

# MARCH 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 10 AM ART CLUB 4:45PM BEEF BROCCOLI MUSHROOM STIR FRY	5	6 4:45PM BAKED WHITE FISH	7	8	WEDNESDAY 10-11AM Healthy Bones
10	11 10 AM ART CLUB 4:45PM STUFFED CABBAGE	12	13 3PM BOOK MAVENS 4:45PM CORNFLAKE CRUMB CHICKEN	14	15	THURSDAY 10:15-10:45AM Fitness to Broadway Tunes 11AM-12:30PM Eye on the World 1-3PM Senior Chorale
17	18 10 AM ART CLUB 4:45PM POT ROAST	19	20 1PM PHOTOGRAPHY 4:45PM BAKED SALMON	21	22	
24	25 10 AM ART CLUB 4:45PM BBQ CHICKEN	26 1PM POETRY/ AMERICAN HISTORY	27 1PM PHOTOGRAPHY 4:45PM SWEET 'N SOUR MEATBALLS	28	29	
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The Sidney Albert Albany JCC is a beneficiary agency of Jewish Federation of NENY. This congregational meal program is supported in part by Albany County Department for Aging, NYS Dept. for Aging and Administration for Community Living.