

NOTICE
ALL SUBMISSIONS MUST BE
EMAILED ONLY TO
BVTIMES@RCN.COM
BY FRIDAYS NOON

Mission of Love Food Bank
 Every Tuesday- Food Bank Program 555 North Main St., Bangor, 10am-12pm. All are invited Bilingual Services. Pastor Frank Pons. (570) 807-7794

Explore Warren County Tourism at:
ExploreWarren.org

Located at 165 County Route 519
 South - Belvidere, NJ 07823
 908-475-6580 / 800-554-8540

Portland Upper Mt. Bethel Food Bank

Located at 111 State St. Portland Pa. and until further notice the PUMP will be open every Monday as normal, AM AND PM: 10 to 11:30 am & 6:00 to 7:30 pm but will deliver food to your car as your number is called in the parking lot. No one but workers will be allowed to go inside. There will be no access to restrooms. Your cooperation during this difficult time is greatly appreciated.

Biking

Delaware Water Gap National Recreation Area - River Road Bushkill, PA (570) 426-2452 Levee Loop Trail - Biking East Stroudsburg, PA (570) 426-1512 info@srosr.org

BIKE TRAIN

ALL ABOARD THE SCENIC BIKE TRAIN!

Hop on the Bike Train and step back in time. Enjoy a relaxing 25 mile train ride through the Lehigh Gorge. Then, pedal your bike back down to Jim Thorpe at your own pace along the Lehigh Gorge Rail Trail.

Advance Tickets/reservations Are Required For The Bike Train And Can Be Made By Calling The Blue Mountain & Northern Railroad (Aka Lehigh Gorge Scenic Railway) Directly At

Wineries in the Poconos

Pocono wineries offer a unique and relaxing getaway. Tour a winery and unwind while sampling the many varieties of vintages available at our vineyards. From hip downtown wine bars like RAW Urban Winery & Hard Cider, Tolino Vineyards and Wild Elder Wine and Cider Co. to scenic properties like Mountain View Vineyard Winery and Sorrenti Cherry Valley Vineyards where rows of grapes are spread out on the hill before you, these wineries are located throughout our four-county region, so a Pocono vineyard experience is close to you no matter where you travel.

Pocono wine tours, wine tastings and special wine pairing events and dinners make it easy to discover new, locally-crafted, one-of-a-kind flavors. Check out specials at Three Hammers Winery in Hawley, Soaked Winery in Milford, Eagles Rest Cellars in Stroudsburg and Wine & More on 1st in Lehighton. Whether looking for a bachelorette party or relaxing with your spouse, browse the wineries in the Poconos below to

Jewish Federation of the Lehigh Valley
www.jewishlehighvalley.org/

SATURDAY, FEBRUARY 3

Family Movie Night and Havdalah

6:30 p.m., Jay's Local

Join the Young Leadership at the cafe-style eatery Jay's Local for a family-friendly movie and Havdalah. Snacks and drinks will be served. Come in your PJs and bring a blanket and pillow! Register.

ONGOING EVENTS

FIRST OR SECOND SUNDAY OF THE MONTH

Bnai Shalom Cash Bingo

1 p.m., Congregation Bnai Shalom

Join Bnai Shalom for its monthly bingo games on the first Sunday of most months but on the second Sunday of September and December. There's no game in October. For more information call 610-258-5343.

MONDAYS

Yiddish Club

2-3:30 p.m., JCC via Zoom

Experience the joys of Yiddish via Zoom as part of Adults at the J. The group meets weekly to discuss topics like cooking, humor, music and all kinds of entertainment in the Yiddish language. All are welcome to join this lively weekly discussion. There is something for everyone no matter if you know a few words or are a fluent speaker. Enjoy fun, fellowship, stories and more. Participants Zoom in from five states. No cost. Call 610-435-3571, ext. 501.

MONDAYS AND THURSDAYS

Online Jewish Yoga Studio

Mondays 11-11:45 a.m., Thursdays 4-4:45 p.m., Institute for Jewish Spirituality

Mindful body practices help people find shelter right where they are, in their bodies, in this very moment. Join yoga teacher and IJS faculty member Rabbi Myriam Klotz or Cantor Lizzie Sham-mash as she guides you in an all-levels yoga and movement session informed by Jewish spiritual teachings and designed to relieve stress as participants increase awareness of breath and grounding through their bodies. Open to all. No experience needed. Sign up now.

