

# 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.

---

## **June Program Calendar \***

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

**June 5: Delia Zielinski: A Morning of Beautiful Songs**

Lunch: Chicken Marsala, Rice, Veggie Medley

**June 12: Magda Rosenblum: Flower Power!**

Lunch: Tuna Salad, Bagels, Knishes

**June 19: Adventist Health Care: Blood Pressure Check and Health Update**

Lunch: Hamburger with fixings, Oven Fries, Health Slaw

**June 26: Brian Belanger: Television in the 1920's**

Lunch: Eggplant Parmesan, Pasta, Mixed Bean Vinaigrette

**For information contact:**

Linda Wechsler at [lwechsler@benderjccgw.org](mailto:lwechsler@benderjccgw.org). / 301-348-3893

