

JANUARY 2019 Sixty-Plus Dining

Sidney Albert Albany Jewish Community Center
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY CLASSES
		1 No Senior Programming	2 4:45PM SWEET 'N SOUR MEATBALLS	3	4	MONDAY 1:30-2:30pm Healthy Bones
6	7 10AM ART CLUB 4:45PM BAKED SALMON	8	9 4:45PM CHICKEN L'ORANGE	10	11	
13	14 10AM ART CLUB 4:45PM ROAST CHICKEN	15	16 4:45PM MEATLOAF	17	18	WEDNESDAY 10-11am Healthy Bones
20	21 10AM ART CLUB No Dinner: MLK	22	23 4:45PM BAKED WHITE FISH	24	25	THURSDAY 10:15-10:45am Fitness to Broadway Tunes 11am-12:30pm Eye on the World 1-3pm Senior Chorale
27	28 10AM ART CLUB 4:45PM STUFFED CABBAGE	29	30 4:45PM CORNFLAKE CRUMB CHICKEN	31		



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