



Jewish Community Center
of Greater Washington

Tuesdays @ the J!

Beginning October 13, 2015

10:00 a.m. – Chair Exercise, Art Class, etc.

11:00 a.m. – Yiddish Discussion group

12:00 p.m. – Lunch

1:00 p.m. – Stimulating weekly programs

Meet new and old friends, hear cultural speakers as well as news of the day, get your blood pressure checked exercise and enjoy a delicious, hot kosher lunch!*

Tuesday doesn't work for you? Check out these wonderful satellite programs as well:

- Mondays at Temple Solel - Bowie
- Mondays at the Ring House - Rockville
- Wednesdays (1st & 3rd) at Young Israel Shomrei Emunah – Kemp Mill
- Wednesdays (2nd & 4th) at Har Tzeon – Silver Spring
- Thursdays at Har Tzeon - Silver Spring

The programming is free. \$5 suggested donation for the meal. Limited transportation is available.

*Reservations for lunch are required.

For more information, contact Stacy Katz Olivera at 301.348.3889 or solivera@jccgw.org.

