<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>9:00 Meet and Greet</td>
<td>BREAKFAST: 9:30 AM LUNCH: 12:00 PM</td>
<td>9:00 Meet and Greet</td>
</tr>
<tr>
<td></td>
<td>9:30 Daily Chronicles</td>
<td>Menu or Food is a subject to change at the discretion of the provider</td>
<td>9:30 Daily Chronicles</td>
</tr>
<tr>
<td></td>
<td>10:00 Flexercises</td>
<td></td>
<td>10:00 Surprise Speaker</td>
</tr>
<tr>
<td></td>
<td>12:30 Movie Trivia</td>
<td></td>
<td>12:00 Massages with hand Cream</td>
</tr>
<tr>
<td></td>
<td>1:00 Baking</td>
<td></td>
<td>Roast Chicken</td>
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<tr>
<td></td>
<td><strong>Breaded Fish, Rice Pilaf, Salad, Fruit</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>9:00 Meet and Greet</td>
<td></td>
<td>9:00 Meet and Greet</td>
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<tr>
<td></td>
<td>9:30 Daily Chronicles</td>
<td></td>
<td>9:30 Daily Chronicles</td>
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<tr>
<td></td>
<td>10:00 Exercises</td>
<td></td>
<td>10:00 Speaker Angie from Medicare Patrol</td>
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<tr>
<td></td>
<td>10:30 Movie (to be announced)</td>
<td></td>
<td>10:30 Arts and Crafts</td>
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<tr>
<td></td>
<td>12:30 Scrabble</td>
<td></td>
<td>12:30 Uno</td>
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<tr>
<td></td>
<td><strong>Eggplant Parmesan, Salad, Fruit</strong></td>
<td></td>
<td>Roast Chicken</td>
</tr>
<tr>
<td>18</td>
<td>9:00 Meet and Greet</td>
<td></td>
<td>9:00 Meet and Greet</td>
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<tr>
<td></td>
<td>9:30 Daily Chronicles</td>
<td></td>
<td>9:30 Daily Chronicles</td>
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<tr>
<td></td>
<td>10:00 Marlene Herman - Storyteller</td>
<td></td>
<td>10:00 Hanukkah Celebration</td>
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<tr>
<td></td>
<td>12:30 Singing Broadway</td>
<td></td>
<td>10:30 Surprise Singer</td>
</tr>
<tr>
<td></td>
<td><strong>Pizza, Salad, Desert</strong></td>
<td></td>
<td>12:30 Exercises with Balls</td>
</tr>
<tr>
<td>20</td>
<td>9:00 Meet and Greet</td>
<td></td>
<td>9:00 Meet and Greet</td>
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</tr>
<tr>
<td></td>
<td><strong>Pizza, Salad, Desert</strong></td>
<td></td>
<td>12:30 Scrabble</td>
</tr>
<tr>
<td>25</td>
<td><strong>Closed for Christmas Day</strong></td>
<td></td>
<td>9:00 Meet and Greet</td>
</tr>
<tr>
<td></td>
<td><strong>Happy Holidays and a Great New Year</strong></td>
<td></td>
<td>9:30 Daily Chronicles</td>
</tr>
<tr>
<td>27</td>
<td>9:00 Meet and Greet</td>
<td></td>
<td>10:00 New Year's Stories</td>
</tr>
<tr>
<td></td>
<td>9:30 Daily Chronicles</td>
<td></td>
<td>12:30 Exercises</td>
</tr>
<tr>
<td></td>
<td>10:00 New Year's Stories</td>
<td></td>
<td>1:00 Quiet Meditation</td>
</tr>
<tr>
<td></td>
<td>12:30 Exercises</td>
<td></td>
<td>Roast Chicken</td>
</tr>
</tbody>
</table>

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**Highland Park Conservative Temple**
201 South 3rd Avenue, Highland Park, NJ

**ELDERDAY CARE PROGRAM ACTIVITIES FOR:**

December 2019

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**www.jfsmiddlesex.org**

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