


		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<i>Menu</i>
PAPER	CARDBOARD	1. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 11:00 Senator's Aide 11:30 Lunch 12:30 Duplicate Bridge 1:00 NO Jewelry 7:30 Men's Volleyball	2. 9:30 1-1 Computer 9:30 Pinochle 10:30 Beg Italian 10:30 Beg French 10:30 Gentle Exercise 11:00 Inter Italian 11:00 French 11:30 Lunch 12:00 Italian Adv 12:30 Pitch 1:00 Book Club 1:00 Artist's Studio 1:00 Maternal Mtg 7:00 Cribbage	3. 9:00 Tax Assistance 9:00 Flyers 9:00 Adult Fitness 9:15 Chess 10:00 Trivia 10:00 Computer-WORD 11:30 Lunch 12:15 Veteran's Circle 12:30 Wii 1:00 Bridge 4:00 Zumba 4:30 Seasonal Flu	4. 10:00 Knitting 10:30 Gentle Exercise 10:30 German 11:30 Lunch 12:30 Rubber Bridge 12:30 NO Chair Yoga 12:30 Over Sixty Club 12:30 History of Longmeadow Homes 1:00 NO Table Tennis	5. 9:00 Adult Fitness 9:30 H1N1 Clinic 10:00 Bridge Lessons 11:30 Lunch 11:30 Tap 12:15 Beg. Tap 12:30 Duplicate Bridge 12:30 Mah Jong	Reservations—24 hr notice 565-4150 1. Orange Chicken 2. Meatloaf/Gravy 3. Veal Parmesan 4. Chicken Pot Pie 5. Clam Chowder Herb Crusted Cod 8. Pea Soup BBQ Chicken 9. Tomato Soup Grilled Ham & Cheese 10. American Chop Suey 11. International Day-French 12. Corn Chowder Baked Fish 15. President's Day Center Closed 16. Country Pork Chop 17. Stuffed Shells 18. Birthday Bash Ranch Chicken 19. Seafood Chowder Pollock Florentine 22. Minestrone Soup Oven Roasted Chicken 23. Pork Roast 24. Spaghetti & Meatballs 25. Wild Mushroom Soup Chicken Cordon Bleu 26. Clam Chowder Fish Sandwich
	PLASTIC	8. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 11:30 Lunch 12:30 Duplicate Bridge 1:00 Jewelry 7:45 Men's Volleyball	9. 9:30 Pinochle 10:30 Beg Italian 10:30 Beg French 10:30 Gentle Exercise 11:00 Intermed Italian 11:00 French 11:30 Lunch 12:00 Italian Adv 12:30 Pitch 1:00 Emerson BP 1:00 Artist's Studio 1:00 Foloca Bd Mtg 7:00 Cribbage	10. 9:00 Tax Assistance 9:00 Flyers 9:00 Adult Fitness 9:00 SHINE 9:15 Chess 9:15 Blood Sugars 10:00 Trivia 10:00 Computer-WORD 11:30 Lunch 12:30 Wii 1:00 Bridge 4:00 Zumba	11. 10:00 Knitting 10:30 Gentle Exercise 10:30 German 11:30 International Lunch 12:30 NO Chair Yoga 12:30 Rubber Bridge 1:00 Table Tennis 1:00 Flu Clinic 1:00 Massages	12. 9:00 Adult Fitness 10:00 Bridge Lessons 10:00 Living Well 10:30 Van Around Town 11:30 Lunch 11:30 Tap 12:15 Beg. Tap 12:30 Duplicate Bridge 12:30 Mah Jong	
METAL	15. PRESIDENT'S DAY CENTER CLOSED	16. 9:30 Pinochle 10:30 Beg Italian 10:30 Beg French 10:30 Gentle Exercise 11:00 Intermed. Italian 11:00 French 11:30 Lunch 12:00 Italian Adv 12:30 Pitch 1:00 Artist's Studio 1:00 Discussion Group 7:00 Cribbage	17. 9:00 Tax Assistance 9:00 Flyers 9:00 Adult Fitness 9:15 Chess 10:00 Trivia 10:00 Computer-WORD 11:30 Lunch 12:30 Wii 1:00 Bridge 4:00 Zumba	18. 9:30 COA BD MTG 10:00 Knitting 10:30 Gentle Exercise 10:30 German 11:30 Birthday Bash 12:30 Chair Yoga 12:30 Rubber Bridge 1:00 Table Tennis 1:00 Flu Clinic	19. 9:00 Footcare 10:00 Adult Fitness 10:00 Bridge Lessons 11:30 Lunch 11:30 Tap 12:15 Beg. Tap 12:30 Duplicate Bridge 12:30 Movie – Taking Chance 12:30 Mah Jong		
PAPER	22. 9:00 Adult Fitness 10:00 Blood Pressure 10:00 Bridge Refresher 11:30 Lunch 12:30 Duplicate Bridge 7:45 Men's Volleyball	23. 8:30 News Collating 9:30 Pinochle 10:00 Maternal Bd Mtg 10:30 Beg French 10:30 New Beg Italian 10:30 Gentle Exercise 11:00 New Inter Italian 11:00 French Resumes 11:30 Lunch 12:00 New Italian Adv 12:30 Pitch 1:00 Journey to Jazz 1:00 Artist's Studio 7:00 Cribbage	24. 9:00 Tax Assistance 9:00 Flyers 9:00 Adult Fitness 9:00 SHINE 9:15 Chess 10:00 Trivia 10:00 New WORD II 11:30 Lunch 12:30 Wii 12:30 Durham Caldwell Computer Troubles 1:30 Bridge 4:00 Zumba	25. 10:00 Knitting 10:30 Gentle Exercise 10:30 German 11:30 Lunch 12:30 Chair Yoga 12:30 Rubber Bridge 1:00 Table Tennis 1:00 Massages 1:00 Flu Clinic	26. 9:00 Adult Fitness 10:00 Bridge Lessons 10:00 Enfield Mall 11:30 Lunch 11:30 Tap 12:15 Beg. Tap 12:30 Duplicate Bridge 12:30 Mah Jong		
PLASTIC	<div style="text-align: center;">  </div>						
METAL							
PAPER	CARDBOARD	SPONSORED BY Jewish Geriatric Services					