

September 2019

Mon	Tue	Wed	Thu	Fri
<p>2 <i>Labor Day Holiday</i> <i>Center Closed</i></p>	<p>3 <i>Center Closed</i></p>	<p>4 Opening Day Doors Open at 11:30 AM 12:00 pm Lunch—Oven Baked Chicken</p>	<p>5 9:00 am: Fitness w//Jodi 12:00 pm: Lunch - Spaghetti & Meatballs 12:45 pm Membership Meeting & Medicare Minute</p>	<p>6 9:30 am: Mah Jong 10:30 am: Yoga w/Deb 12:00 pm: Lunch - Chicken Salad Platter</p>
<p>9 9:00 am: Fitness w/Tiffany 9:30 am: Mah Jong 10:00 –12pm Mainstream Lecture “Richard Rodgers” 12:00 pm: Lunch - Baked Mac & Cheese 1:00 pm Tai Chi</p>	<p>10 9:00 am: Fitness of Tiffany 10:00 am Painting Instruction w/Kathy 12:00 pm: Lunch - Meatball Wedge</p>	<p>11 9:30 am: 911 Breakfast Ceremony 12:00 pm: Lunch - Grilled Chicken over Gorgonzola Salad 1:30 pm Tai Chi</p>	<p>12 9:00 am: Fitness w//Jodi 12:00 pm: Lunch - Ravioli 12:45 pm BINGO!</p>	<p>13 9:30 am: Mah Jong 10:30 am: Yoga w/Deb 12:00 pm: Lunch - Stuffed Filet of Sole</p>
<p>16 9:00 am: Fitness w/Tiffany 9:30 am: Mah Jong 10:00 –12pm Mainstream Lecture “Leonard Bernstein” 12:00 pm: Lunch - Crispy Baked Cod 1:00 pm Tai Chi</p>	<p>17 9:00 am: Fitness of Tiffany 9:30-10:30 am: Blood Pressure Screening 10:00 am Painting Instruction w/Kathy 12:00 pm: Lunch - Fried Chicken</p>	<p>18 Outing: “Mambo Italiano” at Westchester Broadway Theatre - Bus departs AJP at 10:45 a.m. 12:00 pm: Lunch - Sausage & Pepper Wedge 1:30 pm Tai Chi</p>	<p>19 9:00 am: Fitness w//Jodi 10:30 am: Armchair Art Tour w/Michael Norris - “Impressionists on the Water “ 12:00 pm: Lunch - Hamburger</p>	<p>20 9:30 am: Mah Jong 10:30 am: Yoga w/Deb 12:00 pm: Lunch - Hot Dogs</p>
<p>23 9:00 am: Fitness w/Tiffany 9:30 am: Mah Jong 10:00 –12pm Mainstream Lecture “Stephen Sondheim” 12:00 pm: Lunch - Chicken Chow Mein 1:00 pm Tai Chi</p>	<p>24 9:00 am: Fitness of Tiffany 10:00 am Painting Instruction w/Kathy 12:00 pm: Lunch - Breaded Pork Chop</p>	<p>25 Outing: Mohegan Sun—Bus departs AJP at 8 am 12:00 pm: Lunch - Turkey Club 1:30 pm Tai Chi 5:30 pm: Paint Night w/Kathy</p>	<p>26 9:00 am: Fitness w//Jodi 12:00 pm: Lunch - Beef Tacos 12:45 pm BINGO!</p>	<p>27 9:30 am: Mah Jong 10:30 am: Yoga w/Deb 12:00 pm: Lunch - Chicken Parmesan</p>
<p>30 9:00 am: Fitness w/Tiffany 9:30 am: Mah Jong 12:00 pm: Lunch - Tuna Salad on Roll 1:00 pm Tai Chi</p>				