January 2017

Mon	Tue	Wed	Thu	Fri
2 ***CENTER CLOSED***	***3*** 9:00 am: Fitness 10:00 am: Painting w/Kathy 12:00 pm: Lunch - Pork Chop	***4*** Doors open at 11:15 a.m. 12:00 pm: New Year Celebration	***5*** 9:00 am: Fitness 9-11 YMCA BP Self Monitoring Program 11:00 am: Exec. Bd. Mtg. 12:00 pm: Lunch - Broccoli Quiche 12:45 pm: Business Mtg.	***6*** 10:00 am: Mah Jong 10:30 am: Yoga w/Pat 12:00 pm: Lunch - Flounder Oreganata
9 10:00 am: Mah Jong 12:00 pm: Lunch - Broccoli Quiche 1:00 pm: Tai Chi 1-3 YMCA BP Self Monitoring Progrram	***10*** 9:00 am: Fitness 10:00 am: Painting w/Kathy 12:00 pm: Lunch - Yankee Pot Roast	***11*** Outing Greenburgh Movie Theatre. Bus departs AJP at 11:15 am 12:00 pm: Lunch - Hot Dogs	***12*** 9:00 am: Fitness 9-11 YMCA BP Self Monitoring Program 9-11 am Blood Pressure Counseling 12:00 pm: Lunch –Tuscan Chicken 12:30 Chorus w/Camille & Doni	***13*** 10:00 am: Mah Jong 10:30 am: Yoga w/Pat 12:00 pm: Lunch - Beef Stroganoff
16 ***CENTER CLOSED***	***17*** 9:00 am: Fitness 9:30-10:30 am: Blood Pressure Screening 10:00 am: Painting w/Kathy 12:00 pm: Lunch - Roast Turkey	***18*** Outing: Trattoria 632 Lunch. Bus departs AJP at 11:45 am 12:00 pm: Lunch—Cheese Lasagna	***19*** 9:00 am: Fitness 9-11 YMCA BP Self Monitoring Program 10:30 am: Apple Computer Instruction 12:00 pm: Lunch - Cornish Hen	***20*** 10:00 am: Mah Jong 10:30 am: Yoga w/Pat 12:00 pm: Lunch - Veal & Mushrooms
23 10:00 am: Mah Jong 12:00 pm: Lunch - Tilapia 1:00 pm: Tai Chi 1-3 YMCA BP Self Monitoring Progrram	***24*** 9:00 am: Fitness 10:00 am: Painting w/Kathy 12:00 pm: Lunch – Chicken Parm 2:00 pm Trivia & Happy Hour w/**Liz**	***25*** Outing: Empire Casino. Bus departs AJP at 9:30 am 12:00 pm: Lunch - Jerk Chicken 5-7:3-0 pm: Paint Night & Dinner	***26*** 9:00 am: Fitness 9-11 YMCA BP Self Monitoring Program 11-12 YMCA Health Lectture 12:00 pm: Lunch - Beef Brisket	***27*** 10:00 am: Mah Jong 10:30 am: Yoga w/Pat 12:00 pm: Lunch - Mac and Cheese
30 10:00 am: Mah Jong 12:00 pm: Lunch - Veggie and Cheese Frittata 1:00 pm: Tai Chi 1-3 YMCA BP Self Monitoring Progrram	***31*** 9:00 am: Fitness 10:00 am: Painting w/Kathy 12:00 pm: Lunch - Pork Chip			