

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.

August Program Calendar *

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

August 1: No Program – Tisha B’Av

Lunch: No Lunch

August 8: Margo Cohen “Laughter Yoga”

Lunch: Chicken Chow Mein, Rice, Grated Carrot Salad

August 15: Ed Laskin and Susan Urban “Sing-a-Long”

Lunch: Spinach/cheese Quiche, Mixed Veggies, Tossed Salad

August 22: Yiddish Bingo

Lunch: Falafel, Hummus, Roast Potatoes, Israeli Salad

August 29: No Program – Summer Recess

Lunch: No Lunch

For information contact:

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