AGEWELL AT THE JCC PROGRAMS J CAFE MENU ON BACK **OCTOBER 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
1 **SHEMINI ATZERET** **JCafe Closed** **No Senior Exercise Classes Or Activities**	**2** 9:30 am Tablet Cafe, 204 11 am Schmooze About the News, 204 1:15 pm Book Review w/Helen Faye	**3** 10 am Blood Pressure Screening, 204 1:15 pm Movie, 202	**4** 9:30 am: Tablet Cafe Class, 204 10 am: Choral Group, 307 1:15 pm: CCAC: Stress Less, 202	**5** 9:30 am: J ewish History, 202 10:30 am: Current Events, 202 10:00 am: Shabbat with ECDC In Palm Court
8 9:30 am: Tablet Cafe, 204 11:00 am: Chess, 204 12:15 pm: Lunch & Learn 1:15 pm: CCAC: Fraud	**9** 9:30 am: Tablet Cafe, 204 11 am: Schmooze About the News, 204 1:15 pm: Book Review w/Helen Faye	**10** 10 am Blood Pressure Screening, 204 1:15 pm Movie, 202	**11** 9:30 am: Tablet Cafe Class, 204 10 am: Choral Group, 307 1:15 pm: CCAC: Stress Less, 202	**12** 9:30 am: J ewish History, 202 10:30 am: Current Events, 202 10:00 am: Shabbat with ECDC In Palm Court
15 9:30 am: Tablet Cafe, 204 11:00 am: Chess, 204 12:15 pm: Lunch & Learn 1:15 pm: CCAC: Fraud	**16** 9:30 am:Tablet Cafe, 204 10 am: Yiddish Readings, 202 11 am :Schmooze About the News, 204	**17** 10 am Blood Pressure Screening, 204 1:15 pm Movie, 202	**18** 9:30 am: Tablet Cafe Class, 202 10 am: Choral Group, 307 1:15 pm: CCAC: Stress Less, 202	**19** 9:30 am: Jewish History, 202 10:30 am:Current Events, 202 10:00 am:Shabbat with ECDC in Palm Court
22 9:30 am :Tablet Cafe, 204 11 am: Chess Class 12:15 pm: Lunch & Learn 1:15 pm: CCAC: Fraud	**23** 9:30 am: Tablet Cafe, 204 10 am: Yiddish Readings, 202 11 am: Schmooze About the News, 204	**24** 10 am Blood Pressure Screening, 204 1:15 pm Movie, 202	**25** 9:30 am: Tablet Cafe Class, 204 10 am: Choral Group, 307 1:15 pm: CCAC: Stress Less , 202	**26** 9:30 am: Jewish History, 202 10:30 am: Current Events, 202 10:00 am:Shabbat with ECDC in Palm Court
29 9:30 am: Tablet Cafe, 204 11:00 am: Chess, 204 12:15 pm: Lunch & Learn 1:15 pm: CCAC: Fraud	**30** 9:30 am : Tablet Cafe 204 10 am: Yiddish Readings, 202 11 am: Schmooze About the News 204	**31** 10 am Blood Pressure Screening, 204 1:15 pm Movie, 202	**AgeWell at the JCC** **Room 201** **Office Hours: 9am-5pm** **Monday - Friday**	**Questions?** **We have answers!** **Information and Assis-tance:** **Monday-Friday,**