

# Jewish Teens Of the Valley Programming January 2010



A COLLECTIVE OF UPPER PIONEER VALLEY JEWISH TEENS

Jewish Teens Of the Valley (JTOV) is a collective of Upper Pioneer Valley teens in grades 6-12. There are a lot of programs to choose from this month! Hope to see you at one of them!

Contact [jtovteens@gmail.com](mailto:jtovteens@gmail.com) with any questions.



**Thursday, January 21st**

**4-7pm**

**JVCorps at Amherst Survival Center**

Join teens from the region to help prepare, serve and clean-up dinner. Teens can sign up for a time slot (4-

5:30 or 5:15-7).

**Sunday, January 10th 4-6pm**

***Rosh Hodesh: It's A Girl Thing***

Rosh Hodesh: It's a Girl Thing are groups for girls in grades 7-10 that are fun, cool, and interesting ways to engage with other female-identified teens and increase Jewish identity. New group forming for 6th graders! Email for location.



**Tuesday, January 12th**

**5-6:30pm**

**Inspirit Common**

***JYoga: Jewish Yoga for Teens***

Join your friends for a physical and spiritual opening through Yoga. Taught by a licensed yoga instructor and master educator, you will be amazed by how much more relaxed and better you feel! Open to teens in grades 6-12. \$36 for the whole year or \$8 per class.

**SAVE THE DATE!**  
**Snow Tubing with JTOV**  
**Sunday, February 23rd**  
**More information to come!**