



February 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	February Chinese New Year month Presidents' Day month Black History month Heart month Glaucoma Awareness month Valentine's Day month			1 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 11:15 Israeli dancing(GYM) 12:00 Elder Abuse lecture 12:45 Hebrew Class(L.3)
4 10:00 Literary Club (L.3) 10:00 ESL beginner(L.4) 11:30 Active forever (L.R.) 1:00 Belly Dancing (L.R.)	5 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) 12:00 Heart Awareness Day (games; prizes) Wear something red 1:00 Intern. Song (L.3) 1:00 Zumba (GYM)	6 9:30 ESL (L.3) 10:00 ESL beginner (L.4) 11:00 Ballroom Dancing(L.R.) 11:30 Poetry presentation (L. R.) 12:45 Art Class (L.3) 1:00 Yoga Class (GYM)	7 9:30 ESL (L.3) 10:30 Exercise (GYM) 11:30Health Lecture (L.R.) 1:00 Computer Class (L.3) 1:00 Concert – The Golden Collection(Gym) 1:15 Latin Dancing (GYM)	8 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 11:15 Israeli dancing(GYM) 12:45 Hebrew Class (L.3) ----- February 10 Sunday TRIP Broadway show Chicago@2:30
11 10:00 Literary Club (L.3) 10:00 ESL beginner(L.4) 11:30 Active forever 1:00 Belly Dancing (L.R.) 1:00 Color your stress away(L. 3)	12 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) 1:00 Intern. Song (L.3) 1:00 Zumba (GYM)	13 9:30 ESL (L.3) 10:00 ESL beginner (L.4) 11:00 Ballroom Dancing(L.R.) 11:30 Birthday Party & Valentine's Day (L. R.) 12:45 Art Class (L.3) 1:00 Yoga Class (GYM)	14 9:30 ESL (L.3) 10:30 Exercise (GYM) 11:30 Health Lecture (L.R.) 1:00 Computer Class (L.3) 1:15 Latin Dancing (GYM)	15 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 11:15 Israeli dancing(GYM) 12:45 Hebrew Class (L.3)
18 <p style="text-align: center;">Jasa is closed</p>	19 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) 1:00 Intern. Song (L.3) 1:00 Zumba (GYM)	20 9:30 ESL (L.3) 10:00 ESL beginner (L.4) 11:00 Ballroom Dancing(L.R.) 12:45 Art Class (L.3) 1:00 Yoga Class (GYM)	21 9:30 ESL (L.3) 10:30 Exercise (GYM) 11:30 Lecture w/Jean(L.R.) 1:00 Computer Class (L.3) 1:15 Latin Dancing (GYM)	22 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 11:15 Israeli dancing(GYM) 12:45 Hebrew Class (L.3)
25 10:00 Literary Club (L.3) 10:00 ESL beginner(L.4) 11:30 Active forever(L.R.) 1:00 Belly Dancing (L.R.)	26 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) 1:00 Intern. Song (L.3) 1:00Zumba(GYM)	27 9:30 ESL (L.3) 10:00 ESL beginner (L.4) 11:00 Ballroom Dancing(L.R.) 12:45 Art Class (L.3) 1:00 Yoga Class (GYM)	28 9:30 ESL (L.3) 10:30 Exercise (GYM) 11:30 Glaucoma Awareness Day-facts and tips. 1:00 Computer Class (L.3) 1:15 Latin Dancing (GYM)	



February 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Roasted Chicken Boiled Potatoes and Carrots Challah Bread Green Beans <hr/> Cold - Gelfite Fish
4 Pepper Steak Chinese Style Spaghetti Whole Wheat Bread Cabbage with Shredded Carrots <hr/> Cold - Tuna Salad	5 Chicken Shawarma (OvenRoasted) Pita Halves Israeli Salad <hr/> Cold - Baked Falafel Patties	6 Turkey Burger Hamburger Bun, Whole Wheat Potato Salad Tossed Salad with Dressing <hr/> Cold - Egg Salad	7 Breaded Sole Fish Fillet Bulgur Salad Whole Wheat Bread Creamy Spinach <hr/> Cold - Turkey Salad	8 Spanish Style Roast Chicken Brown Rice and Black Beans Challah Bread Beet Salad <hr/> Cold - Gelfite Fish
11 Turkey Drumsticks Whole Wheat Bread Green Beans Mashed Sweet Potatoes <hr/> Cold - Egg Salad	12 Garlic Chicken Meatballs Pasta (1/2 cup) Whole Wheat Bread Winter Blend Vegetables <hr/> Cold - Salmon Salad	13 Beef Moussaka Whole Wheat Bread Garden Salad <hr/> Cold - Tuna Nicoise Salad	14 Baked Salmon Dill Lemon Sauce Rice A Roni Whole Wheat Bread Red Cabbage Salad <hr/> Cold - Chicken Salad	15 Honey-Apricot Glazed Chicken Challah Bread Spinach Noodle Pudding Steamed Broccoli <hr/> Cold - Gelfite Fish
18 <p style="text-align: center;">President's Day Jasa is closed</p>	19 Shake & Bake Chicken Mashed Sweet Potatoes Whole Wheat Bread Mixed Green Salad <hr/> Cold - Egg Salad	20 Beef Hamburger Hamburger Bun, plain Red Bliss Potatoes Cole Slaw <hr/> Cold - Salmon Salad	21 Breaded Tilapia Fish Fillet Orzo Whole Wheat Bread California Blend Vegetables <hr/> Cold - Turkey Salad	22 Roasted Chicken Challah Bread Kasha Varnishkes Baby Carrots with Parsley <hr/> Cold - Gelfite Fish
25 Turkey with Gravy Baked Potato in Skin Whole Grain Stuffing Steamed Broccoli <hr/> Cold - Salmon Salad	26 Chicken Cacciatore Garlic Bread Pasta (1/2 cup) Green Beans <hr/> Cold - Egg Salad	27 Sweet and Sour Meatballs Mauzone Toasted Barley & Onion Whole Wheat Bread California Blend Vegetables <hr/> Cold - Tuna Salad	28 Breaded Pollock Fish Fillet Corn and Red Peppers Whole Wheat Bread Coleslaw <hr/> Cold - Chicken Salad	



Shorefront Senior Center

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Open Monday- Friday

8:30am-4:30pm

- **Literary Club**
- **ESL beginners and citizenship Classes**
- **Exercise, Zumba, and Yoga**
- **International Singing Class**
- **Art Class**
- **Computer Class**
- **Hebrew**
- **Ballroom, Latin, Israeli, and Belly Dancing**
- **Lectures, presentations**
- **Party**

