relax and Refresh</p> <p>2:15 Move it Mondays</p> 	<p>20</p> <p>10:00 Light Breakfast and Chat</p> <p>10:30 Morning Stretch</p> <p>11:15 Concert by Michael Andrews</p> <p>12:15 Grandma Cheese Pizza Pie</p> <p>1:00 Crafternoon or Qigong - Group Exercise</p> <p>2:00 Relax and Refresh</p> <p>2:15 Party with Ardie</p> 	<p>21</p> <p>10:00 Light Breakfast and Chat</p> <p>10:30 Paint Misbehaving</p> <p>11:15 Concert by Reggie*</p> <p>12:15 Sloppy Joe</p> <p>1:00 Trivia</p> <p>2:00 Relax and Refresh</p> <p>2:15 Target Toss</p> 	<p>22</p> <p>10:00 Light Breakfast and Chat</p> <p>10:30 Tabletop Games</p> <p>11:15 Concert by Peter Lieberman</p> <p>12:15 Vegetable Cheese Lasagna</p> <p>1:00 Chair Aerobics</p> <p>2:00 Relax and Refresh</p> <p>2:15 Jammin with Julianne</p> 	<p>23</p> <p>10:00 Light Breakfast and Chat</p> <p>10:30 Travel Club</p> <p>11:15 Concert by Johnny M</p> <p>12:15 Honey Mustard Chicken</p> <p>1:00 Guided Art</p> <p>2:00 Relax and Refresh</p> <p>2:15 Hockey</p>
<p>26</p> <p>10:00 Light Breakfast and Chat</p> <p>10:30 Bingo</p> <p>11:15 Concert by Joe Conti</p> <p>12:15 Shepards Pie</p> <p>1:00 Make it Mondays with Peg</p> <p>2:00 Relax and Refresh</p> <p>2:15 Move it Mondays</p> 	<p>27</p> <p>10:00 Light Breakfast and Chat</p> <p>10:30 Morning Stretch</p> <p>11:15 Concert by Neil Dankman</p> <p>12:15 Blintzes</p> <p>1:00 Crafternoon or Qigong - Group Exercise</p> <p>2:00 Relax and Refresh</p> <p>2:15 Party with Ardie</p> 	<p>28</p> <p>10:00 Light Breakfast and Chat</p> <p>10:30 Paint Misbehaving</p> <p>11:15 Concert by Paul Simeone*</p> <p>12:15 Italian Meatballs</p> <p>1:00 Cranium Crunch</p> <p>2:00 Crafts Sponsored by Eastbridge</p> 	<p>29</p> <p>10:00 Light Breakfast and Chat</p> <p>10:30 Tabletop Games</p> <p>11:15 Concert by Selah</p> <p>12:15 Fish Francese</p> <p>1:00 Chair Aerobics</p> <p>2:00 Relax and Refresh</p> <p>2:15 Jammin with Julianne</p> 	<p>30</p> <p>10:00 Light Breakfast and Chat</p> <p>10:30 Travel Club</p> <p>11:15 Concert by Hal</p> <p>12:15 Chicken Cacciatore</p> <p>1:00 Guided Art</p> <p>2:00 Relax and Refresh</p> <p>2:15 Bean Bag Toss</p>

\* Designates concerts located in the auditorium