

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.

July Program Calendar *

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

July 3: No Meeting

July 10: “Jews and Baseball: An American Love Story” DVD
Lunch: Salisbury Steak, Couscous, Stir Fry Veggies

July 17: Adventist Health Care: Blood Pressure Check and
Health Update
Lunch: Tilapia, Noodle Pudding, Spinach Salad

July 24: Joan Stone: “Jin Shin Jyutsu: Using Our Hands to Heal”
Lunch: Chicken Salad, Couscous Medley, Israeli Salad

July 31: Tom Kowalski and Barbara Lutz: “The Singing
Sensations!”
Lunch: Spinach/Cheese Quiche, Mixed Veggies, Tomato/
Cucumber Vinaigrette

For information contact:

Linda Wechsler at lwechsler@benderjccgw.org. / 301-348-3893

