

Lechayim Lunchtime Plus

Find changes, updates and new information about JSS programs on our website, www.jssmadison.org.

PLEASE READ BEFORE ATTENDING:

Masks are optional at our host site, Beth Israel Center. Some individuals will wear masks indoors, especially when in proximity to people they do not live with or know well. As members of a supportive, loving community, we respect that each of us will take precautions we deem necessary and encourage all to be sensitive to the needs of others.

We will have masks available at Lechayim check-in table. We continue to monitor the situation, and will post any changes to policy of our agency or our host. To see Beth Israel Center current practices, visit their webpage: <https://www.bethisraelcenter.org/covid-bic-practices>

Join us for great food, friends, fun and interesting programs at Lechayim Lunchtime Plus.

Meeting at **Beth Israel Center, 1406 Mound Street**, located on the corner of Mound Street and Randall Avenue.

If you would like a meal, contact Jewish Social Services at (608) 442-4083 or email: paul@jssmadison.org by **Wednesday preceding the meal**. If you are 60 years or older, a minimum donation of \$4.50 is suggested, but please only pay what is comfortable for you. The cost of the meal is \$17.20 for those younger than 60 years old.

Many thanks to UW Hillel Adamah Catering for providing our delicious kosher meals!

Monday, May 6

11:00 am -11:30 am: Yoga from a chair

11:30 am -12:15 pm: Roasted chicken w/ Balsamic tomato sauce, (Veg option: seared tofu), herbed Basmati rice, roasted vegetables, fruit salad & dessert

12:30 pm – 1:30 pm: Professor Emma Kuby – French Resistance during WW2

Monday, May 13

11:00 am -11:30 am: Yoga from a chair

11:00 am -12:00 am: Blood pressure screening with Lori Edelstein

11:30 am -12:15 pm: Traditional braised brisket, (Veg option: pesto risotto w/ seared tofu), herbed basmati rice, tri-color carrots, fruit & dessert

12:30 pm – 1:30 pm: Thank you all and Volunteer Appreciation Day ☺!

- *Lechayim ends for season – look for Levy Summer Series schedule – will post dates for new Lechayim season this summer*