

OPEN CAMPUS ADULT PROGRAMMING

Sunday

- 5pm **Meditation-in-Motion** – Tai-Chi-like movements w/ meditative practice; Sawyer Room; \$5 weekly

Tuesday

- 5pm **Leftie Crocheting / Knitting** – All fiber workers welcome!! Instruction and help for left-handers.
- 6pm **Buddhist Meditation** – Sitting meditation practice on chairs or cushions; short Buddhist talk afterward; taught by Buddhist nun

Wednesday

- 5:30 – 6:30pm Dinner
- 6:30pm **Vespers** by Rev. Elwood Sturtevant
- 7 pm, your choice:
 - Elwood's class – **Canticle to the Cosmos**, Library – a scientist's spiritual explanation of the creation and the nature of the Universe
 - **Green Film Festival**, showing Feb 06 -- See the movie series link on the home page
 - **Raising the Roof** – discussion group on TJ topics. Different topic every week centered around the church's five year goals

Thursday

- 6pm, before Movie with the Minister – **Yoga**; fee

Friday

- 7pm **Healthy Living through Weight Management** – Feb 8 topics: Secrets of successful weight loss; Research from the National Weight Control Registry; sharing successful techniques from group members

Wednesday evening Open Campus Menus for February:

Feb 6

Mixed Greens Salad w/assorted toppings
Baked "Fried" Chicken
Mashed Sweet Potatoes
Black-eyed Peas -- Vegetarian
Bread Pudding w/Bourbon Vanilla Sauce

Feb 13

Mixed Greens Salad w/assorted toppings
Eggplant Parmesan ALL
Steamed Carrots
Brownies

Feb 20

Mixed Greens Salad w/assorted toppings
Meatloaf
Green beans
Ratatouille VEG
Pineapple Upside-Down Cake

Feb 27

Mixed Greens Salad w/assorted toppings
Chicken Enchiladas
Spanish Rice
Black Beans w/ Tomatoes & Avocado VEG
Honeybun Cake

Dinner is 5:30 – 6:30 pm. Reservations required by **Tues 12 Noon:**

- Sign up today
- Call the church 425-6943 or Kim Pendley 384-2100
- Email the church, tjuc@insightbb.com, or Kim k.pendley@insightbb.com

Reserved prices: Adult \$7; Child (6 - 10) \$3.50. Family rate \$18 (same household);

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