

FEBRUARY 2019 Sixty-Plus Dining

Sidney Albert Albany Jewish Community Center
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY CLASSES
					1	MONDAY 1:30-2:30PM Healthy Bones
3	4 10AM ART CLUB 4:45PM POT ROAST	5	6 4:45PM BAKED SALMON	7	8	
10	11 10AM ART CLUB 4:45PM BBQ CHICKEN	12	13 4:45PM SWEET 'N SOUR MEATBALLS	14	15	WEDNESDAY 10-11AM Healthy Bones
17	18 10AM ART CLUB NO DINNER: PRESIDENTS' DAY	19	20 12:30PM FREELANCE WRITING 4:45PM CHICKEN L'ORANGE	21	22	THURSDAY 10:15-10:45AM Fitness to Broadway Tunes 11AM-12:30PM Eye on the World 1-3PM Senior Chorale
24	25 10AM ART CLUB 4:45PM ROAST CHICKEN	26	27 12:30PM FREELANCE WRITING 4:45PM MEATLOAF	28		



The Sidney Albert Albany JCC is a beneficiary agency of Jewish Federation of NENY. This congregational meal program is supported in part by the Albany County Dept. for Aging, the NYS Dept. for Aging and the Administration for Community Living.