TUESDAYS

Weekly Torah Study

11:45 a.m.-12:15 p.m., Institute for Jewish Spirituality

Rabbi Jonathan Slater will lead the weekly program "Torah Study to Sustain the Soul," aimed at addressing an aspect of spiritual life that will help participants navigate this time of uncertainty and isolation. Open to all. No previous knowledge needed. Sign up now.

WEDNESDAYS

Yoga with Miriam Sandler: Chair-Supported Yoga

1-2 p.m., Congregation Brith Shalom Participants sit in a comfortable chair, preferably armless (folding works well). Some standing poses holding onto a

chair are offered, though students may choose to remain seated. Modifications are given. Open to the public in person, and live stream available to all via Zoom. \$10 drop-in fee payable to Congregation Brith Shalom. For more information, email mbserow@gmail.com. Join the Zoom meeting here.

WEDNESDAYS

Torah Studies: A Weekly Journey into the Soul of Torah

7 p.m., Chabad of the Lehigh Valley in person and via Zoom

Torah Studies by the Jewish Learning Institute presents Season One 5784, a 12-part series, in person and via Zoom. Cost is \$54 for the course, including textbook. For more information, call 610-351-6511 or email rabbi@chabadlehighvalley.com.

EVERY OTHER WEDNESDAY

Hadassah Study Group

12:30 p.m., via Zoom

The group discusses short stories from an anthology. Always welcoming new participants. Contact mjclaire@gmail.com or 610-972-7054 to sign up.

THURSDAYS

Basic Yiddish Class

4-5:30 p.m., Jewish Community Center via Zoom

Learn to read, write, speak and comprehend Yiddish. Textbooks from the Yiddish Book Center available for purchase. Call 610-435-3571, ext. 501.

FRIDAYS

Kol HaEmek

8:30-9:30 a.m., WMUH 91.7

Radio show with Cantor Wartell. For information go to muhlenberg.edu/wmuu.

SATURDAYS

KI Torah Study

9:30-11 a.m., Congregation Keneseth Israel

Join Rabbi Shoshanah Tornberg for a study session making sense of the week's Torah portion. Enter the building through the 23rd Street door. For more information, contact Rabbi Tornberg using the form at kilv.org.

SATURDAYS

Wisdom of the Talmud Class

After Shabbat Lunch and Schmooze, Congregation Brith Shalom

Join Rabbi Michael Singer in a discussion about Jewish law, ethics, customs and history as found in the pages of the Talmud. The fall-winter class begins a new volume of the Talmud: "Mesechet Megillah." Books are available in the synagogue office.

No previous Talmud study required. For information email tammy@brithsholom.net or call 610-866-8009.

DAILY

Jewish Broadcasting Service

JBS is a Jewish television channel featuring daily news from Israel; leading Jewish figures, issues and events of Jewish importance; call-in programs; Jewish studies; 92nd Street Y; live

Friday and holiday services for those at home; children's programs; films; music; books; and entertainment. Click here.

DAILY

Congregation Sons of Israel Minyanim Shacharit 6:30 a.m. Mondays and Thursdays; 6:45 a.m. Tuesdays, Wednesdays and Fridays; and 8:30 a.m. Sundays

Congregation Sons of Israel welcomes all to its daily Shacharis and Mincha/Maariv services in the main sanctuary of the synagogue. Please check the synagogue website for the weekly listing of the starting time for Mincha/Maariv. If you have any questions regarding the minyan, please call the synagogue office at 610-433-6089.

MONDAY THROUGH FRIDAY

Daily Online Meditation

12:30 p.m., Institute for Jewish Spirituality One of the master teachers leads a live daily guided meditation. Join with people from around the world to share 30 minutes of Jewish mindfulness. Open to all. No experience needed. Sign up now.

Donut Sale

Tuesday, February 13, 2024

Christ Evangelical Lutheran Church

703 S. Delaware Drive, Mt. Bethel, PA
 Orders & information: Chrissy 610-588-0809

Northampton AARP Chapter 3915 will meet on February 14, 2024, at the Northampton Banquet and Events Center, 1601 Laubach Avenue, Northampton PA 18067. Doors will open at 11:00 a.m. All members are cordially invited to attend. We welcome new members to visit or join. Members please bring your favorite cake, cup cakes or cookies for our refreshment table. IF WE HAVE INCLEMENT WEATHER AND THE NORTHAMPTON AREA SCHOOL DISTRICT IS CLOSED OR A LATE START WE WILL NOT HAVE A MEETING. Please bring your current National and local membership cards with you. Currently we will meet in the Atlas Room.



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