

Daniel D. cantor Senior Center

August

2020

| | | Tuesday | | | Friday |
|-----------|----------------------|---|-----------|----------------------|---|
| 4 | 10:00 – 10:20 | Chair Exercise | 7 | 10:00 – 10:20 | Chair Exercise |
| | 10:30 – 11:30 | Potpourri with Jodi Dorchak | | 10:30 – 11:30 | Brain Games – Words in words |
| | 11:30 – 12:30 | Lunch – Chicken salad | | 11:30 – 12:30 | Lunch – Lemon baked chicken |
| | 12:30 – 1:30 | Vivian | | 12:30 – 1:30 | Wes Anthony plays his Sax |
| 11 | 10:00 – 10:20 | Chair Exercise | 14 | 10:00 – 10:20 | Chair Exercise |
| | 10:30 – 11:30 | Potpourri with Jodi Dorchak | | 10:30 – 11:30 | Frank Sinatra Series |
| | 11:30 – 12:30 | Lunch – Egg salad | | 11:30 – 12:30 | Lunch – Roasted chicken |
| | 12:30 – 2:00 | What's your story? - Vivian Hachamoff | | 12:30 – 1:30 | Super Bingo / Movie |
| 18 | 10:00 – 10:20 | Chair Exercise | 21 | 10:00 – 10:20 | Chair Exercise |
| | 10:30 – 11:30 | Discussion Group | | 10:30 – 11:30 | Frank Sinatra Series |
| | 11:30 – 12:30 | Lunch – Chicken salad | | 11:30 – 12:30 | Lunch – BBQ chicken |
| | 12:30 – 1:30 | No fast, Just furious - Vivian Hachamoff | | 12:30 – 1:30 | Movie – “A Beautiful Day in the Neighborhood” Tom Hanks 1hr 47 min |
| 25 | 10:00 – 10:20 | Chair Exercise | 28 | 10:00 – 10:20 | Chair Exercise |
| | 10:30 – 11:30 | Discussion Group | | 10:30 – 11:30 | Frank Sinatra Series |
| | 11:30 – 12:30 | Lunch – Chicken salad wrap | | 11:30 – 12:30 | Lunch – Rosemary chicken |
| | 12:30 – 2:00 | Straight off the sweet potato couch Vivian Hachamoff | | 12:30 – 1:30 | Super Bingo / Movie |