

# JANUARY 2012 Sixty-Plus Dining

Sidney Albert Albany Jewish Community Center  
 340 Whitehall Road Albany, NY 12208 438-6651 x112  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY CLASSES
1	2 4:45PM BEEF MUSHROOM BROCCOLI STIR FRY		4 4:45PM CHICKEN L'ORANGE	5	6	MONDAY 1:30-2:30pm Strong Bones Plus 3-4:30pm Folk Line Dancing
8	9 4:45PM BARBECUE CHICKEN	10	11 4:45PM SWEET 'N SOUR MEATBALLS	12	13	TUESDAY 9:30-10:30am Yoga for Seniors 10:30- 11:30am Rediscovering Yiddish
15	16 NO DINNER MLK	17	18 4:45PM BEEF BRISKET	19	20	WEDNESDAY 10-11am Strong Bones Plus
22	23 4:45PM BAKED SALMON	24	25 4:45PM ROAST TURKEY	26	27	THURSDAY 10:15-10:45am Fitness to Broadway Tunes 11am-12:30pm Eye on the World 1-3pm Senior Chorale
29	30 4:45PM STUFFED CABBAGE	31				

The Sidney Albert Albany JCC is a beneficiary agency of the United Jewish Federation of NENY,  
 the Administration on Aging, the NY State Office for Aging and the Albany County Department for Aging.