

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI
	A Touch Away 12:45 pm Spaghetti w/ meat sauce 15 Adar 1	Book Club 1 pm Soup/Egg salad w/ croissant 16 Adar 2	VNA 9:15 am Pizza 17 Adar 3		KC Symphony 9:15 am Hazzan Rob Menes 11:30 am Turkey 5:26 pm 19 Adar 5
21 Adar 7	A Touch Away 12:45 pm Sloppy Joes 22 Adar 8	Salmon Patties 23 Adar 9	No Rabbi Cohen Class Tilapia 24 Adar 10	Argosy Casino 9:15 am Lasagna 25 Adar 11	Rabbi Mendy Wineberg 11:30 am Baked Chicken 5:34 pm 26 Adar 12
28 Adar 14	A Touch Away 12:45 pm Vegetable Soup 29 Adar 15	SMART Men 9 am Chop Suey 1 Nisan 16	No Rabbi Cohen Class Tuna Casserole 2 Nisan 17	Movie Matinee 12:45 pm Quiche 3 Nisan 18	Rabbi Neal Schuster 11:30 am Baked Salmon 5:42 pm 4 Nisan 19
6 Nisan 21	A Touch Away 12:45 pm Eggplant Parmesan 7 Nisan 22	Hot Dogs 8 Nisan 23	Pre Passover Lunch No Rabbi Cohen Class Baked Chicken 9 Nisan 24	HC Choir Meeting 3:00 pm Blintzes 10 Nisan 25	Rabbi Gil Shoham 11:30 am Cabbage Rolls 5:49 pm 11 Nisan 26
13 Nisan 28	A Touch Away 12:45 pm No Rabbi White Class Salami & Eggs 14 Nisan 29	CLOSED 15 Nisan 30	Russian Salad 16 Nisan 31	MARCH 2010 Adar/Nisan 5770	

MENU -- Subject to change For SAME DAY LUNCH

Reservations call 913-327-8043 by 9:00 am
Lunch served at noon Mon. - Fri. • Cost \$4 • RESERVATIONS REQUIRED

The following alternative entrées are available each day with advanced notice:
salad, egg salad, tuna salad, gefilte fish.

EVERY MONDAY

Cardio Fitness 10:15 am
Ceramics 10 am
Drama 11 am
One Hour Fitness 11 am
Painting/Drawing 12 pm
Rabbi White Parshat
HaShavuah 12:30 pm
Portrait Class 2:30 pm

EVERY TUESDAY

Chair Yoga 9:30 am
ESL 9:30 am
Cardio Fitness 10 am
Judaic Studies 11 am
Gentle Pilates 11 am
Walk/Water Exercise 1 pm

EVERY WEDNESDAY

Tech Time 9:00 am
Cardio Fitness 10:15 am
Foundation of Art 10 am &
12:30 pm
One Hour Total Fitness 11 am
Heritage Center Singers 11 am
Cohen's Conversation Cafe
12:30 pm

EVERY THURSDAY

Chair Yoga 9:30 am
ESL 9:30 am
Cardio Fitness 10 am
Portraits 10 am
Judaic Studies 11 am
Gentle Pilates 11 am
Bob Gast 11 am
Ceramics 12:30 pm
Tech Time 12:30 pm
Walk/Water Exercise 1 pm
Painting/Drawing 2:30 pm

EVERY FRIDAY

Cardio Fitness 10:15 am
Kinesis 11 & 11:30 am
Pre-Shabbat Lunch Noon



**Bubbe's
Kitchen**

Heritage Center Kosher Carryout
913-327-8046

4 Gourmet Cheese Blintz \$7
12 Gourmet Cheese Blintz \$18
Homemade Mushroom Barley Soup
(14 oz) (dairy) \$3
2 Cabbage Rolls (meat) \$6
4 Cabbage Rolls (meat) \$11
12 Mandel Breit (parve) \$6

Sweet Noodle Kugel

(16 oz) (parve) \$3

From the freezer to the table in
minutes! Available from the Heritage
Center kitchen 8 am - 1 pm.

After 1 pm call 913-327-8043 for pick
up and availability. All proceeds
benefit the Heritage Center.