


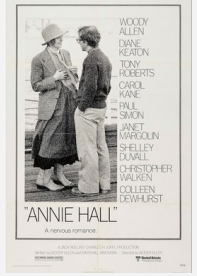
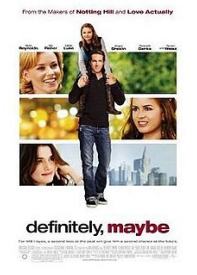



HAPPY BIRTHDAY

4 Susan A.
6 Marcel B.
8 Isrella T.
9 Irene F.
15 Shirley D.
18 Linda A.
24 Betty W.
29 Harriet F.
30 Nancy B.



Join Malyn on Wednesday, April 10th at 12:30PM for the launch of our 8 week Waist Watchers program. Get everything you need to meet your goal of slimming your waistline.

APRIL 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 10-10:30 Strength & Balance BA 10:30 Crossword L 1:30-2:00 Exercise BA 2:30-3:00 Healthy Spine IP 3:00 Fireside Tea & Chat ML 3:30-4:15 Water Aerobics IP</p>	<p>2 10-11 Tai Chi BA 10:30-11:30 Water Aerobics IP 2:30 Music w/Denise Hoey BA 2:30-3:00 Beginner Aquatics IP 6:45 Speaking of Gilcrease-Revealing America Through Art and Archives BA DON'T MISS OUT!</p>	<p>3 10-10:30 Strength & Balance BA 11:00 Discussion Group AS 1:30-2:00 Exercise BA 2:30-3:00 Healthy Spine IP 3:30-4:15 Water Aerobics IP</p>	<p>4 10-11 Tai Chi BA 10:30 Guys and Gals L 10:30-11:30 Water Aerobics IP 1:30 Study Group w/Rabbi Kaiman AS 2:30-3:00 Beginner Aquatics IP 6:30 Game Night GR</p>	<p>5 10-10:30 Strength & Balance BA 10:00 Wal-Mart IND 1:30 Exercise BA 2:00 Jewelry Making AS 2:15-3:00 Aqua Endurance IP 4:30 Cocktails C 7:30 Temple Israel Shabbat Service VIA Live Stream TR</p>	<p>6 SABBATH 9:30 Sisterhood Shabbat-Bnai Emunah 2:00 Movie TR- Annie Hall with Diane Keaton 7:00 Movie TR</p> 
<p>7 10-11 Coffee Hour ML 1:30-2:30 Water Aerobic IP</p>	<p>8 10-10:30 Strength & Balance BA 10:30 Town Meeting BA 1:30 Exercise BA 2:30-3:00 Healthy Spine IP 3:00 Fireside Tea and Chat ML 3:30-4:15 Water Aerobics IP</p>	<p>9 10-11 Tai Chi BA 10:00 Shopping-Walgreens 10:30-11:30 Water Aerobics IP 1:00 Bible Study TR 2:30-3:00 Beginner Aquatics IP 2:30 Travel Video-Secrets of Her Majesty's Secret Service BA 6:45 Movie-Precious Life - Discussion w/Liat Gal after Movie BIRTHDAY DINNER DON'T MISS OUT!</p>	<p>10 10:00 Library Visit 10-10:30 Strength & Balance BA 11:00 Discussion Group AS 12:30 Waist Watcher Lunch 1:30-2:00 Exercise BA 2:30-3:00 Healthy Spine IP 3:30-4:15 Water Aerobics IP 3:30 Give and Take Cocktails BA DON'T MISS OUT!</p>	<p>11 10-11 Tai Chi BA 10:30 Trivia TR 10:30 Water Aerobics IP 1:30 Study Group w/Rabbi Kaiman AS 2:30-3:00 Beginner Aquatics IP 3:00 Stroke Prevention with John Lieber BA 6:30 Game Night GR DON'T MISS OUT!</p>	<p>12 9:00 Waist Watchers Walk ML 10-4 Senior Health and Wellness Expo BA 10:00 Trifecta Shopping IND Trader Joe's, Whole Foods and Reasor's-41st and Peoria 2:15-3:00 Aqua Endurance IP 4:30 Cocktails C NO EXERCISE TODAY</p>	<p>13 SABBATH 2:00 Movie TR- Definitely, Maybe w/Ryan Reynolds 7:00 Movie TR</p> 
