

# Tuesdays @ the J!

**See you there~**

Chair Exercise:	10:00 a.m. – 11:00 a.m.
Yiddish Conversation Group:	12:45 p.m. – 2:00 p.m.
Senior Chorus / Song Session:	1:00 p.m. – 2:30 p.m.

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## **May Program Calendar** \*

Programs & \*Lunch: 11:00 a.m. – 1:00 p.m. (*\*Lunch \$5 donation*)

### **May 2: Adventist Health Blood Pressure Check & Program**

Lunch: Chicken Chow Mein, Rice, Grated Carrot Salad

### **May 9: Alon Goldstein, Pianist (in the Kreeger Theater)**

Lunch: Veggie Lasagna, Mixed Veggies, Tossed Salad

### **May 16: Sheldon Lehner – “How Well Do You Know The Honeymooners?”**

Lunch: Salmon Croquette, Noodle Pudding, Health Slaw

### **May 23: Aliya Kismet Dancers – Belly Dancers**

Lunch: Salisbury Steak, Rice, Stir-fry Veggies

### **May 30: No Program – Shavout**

Lunch: No Lunch

**For information contact: Linda Wechsler at 301-348-3893 or [lwechsler@benderjccgw.org](mailto:lwechsler@benderjccgw.org).**

