

ENDLESS OPPORTUNITIES



Endless Opportunities is a community program that offers educational and social events for active adults 60+ to learn, socialize, laugh, and make friends.



Memory and Brain Health: What to Know Now

Tues June 9 • 10:30 am @ SJCC

Memory changes are a normal part of aging, but when should you be concerned? In this two-part series, Dr. Richard A. Mesher, MD, board-certified neurologist, will guide you through what's typical, what may be cause for concern, and when to seek medical advice.

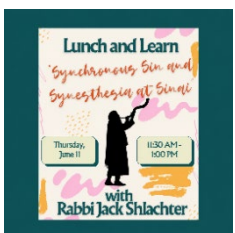
[Registration required](#) – space is limited.



Falls Prevention Clinic

Sat June 6 • 11:00 am @ SJCC

Join us for an informative and interactive session and explore common fall risks including medical conditions, physical changes and other factors that can increase the likelihood of falling. *No registration needed.*



Synchronous Sin and Synesthesia at Sinai with Jack Shlachter Lunch & Learn

Thur June 11 • 11:30 am @ Temple Beth Am

Join physicist and ordained rabbi Jack Shlachter for a Lunch and Learn exploring Jewish interpretations of “seeing sound” at Mount Sinai and the fascinating phenomenon of synesthesia through both science and Jewish tradition. To register visit

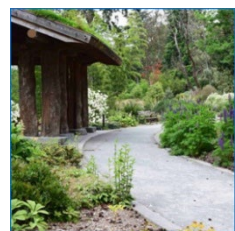
<https://bit.ly/RJSlunch> or call Temple Beth Am at 206-525-0915.



Picnic in the Park

Wed, June 17 • 11:30 am @ Mercedale Park, Mercer Island

Join us at Mercedale Park for a relaxed adult afternoon picnic, conversation and fun. You may bring a side or dessert to share, then spend time chatting, getting to know one another and enjoying the park. [Registration required by June 14.](#)



Walking Tour at UW Pacific Connections Garden

Tues, July 7

Explore the five eco-geographic regions of the Pacific Connections Garden at Washington Park Arboretum on a guided walking tour celebrating the plants, cultures, and landscapes of the Pacific Rim. [Registration is required](#) - space is limited.

Some programs have limited space—please register to reserve your spot.

Learn more at SJCC.org/Endless-Opportunities

Endless Opportunities is made possible by the Stroum Jewish Community Center, and is supported by these sponsors: Congregation Beth Shalom, Congregation Kol Ami, Jewish Family Service, Kline Galland, Temple Beth Am, Temple B'nai Torah, and Temple De Hirsch Sinai.

Stroum Jewish Community Center

Everyone is welcome.

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