

Have Questions?

Contact the Programming Staff:

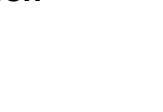
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201-569-7900 Ext. 512



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Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>BIRTHDAYS THIS MONTH</b></p> <p>Debbie 1/19 Willy 1/21</p>	<p><b>Manicures</b> Once a week our participants may receive a free manicure. Manicurist days are subject to change. Inquire for more details</p> 		<p>1 <b>Program Closed</b></p> 	<p>2 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>5 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>6 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>7 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>8 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>9 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
12 10:00 Light Breakfast and Chat 10:30 Bingo 11:15 Concert by Cecilia 12:15 Chinese Style Peper Steak 1:00 Make it Mondays with Peg 2:00 Relax and Refresh 2:15 Move it Mondays 	13 10:00 Light Breakfast and Chat 10:30 Morning Stretch 11:15 Concert by George Tuzzeo 12:15 Baked Breaded Fish 1:00 Crafternoon or Qigong - Group Exercise 2:00 Relax and Refresh 2:15 Party with Ardie 	14 10:00 Light Breakfast and Chat 10:30 Paint Misbehaving 11:15 Concert by Flip Peters* 12:15 Pot Roast 1:00 Reminiscence Therapy 2:00 Crafts Sponsored by ComforCare 	15 10:00 Light Breakfast and Chat 10:30 Tabletop Games 11:15 Concert by Elsie 12:15 Baked Ziti 1:00 Chair Aerobics 2:00 Relax and Refresh 2:15 Jammin with Julianne 	16 10:00 Light Breakfast and Chat 10:30 Travel Club 11:15 Concert by Byron 12:15 Hawaiian Chicken 1:00 Guided Art 2:00 Relax and Refresh 2:15 Fun Crafts Sponsored by Care One 
19 10:00 Light Breakfast and Chat 10:30 Bingo 11:15 Concert by Efrate 12:15 Chicken Francaise 1:00 Make it Mondays with Peg 2:00 Relax and Refresh 2:15 Move it Mondays 	20 10:00 Light Breakfast and Chat 10:30 Morning Stretch 11:15 Concert by Michael Andrews 12:15 Grandma Cheese Pizza Pie 1:00 Crafternoon or Qigong - Group Exercise 2:00 Relax and Refresh 2:15 Party with Ardie 	21 10:00 Light Breakfast and Chat 10:30 Paint Misbehaving 11:15 Concert by Reggie* 12:15 Sloppy Joe 1:00 Trivia 2:00 Relax and Refresh 2:15 Target Toss 	22 10:00 Light Breakfast and Chat 10:30 Tabletop Games 11:15 Concert by Peter Lieberman 12:15 Vegetable Cheese Lasagna 1:00 Chair Aerobics 2:00 Relax and Refresh 2:15 Jammin with Julianne 	23 10:00 Light Breakfast and Chat 10:30 Travel Club 11:15 Concert by Johnny M 12:15 Honey Mustard Chicken 1:00 Guided Art 2:00 Relax and Refresh 2:15 Hockey 
26 10:00 Light Breakfast and Chat 10:30 Bingo 11:15 Concert by Joe Conti 12:15 Shepards Pie 1:00 Make it Mondays with Peg 2:00 Relax and Refresh 2:15 Move it Mondays 	27 10:00 Light Breakfast and Chat 10:30 Morning Stretch 11:15 Concert by Neil Dankman 12:15 Blintzes 1:00 Crafternoon or Qigong - Group Exercise 2:00 Relax and Refresh 2:15 Party with Ardie 	28 10:00 Light Breakfast and Chat 10:30 Paint Misbehaving 11:15 Concert by Paul Simeone* 12:15 Italian Meatballs 1:00 Cranium Crunch 2:00 Crafts Sponsored by Eastbridge 	29 10:00 Light Breakfast and Chat 10:30 Tabletop Games 11:15 Concert by Selah 12:15 Fish Francese 1:00 Chair Aerobics 2:00 Relax and Refresh 2:15 Jammin with Julianne 	30 10:00 Light Breakfast and Chat 10:30 Travel Club 11:15 Concert by Hal 12:15 Chicken Cacciatore 1:00 Guided Art 2:00 Relax and Refresh 2:15 Bean Bag Toss 

\* Designates concerts located in the auditorium