



**Jewish Community Center  
of Greater Washington**

6125 Montrose Road  
Rockville, MD 20852  
301.881.0100 | jccgw.org

## We are glad that you are here and welcome!

Come meet new friends, hear cultural topics as well as news of the day, get your blood pressure checked, exercise and come and enjoy a delicious, hot kosher meal! Programming is free but there is a \$5 suggested donation for lunch.

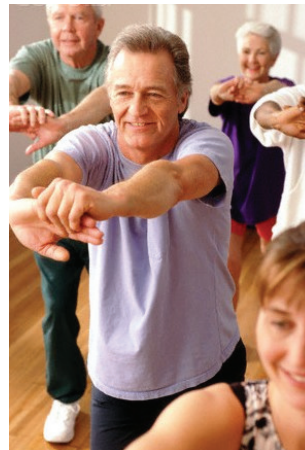
Check out our Coming of Age in Maryland program for active seniors who want to network, participate in outings and have fun.



Jewish Community Center  
of Greater Washington

# Selma Sweetbaum Senior Satellite Programs

Activities geared toward health, fitness and learning.



# We are glad that you are here and welcome!

**We look forward to seeing you soon at one of our upcoming events.**

Come meet new friends, hear cultural topics as well as news of the day, exercise and come and enjoy a delicious, hot kosher meal!

Programming is free but there is a \$5 suggested donation for lunch.

## EVERY MONDAY

<b>Temple Solel • 2901 Mitchellville Rd. • Bowie, MD</b>	<b>Ring House • 1801 E. Jefferson St. • Rockville, MD</b>
• 10:00 a.m. – Current Events Class	• 10:30 a.m.-11:30 a.m. – Chair Exercise
• Noon – Lunch	• Noon – Lunch
• 1:00 p.m.-2:00 p.m. – Tai Chi Class	• 1:15 p.m. – Current Events Discussion

## SECOND (2nd) & FOURTH (4th) WEDNESDAY of EVERY MONTH

## FIRST (1st) & THIRD (3rd) WEDNESDAY of EVERY MONTH

<b>Har Tzeon Agudath Achim • 1840 University Boulevard • Wheaton, MD</b>	<b>Young Israel Shomrei Emunah • 1132 Arcola Ave. • Silver Spring, MD</b>
• 11:00 a.m.-Noon – Meet & Greet; Chair Exercise	• 11:00 a.m. – Chair Exercise
• Noon – Lunch	• Noon – Lunch
• 1:00 p.m.-2:00 p.m. – Program	• 1 p.m.-2 p.m. – Program

## EVERY THURSDAY

<b>Har Tzeon Agudath Achim • 1840 University Boulevard • Wheaton, MD</b>	<b>Ring House • 1801 E. Jefferson St. • Rockville, MD</b>
• 11:00 a.m. – Chair Exercise	• 10:00 a.m.-11 a.m. – Chair Exercise
• Noon – Lunch	• 10:30 a.m.-Noon – Senior Chorus
• 1:00 p.m.-2:00 p.m. – Program	• 10:45-11:45 a.m. – Seniors Organized for Change
	• Noon – Lunch
	• 1:15 p.m.-2:00 p.m. – Program

**For more information, please contact Debbie Sokobin at 301.348.3760 or [dsokobin@jccgw.org](mailto:dsokobin@jccgw.org).**