

# 2026!

# January

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Monday	Tuesday	Wednesday	Thursday	Friday
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			Happy New Year! 	10:00-10:45 Video Exercise  10:45 Bingo  11:30-12:30 Lunch
5	6	7	8	9
10:00–11:15  Bell Choir   11:30-12:30 Lunch	10:00-10:45 Chair Exercise with Sue  10:45 Bingo   11:30-12:30 Lunch	10:00–11:15  Mahjong and Other Games   11:30-12:30 Lunch	10:00-10:45  Exercise with Brian  11:30-12:30 Lunch  OR 12:00-2:00 ElderClass: Moss Stanley Trio  <b>RSVP by Dec 30</b>	11:30-12:30 Lunch  2:00-3:00 Debbie Darling concert at the Beachwood Library: Music of Richard Rodgers  Space is Limited! <b>RSVP by Dec 30</b>
12	13	14	15	16
10:00-11:15  Knitting and Crafts   11:30-12:30 Lunch	10:00-10:45  Chair Exercise with Sue  10:45 Bingo   11:30-12:30 Lunch	10:00-11:15  Google Tips   11:30-12:30 Lunch	10:00-10:45  Exercise with Brian  11:30-12:30 Lunch  OR 12:00-2:00 Beachwood Community Center “Hip to That”	10:00-10:30 shmooze  10:30-11:30 Greg Piscura Sings   11:30-12:30 Lunch
19	20	21	22	23
No Program  	10:00-10:45  Exercise with Sue  10:45 Bingo  11:30-12:30 Lunch	10:00–12:30  Monthly Movie with Popcorn and Pizza  <b>RSVP by Jan 13</b>	10:00-10:45  Exercise with Brian  10:45 Bingo  11:30-12:30 Lunch	10:00-10:30 shmooze  10:30-11:30 Rosh Chodesh with Cantor Sager  11:30-12:30 Lunch
26	27	28	29	30
10:00-11:15 Family Feud   11:30-12:30 Lunch	10:00-10:45  Chair Exercise with Sue  10:45 Bingo  11:30-12:30 Lunch	10:00–11:15  BINGO TOURNAMENT   11:30-12:30 Lunch	10:00-10:45  Exercise with Brian  10:45 Bingo  11:30-12:30 Lunch	10:00-11:00  Moshe Gershuni : “Memory” Tour at Mishkan Or  <b>RSVP by Jan 20</b>  11:30-12:30 Lunch

- All program and class schedules are subject to change or cancellation.
- All program classes, transportation & lunch must be registered by Tuesday for the following week, unless otherwise noted.
  - Free transportation is available for LunchPlus registered participants.
  - LunchPlus is held in the Ante Room (near Stonehill Auditorium).
  - Participants must be registered through LunchPlus to join programs.
    - LunchPlus is free with a suggested donation of \$2

# WRAAA January 2026 Kosher Menu

Menu written by: Dan Kaminski

Menu Approval: *Ann Stahlheber, MS, RD, LDN*

Monday	Tuesday	Wednesday	Thursday	Friday
Each meal is served with 8 oz Non Dairy Milk Alternative			1. Chicken 3 oz Potato 1 cup Pasta salad 1 cup Fruit Juice 4 oz Whole wheat pita 1 oz	2. Lentil soup 1 cup (1 cup lentils = 3 oz meat alternative) Grilled vegetables 1 cup Bread roll 1 oz Apple 1 medium Oatmeal cookie 1 oz
5. Plov (3 oz beef, ½ cup rice, ½ cup vegetables) Corn salad ½ cup Banana 1 medium Whole wheat bread 1 oz	6. Falafel 3.5 oz (3 oz meat alternative) Pita 1 oz Quinoa salad 1 oz grain, 1 cup vegetables Orange 1 medium	7. Shawarma 3 oz beef and turkey Mashed potato ½ cup Eggplant pepper salad ½ cup Fruit Juice 4 oz Whole wheat pita 2 oz	8. Cobb Salad 1 cup spring mix, 1 cup fresh vegetables, 3 oz chicken Fruit cup 1 cup Whole wheat tortilla Chips 2 oz	9. Chicken soup 1 cup (3 oz chicken, ½ cup vegetables) Bread roll 1 oz Potato Bureka 1/c cup Apple 1 medium Oatmeal cookie 1 oz
12. Baked Chicken 3 oz chicken Buckwheat 1 cup Grilled vegetables 1 cup Banana 1 medium	13. Burger 3oz beef, ½ cup fresh vegetables, 3oz grain) Fries 1 ½ cups Fruit Juice 4 oz Whole wheat bread 1 oz	14. Moroccan tilapia (3 oz tilapia, 1/2 cup vegetables) Pasta 1 cup Cabbage salad 1/2 cup orange 1 medium Whole wheat bread 1 oz	15. Chickpea salad (1 cup = 2.5 meat alternative, 1 cup fresh vegetables) Fruit cup 1 cup Rice 1 cup Peas 1 cup Whole wheat bread 1 oz	16. Bean soup 1 cup (1 cup beans = 3 oz meat alternative, ½ cup vegetables) Bread roll 1oz Pickled vegetables 1/2 cup Apple 1 medium Oatmeal cookie 1 oz
19.  MLK Day Site Closed	20. Schnitzel bun (3 oz chicken, bun, 1 cup fresh veggies) Carrot salad 1 cup orange 1 medium Whole wheat bread 1oz	21. Beef with buckwheat and vegetables (3 oz beef, ½ cup vegetables, ½ buckwheat) Green salad 1 cup Cookie 1 oz Fruit Juice 4 oz	22. Grilled chicken salad (1 cup spring mix, 1 cup fresh vegetables, 3 oz chicken) Fruit cup 1 cup Israeli couscous 1 cup Whole wheat bread 1 oz	23. Split pea soup with Turkey 12 oz (1 cup split peas, 1 oz turkey = 3 oz Meat/meat alternative) Bread roll 1oz Roasted Butternut squash 1 cup Apple 1 medium Oatmeal cookie 1 oz
26. BBQ Chicken 3 oz Whole Rice 1 cup Fries 1 cup Banana 1 medium	27. Grilled chicken whole wheat Wrap (3 oz chicken, 2 oz grain, 1 cup fresh vegetables) Green beans ½ cup Orange 1 medium	28. Pulled beef burekas (3 oz beef, 1oz grain) Mashed potato ½ cup Peas and carrots 1 cup Fruit Juice 4 oz Whole wheat bread 1 oz	29. Quinoa Chickpea Salad 1 ½ cup (3 oz meal alternative), 1 cup spring mix, ½ cup fresh vegetables Fruit cup 1 cup Roasted potato ½ cup Whole wheat bread (1oz)	30. Beef onion soup 1 cup (3 oz beef 1/2 cup onion) Bread roll 1 oz Oatmeal cookie 1 oz Apple 1 medium Sweet potato fries ½ cup

Alternate meal available daily. Cold Plate: Falafel (3.5 oz), Pita 2 oz, 1 cup spring mix salad, ½ c hummus, 1 orange, and non-dairy milk 8 oz