

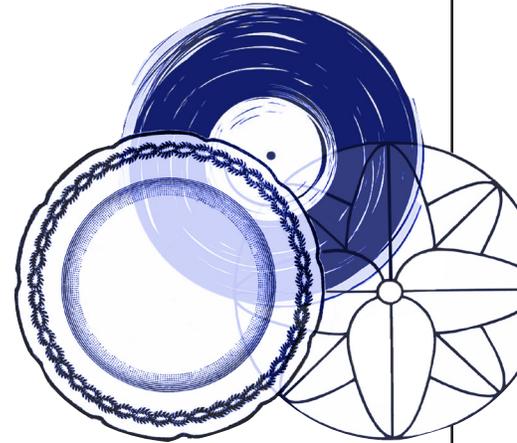
Tuesdays with JF&CS

A series of fun, creative, virtual workshops for all ages offered by JF&CS' Services for Older Adults

Caring for Generations
JF&CS
Jewish Family & Children's Service

POTLUCK Second Tuesday of each month at 10:30 a.m.

Just like a neighborhood potluck, you are invited to bring yourself and a healthy appetite for community to our virtual Potluck program! Each gathering will offer something different: music, storytelling, learning a new artform, pivoting into a new skill, and of course, food! Whatever the topic, each month will be led by a guest artist/facilitator and offer time for connection, delight, and learning.



JUKEBOX Third Tuesday of each month at 10:30 a.m.

Connect with others through shared musical experiences — besides being fun and relaxing, music is also healing! These workshops will offer different opportunities ranging from quiet listening to taking part in music activities together. Each workshop will feature something different — sing-alongs, games such as “name that tune,” storytelling through music, and much more!

SPIRITED AGING Fourth Tuesday of each month at 10:30 a.m.

The Spirited Aging program invites participants to explore together how we understand and find meaning and purpose in the experience of growing older – the challenges, the transitions, the losses, and the joys. This interactive workshop will include how we might turn to music as a resource in our lives and discuss practices to foster wellbeing.

Workshops meet on Tuesdays from 10:30 a.m. to 11:30 a.m. starting March 9, 2021. Participants are welcome to invite family and friends. Workshop facilitators: Libby Arsenault, Mary Curlew, Joshua Min, and Marji Sokoll

Registration is encouraged but not required: http://bit.ly/JFCS_Tuesdays

Zoom info: <http://bit.ly/TuesdaysConnect> (No ID or Passcode needed with link.)

By phone: 1-929-205-6099 Meeting ID: 955 7048 0679 Passcode: 195668

For more information, please contact Mary Curlew at mcurlew@jfcsboston.org.