

Tuesdays @ the J!

PROGRAM SCHEDULE

10:00 – 11:00 AM:	Chair Exercise with Marsha Bokman
11:00 AM – 12:00 PM:	Special Program (<i>details provided by date below</i>)
12:00 – 1:00 PM:	Lunch (<i>Suggested \$5 donation</i>)
1:00 – 2:30 PM:	Senior Chorus and Song Session

FEBRUARY PROGRAMS & MENUS

February 5, 2019

Program: *My Trip to Israel* with Marsha Bokman

Lunch Menu: Pasta, Meatballs and Bean Vinaigrette

February 12, 2019

Program: *Hats and Flowers* with Mariet Iosefsohn

Lunch Menu: Chicken Fricassee, Sweet Potatoes and Veggie Medley

February 19, 2019

Program: Blood Pressure Checks & Heart Health with Adventist Health Care

Lunch Menu: Salisbury Steak, Couscous and Ratatouille

February 26, 2019

Program: *Exploring Jewish Scribal Arts* with Linda & Meyer Katzper

Lunch Menu: Tilapia, Spinach Salad and Noodle Pudding

WINTER WEATHER POLICY

Tuesdays @ the J will **NOT** meet if Montgomery County Public Schools have a **delayed opening or are closed**.

For more information, please contact Linda Wechsler at 301.348.3893 or lwechsler@benderjccgw.org.