

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI
BRIDGE 1:30 pm 4 Cheshvan 2	Cardio Fitness 10 am Ceramics 10 am Drama 11 am One Hour Total Fitness 11 am Painting/Drawing 12 pm Rabbi White 12:30 pm Wii System 1:30 pm Portrait Class 2:30 pm 5 Cheshvan 3	Chair Yoga 9:30 am ESL/JS 9:30 am GentleYoga 10:15 am Gentle Pilates 11:00 am Rabbi Cohen 12:30 pm Walk/Water Exercise 1 pm Book Club 1 pm 6 Cheshvan 4	VNA 9:15 am Cardio Fitness 10 am Intro to Art 10 am & 12:30 pm Beginning Computer 10:30 am One Hour Total Fitness 11 am Intermediate Computer 12:30 pm Jewish Meditation 1 pm Ballroom Dancing 6 pm 7 Cheshvan 5	Chair Yoga 9:30 am ESL 9:30 am Portraits 10 am Gentle Pilates 11:00 am Ceramics 12:30 pm Walk/Water Exercise 1 pm Painting/Drawing 2:30 pm 8 Cheshvan 6	Cardio Fitness 10 am Kinesis 11 & 11:30 am Rabbi Levin 11:30 am Pre-Shabbat Lunch - Noon Music with Barbara Katz Wii System 1:30 pm 6:01 pm 9 Cheshvan 7
BRIDGE 1:30 pm 11 Cheshvan 9	Cardio Fitness 10 am Ceramics 10 am Drama 11 am One Hour Total Fitness 11 am Painting/Drawing 12 pm Rabbi White 12:30 pm Wii System 1:30 pm Portrait Class 2:30 pm 12 Cheshvan 10	Chair Yoga 9:30 am ESL/JS 9:30 am GentleYoga 10:15 am Gentle Pilates 11:00 am NO Rabbi Cohen 12:30 pm Walk/Water Exercise 1 pm 13 Cheshvan 11	Johnson County Museum 9:30 am Cardio Fitness 10 am Music Meeting 11 am Intro to Art 10 am & 12:30 pm Beginning Computer 10:30 am One Hour Total Fitness 11 am Intermediate Computer 12:30 pm Jewish Meditation 1 pm Ballroom Dancing 6 pm 14 Cheshvan 12	Chair Yoga 9:30 am ESL 9:30 am Portraits 10 am Gentle Pilates 11:00 am Ceramics 12:30 pm Walk/Water Exercise 1 pm Painting/Drawing 2:30 pm 15 Cheshvan 13	Cardio Fitness 10 am Kinesis 11 & 11:30 am Rabbi Tobin 11:30 am Pre-Shabbat Lunch - Noon Music with Barbara Katz Wii System 1:30 pm 4:47 pm 16 Cheshvan 14
BRIDGE 1:30 pm 18 Cheshvan 16	Cardio Fitness 10 am Ceramics 10 am Drama 11 am One Hour Total Fitness 11 am Painting/Drawing 12 pm Rabbi White 12:30 pm Wii System 1:30 pm Portrait Class 2:30 pm 19 Cheshvan 17	S.M.A.R.T. Men 9 am Chair Yoga 9:30 am ESL/JS 9:30 am GentleYoga 10:15 am Gentle Pilates 11:00 am Rabbi Cohen 12:30 pm Walk/Water Exercise 1 pm 20 Cheshvan 18	Cardio Fitness 10 am Intro to Art 10 am & 12:30 pm Beginning Computer 10:30 am One Hour Total Fitness 11 am Pre-Thanksgiving Lunch 12 pm Intermediate Computer 12:30 pm Jewish Meditation 1 pm 21 Cheshvan 19	Chair Yoga 9:30 am ESL 9:30 am Portraits 10 am Gentle Pilates 11:00 am Ceramics 12:30 pm Walk/Water Exercise 1 pm Painting/Drawing 2:30 pm 22 Cheshvan 20	Cardio Fitness 10 am Kinesis 11 & 11:30 am Rabbi Schuster 11:30 am Pre-Shabbat Lunch - Noon Music with Barbara Katz Wii System 1:30 pm 4:43 pm 23 Cheshvan 21
BRIDGE 1:30 pm 25 Cheshvan 23	Cardio Fitness 10 am Ceramics 10:30 am Drama 11 am One Hour Total Fitness 11 am- 12 noon Painting/Drawing 12 pm Rabbi White 12:30 pm Wii System 1:30 pm Movie Matinee 12:45 pm Portrait Class 2:30 pm 26 Cheshvan 24	Chair Yoga 9:30 am ESL/JS 9:30 am GentleYoga 10:15 am Gentle Pilates 11:00 am Rabbi Cohen 12:30 pm Walk/Water Exercise 1 pm 27 Cheshvan 25	Casino 9:15 am Cardio Fitness 10 am Intro to Art 10 am & 12:30 pm Beginning Computer 10:30 am One Hour Total Fitness 11 am Intermediate Computer 12:30 pm Jewish Meditation 1 pm 28 Cheshvan 26	Heritage Center CLOSED Thanksgiving 4:40 pm 29 Cheshvan 27	
BRIDGE 1:30 pm 3 Kislew 30			Lunch served at noon Mon. - Fri. Cost \$4 Reservations required, call 913-327-8243 for advanced reservations.	NOVEMBER 2008 Cheshvan/Kislev 5769	

MENU -- Subject to change

For SAME DAY LUNCH Reservations call 913-327-8043 by 9:00 am

Nov 3 Mon	Beef Stew	Nov 18 Tue	Hot Dogs
Nov 4 Tue	Chicken Salad	Nov 19 Wed	Turkey
Nov 5 Wed	Pasta Primavera	Nov 20 Thu	Quiche
Nov 6 Thu	Blintzes	Nov 21 Fri	Baked Chicken
Nov 7 Fri	Cabbage Rolls	Nov 24 Mon	Macaroni & Cheese
Nov 10 Mon	Chicken Pot Pie	Nov 25 Tue	Salmon Patties
Nov 11 Tue	Russian Salad	Nov 26 Wed	BBQ Brisket Sandwich
Nov 12 Wed	Chili	Nov 27 Thu	Closed
Nov 13 Thu	Egg Salad & Croissant	Nov 28 Fri	Closed
Nov 14 Fri	Baked Salmon		
Nov 17 Mon	Tuna Casserole		

IMPORTANT NUMBERS

Reservation Line	913-327-8243
Early Morning	
Transportation Cancellations	816-241-8822
Barbara Frager, Director	913-327-8042
Sandy Terwilliger, Program Coordinator	913-327-8046
Betsy Wilinsky, Program Assistant	913-327-8044
Kitchen/Betty Kalikow/Darcy Kroll	
Same Day Lunch Reservations	913-327-8043

LUNCHES - \$4 MONDAY-FRIDAY - RESERVATIONS REQUIRED