

**BUILDING OUR COMMUNITY ONE CUP
OF COFFEE (AND COOKIES) AT A TIME**

Thursday June 27, 2024

4:30 - 6:00 pm

Beth Jacob Social Hall

4715 McTavish Street

(Please use the North door)



Get to know each other better.

Find out more about our community.

Bring questions that are not answered by media.

**Discover a place where we can be safe
and feel that we belong.**

**Help develop a place of no judgement,
Where there is no us and them, only friends...**



Friday musical Kabbalat Shabbat

Let's welcome the Shabbat together with an in-person spiritual service! A dairy potluck will follow the service - You can join with or without a dish. You don't need to RSVP. Please feel free to join.

FRIDAY, JUNE 28TH, 2024

FRIDAY, JULY 19TH, 2024

FRIDAY, AUGUST 16TH, 2024

6 pm, BJS Social Hall

For more information please email:
programedudirector@bethjacobsynagogue.com

CHAIR YOGA

JOIN US FOR A REJUVENATING CHAIR YOGA CLASS THAT WELCOMES ALL AGES AND ABILITIES! DISCOVER THE AMAZING BENEFITS OF GENTLE YOGA POSTURES AND STRETCHES, DESIGNED TO IMPROVE FLEXIBILITY, PROMOTE RELAXATION, AND ENHANCE OVERALL WELL-BEING. THIS INCLUSIVE CLASS IS TAILORED FOR EVERYONE, IF YOU CAN SIT IN CHAIR YOU CAN DO CHAIR YOGA! DON'T MISS OUT ON THE CHANCE TO FIND BALANCE AND HARMONY IN BOTH BODY AND MIND. RESERVE YOUR SPOT NOW!

Date of beginning will be given upon registration

BJS Gym

led by Sacha Wolfson

**FOR MORE INFORMATION AND REGISTRATION:
PROGRAMEDUDIRECTOR@BETHJACOBSYNAGOGUE.COM**

