

Tuesdays @ the J!

See you there~

Chair Exercise: Marsha Bokman 10:00 a.m. – 11:00 a.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 7: Mike Kravitz and Bill Stief in Concert!
Lunch: Chicken Marsala, Rice, Veggie Medley

August 14: Harp Happy! “The Good Old USA”
Lunch: Hamburger with Fixings, Oven Fries, Health Slaw

August 21: Adventist Health Care: Blood Pressure Check and
Health Update
Lunch: Baked Salmon, Rice, Veggie Medley

August 28: No meeting

For information contact:

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