**PLEASE READ BEFORE ATTENDING:**

*Our host site, Beth Israel Center, strongly recommends attendees have had vaccination and booster, and wear masks when not eating. Jewish Social Services will have masks available at 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 recommendations, visit their webpage:* [https://www.bethisraelcenter.org/covid-bic-practices](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 $15.44 for those younger than 60 years old.

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

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**Monday, December 5**

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

11:30 am -12:15 pm: Maple mustard chicken, (veg option: Maple mustard tofu), Basmati rice, roasted root vegetables, fudge brownies & fresh fruit

12:30 pm – 1:30 pm: Program - TBA

**Monday, December 12**

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

11:30 am -12:15 pm: Braised balsamic chicken, (veg option: Braised balsamic tofu), herb roasted Yukon potatoes & challah rolls, roasted tri-color carrots, fudge brownies & fresh fruit

12:30 pm – 1:30 pm: Hanna & Oz: Israel

*(see reverse side for December 19 meal and program)*
Monday, December 19

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

11:00 am -11:30 am: Complimentary Blood pressure check with Lori Edelstein

11:30 am -12:15 pm: Harissa glazed chicken, (veg option: Sweet potato tagine), potato latkes, garlic green beans, challah rolls, Sufganiyot & fresh fruit

12:30 pm – 1:30 pm: Yid Vicious – Klezmer music