<p>14 10-11 Coffee Hour ML 1:30 ABC Bingo BA 1:30-2:30 Water Aerobics IP</p>	<p>15 9:00 Waist Watchers FC 10-10:30 Strength & Balance BA 10:30 Crossword L 1:30-2:00 Exercise BA 2:30-3:00 Healthy Spine IP 3:00 Fireside Tea & Chat ML 3:30-4:15 Water Aerobics IP</p>	<p>16 10:00 Spring Drive and Lunch 10-11 Tai Chi BA 10:30-11:30 Water Aerobics IP 2:30-3:00 Beginner Aquatics IP 6:45 News with Jacob Howland BA</p>	<p>17 11:00 Discussion Group AS 2:00 Ladies Group TR 2:30-3:00 Healthy Spine IP 3:30-4:15 Water Aerobics IP 3:30 Book Club AS NO EXERCISE TODAY</p>	<p>18 9:30 Casino and Lunch IND 10-11 Tai Chi BA 10:30 Brain Games TR 10:30-11:30 Water Aerobics IP 1:30 Study Group w/Rabbi Kaiman AS 2:30-3:00 Beginner Aquatics 6:30 Game Night GR</p>	<p>19 9:00 Waist Watchers Walk ML 10:00 Wal-Mart IND 2:00 Jewelry Making AS 2:15-3:00 Aqua Endurance IP 5:30 Seder Dinner BA PASSOVER BEGINS NO EXERCISE TODAY DON'T MISS OUT!</p>	<p>20 SABBATH 2:00 Movie TR- Fanny's Journey w/Leonie Souchaud 7:00 Movie TR</p> 
<p>21 10-11 Coffee Hour ML 1:30-2:30 Water Aerobics IP</p>	<p>22 9:00 Waist Watchers FC 10-10:30 Strength & Balance BA 10:30 Crossword L 1:30-2:00 Exercise BA 2:30-3:00 Healthy Spine IP 3:00 Fireside Tea & Chat ML 3:30-4:15 Water Aerobics IP</p>	<p>23 10-11 Tai Chi BA 10:30-11:30 Water Aerobics IP 1:00 Bible Study TR 2:30-3:00 Beginner Aquatics IP 3:30 Entertainment w/Kara Staiger BA 6:45 Movie and Popcorn-Green Book w/Viggo Mortensen BA</p>	<p>24 10-10:30 Strength & Balance BA 11:00 Discussion Group AS 1:30-2:00 Exercise BA 2:30-3:00 Healthy Spine IP 3:30 Cocktails BA 3:30-4:15 Water Aerobics</p>	<p>25 10-11 Tai Chi BA 10:30 Virtual Reality w/ Jan TR 10:30-11:30 Water Aerobics IP 1:30 Study Group w/Rabbi Kaiman AS 2:30-3:00 Beginner Aquatics IP 4:45 Milestone Dinner-R Bnai Emunah 6:30 Game Night GR DON'T MISS OUT!</p>	<p>26 9:00 Waist Watchers Walk ML 10-10:30 Strength & Balance BA 10:00 Wal-Mart IND 1:30-2 Exercise BA 2:15-3:00 Aqua Endurance IP 4:30 Cocktails C</p>	<p>27 SABBATH 2:00 Movie TR- Henry Poole is Here with Luke Wilson 7:00 Movie TR</p> 
<p>28 10-11 Coffee Hour ML 10:30 Brunch at Polo Grill IND 1:30-2:30 Water Aerobics IP DON'T MISS OUT!</p>	<p>29 9:00 Waist Watchers FC 10-10:30 Strength & Balance BA 10:30 Crossword L 1:30-2:00 Exercise BA 2:30-3:00 Healthy Spine IP 3:00 Fireside Tea & Chat ML 3:30-4:15 Water Aerobics IP</p>	<p>30 9:45 The Gathering Place and Lunch 10-11 Tai Chi BA 10:30-11:30 Water Aerobics IP 1:00 Bible Study TR 2:30-3:00 Beginner Aquatics IP 6:45 Linda Traw Sings and performs various characters BA DON'T MISS OUT!</p>			<p>AS- Art Studio BA- Burnstein Auditorium C- Café FC- JCC Fitness Center GR- Game Room IP- Indoor Pool L- Library ML- Manor Lobby S- Synagogue TR- Theater Room R- RESERVATIONS ONLY</p>	<p>POOL HOURS: MONDAY-FRIDAY: 9:00-4:30 CLOSED FOR LUNCH: 12-12:45 SATURDAY: CLOSED SUNDAY 1:15-2:45</p>