aleph Adult Day Center

MON FRI March mentions! AM Session Coffee & Conversation Daylight Saving Exercise St. Pat's. Smoothies! MindGames Spring Arrives Craft & Create: In Like a Purim Lion Nat'l Banana Cream Day Nat'l GI Day **AM Session** Nat'l FlapJack Day AM Session Operation Yellow Ribbon MindGames Pretzel Day Coffee & Conversation Coffee & Conversation YOGA Flower Arranging Craft & Create - Clay Stretch & Bend YOGA Kitchen with Nanci Word in Word Name 5 Peanut Butter Candy Day Word in Word In The News PM Session YOGA PM Session Name 5 PM Session MusicMemories Cathy Fitness with Alex PM Session Fitness with Alex Fitness with Alex Mens Club Travelogue - Alaska Honor our Gl's Recognizing our GI's Cool Senior Day! Nat'l Potato Chip Day Nat'l Butterfly Day Nat'l Plant Flower Day Coffee & Conversation Sittersize Coffee & Conversation Coffee & Conversation Coffee & Conversation Sittersize Exercise MindGames TableGames Fun Video MindGames YOGA MindGames-Video Fitness with Alex Name 5 **Butterfly Craft Project** Gardening Fun PM Session Bubble Gum Day **PM Session** Facebook Craft & Create YOGA **BINGO** Fitness with Alex PM Session Art with Mindy Music Memories Cathy BINGO Fitness with Alex LadderBall YouTube Sillies Action Game Kitchen Tuesday Coffee & Conversation Spring Fling Nat'l Dip Day Celebrating Purim Nat'l Laughter Day Kitchen Tuesday- P.Butter Sittersize Coffee & Conversation Coffee & Conversation AM Session YOGA Purim Baking with Nanci Seated Cardio Stretch & Bend Stretch & Bend Crosswords Together Craft & Create - Flowers Rabbi Visit Time of My Life Chat MindGames with Nanci PM Session PM Session PM Session Craft & Create - Guacamole PM Session Fitness with Alex Seated Cardio Fitness with Alex Finess with Alex BINGO Flower Arranging Origami PoKeNo Music Therapy with Cathy Nat'l Fragrance Day Stretch & Bend AM Session AM Session Coffee & Conversation Coffee & Conversation Coffee & Conversation Yarn Fun Coffee & Conversation Learn Spanish Word in Word YOGA YOGA YOGA Sittersize **Baseball Opening Day** MindGames - Video PM Session Crosswords Together PM Session PM Session PM Session Ktchen Strawberry Smoothies Art with Mindy Poetry-Jimmy Stewart Fitness with Alex Fitness with Alex YOGA Fragrance, Memories MusicMemories Cathy Fitness with Alex **Short Stories** Men's Club Classic TV

Center Hours

Monday, Tuesday, Wednesday, Thursday 9:00am—4:00pm Friday 9:00am—12:00pm

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Phone 856-685-5700 x2001 Email csilodor@jfedsnj.org