Jewish Family and Children's Services

Дневной центр активного долголетия

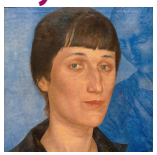
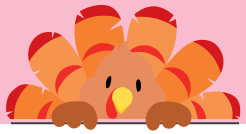
L'Chaim Adult Day Health Care

November 2026 | Cheshvan/Kislev 5787

DAILY ACTIVITY - MORNING PROGRAM

Morning Program Schedule

8:30am:	Arrival
8:45 - 9:30am:	Breakfast / Gym / Assessments / Socializing
9:30 - 10:05am:	Assessments / Gym / Walk /Socializing
10:05 - 10:30am:	Group Exercises
10:30 - 11:30am:	Daily Activity
11:30am - 12:15pm:	Lunch
12:30pm:	Departure

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Dance Through the Decades 	3 Music by Rafik 	4 Bingo & Computer Class 	5 Rhythms of Our Time & Shopping 	6 Maria Stolyar 
9 Sing Along with Rafael 	10 Melody and Memories 	11 Park & Computer Class 	12 Favorite Jewish music 	13 Dance Through the Decades 
16 Lina & Farkhad 	17 Songs of our time 	18 Bingo & Computer Class 	19 Music by Rafik & Shopping 	20 Lecture by Mila 
23 Anna Akhmatova by Lena V. 	24 Thanksgiving Dinner & Celebration 	25 Park & Computer Class 	26 Closed for Thanksgiving 	27 Closed for Thanksgiving 
30 Celebrating Birthdays! 	30			

ADHC License #070000557

Jewish Family and Children's Services

Дневной центр активного долголетия

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DAILY ACTIVITY - AFTERNOON PROGRAM

Afternoon Program Schedule

1:30pm:	Arrival
2:00 - 2:45pm:	Snack / Gym / Assessments / Socializing
2:45 - 3:15pm:	Group Exercises
3:15 - 4:15pm:	Daily Activity
4:15 - 5:00pm:	Dinner
5:00 - 5:30pm:	Socializing
5:30pm:	Departure

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Dance Through the Decades 	3 Dance music & Computer Class 	4 Bingo 	5 Rhythms of Our Time & Shopping 	6 Trivia & Shabbat 
9 Sing Along with Rafael 	10 Favorite music & Computer Class 	11 Park & Bingo 	12 Favorite Jewish music 	13 Music & Shabbat 
16 Piano recital by Elena 	17 Dance music & Computer Class 	18 Bingo 	19 Music by Rafik & Shopping 	20 Lecture by Mila & Shabbat 
23 "Hear me out" by Sveta R. 	24 Thanksgiving Dinner & Celebration 	25 Park 	26 Closed for Thanksgiving 	27 Closed for Thanksgiving 
30 Celebrating Birthdays! 				

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