






# Kosher Senior Café – March 2021

Meals are delivered to your door on  
**Mondays, Wednesdays, and Fridays**  
 You will receive 2 meals on Monday and Wednesday

Reservations are required  
 Neal # 401-678-6464  
 JCS main # 401-331-1244  
**Suggested donation: \$3 for lunch**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 100% Juice <b>Bagel with Lox</b> Fruit Vegetable Sticks Chips	<b>2</b> 100% Juice <b>Tuna Sandwich</b> <b>Whole Grain Bread</b> Fruit Vegetables Chips	<b>3</b> 100% Juice <b>Pasta with Meat Sauce</b> Fruit Vegetable Sticks Chips	<b>4</b> 100% Juice <b>Chicken Patty</b> Fruit Vegetable Sticks Chips	<b>5</b> 100% Juice <b>Chicken Salad</b> <b>Sandwich</b> Fruit, Vegetable Sticks Chips
<b>8</b> 100% Juice <b>Vegetarian “Chicken”</b> <b>Parmesan Sandwich</b> Fruit, Vegetable Sticks Chips	<b>9</b> 100% Juice <b>Vegetable Quiche</b> Fruit Vegetable Sticks Chips	<b>10</b> 100% Juice <b>Chicken &amp; Vegetable</b> <b>Lo Mein</b> Fruit Chips	<b>11</b> 100% Juice <b>Vegetable Pizza</b> Fruit Vegetable Sticks Chips	<b>12</b> 100% Juice <b>Teriyaki Salmon</b> Tossed Salad Fruit Chips
<b>15</b> 100% Juice <b>Chefs Salad</b> <b>with Cheese</b> Fruit Cookies	<b>16</b> 100% Juice <b>Egg Salad Sandwich</b> <b>Whole Grain Bread</b> Fruit Vegetables Chips	<b>17</b> 100% Juice <b>Seafood “Crab” Cakes</b> Fruit Tossed Salad	<b>18</b> 100% Juice <b>Tuna Sandwich</b> <b>Whole Grain Bread</b> Fruit Vegetable Sticks Chips	<b>19</b> 100% Juice <b>Grilled Cheese</b> Fruit, Vegetable Sticks Chips
<b>22</b> 100% Juice <b>Egg &amp; Cheese Muffin</b> Fruit Vegetable Sticks Chips	<b>23</b> 100% Juice <b>Baked Ziti</b> Fruit Vegetable Sticks Chips	<b>24</b> 100% Juice <b>Spinach Pie</b> Fruit Chips	<b>25</b> 100% Juice <b>Vegetable Pizza</b> Fruit Chips	<b>26</b> 100% Juice <b>Brisket</b> Fruit, vegetable Chips
<b>29</b> No Meal Delivery  	<b>30</b>  <b>Meal will be delivered</b> <b>later in week</b>	<b>31</b> 100% Juice <b>Apricot Glazed Chicken</b> Potatoes Vegetables	 Blackstone Health  	Contact Tim at Blackstone Health with concerns regarding food allergies <b>365-1101</b>

# **Zoom Programming for the Kosher Senior Café**

**~ March 2021 ~**

**JOIN US EVERY TUESDAY & THURSDAY**

**Please note the new link:**

<https://us02web.zoom.us/j/88945232153?pwd=UjcyVVVhd1Y1Z0F1bGRsWEZpb3M0UT09>

**Or Call: 1-929-205-6099**

**Meeting ID: 889 4523 2153 Passcode: 363455**

## **Meetings - Every Tuesday:**

**11:30-12:00 Chair Yoga**

**12:00-1:00 Lunch and Free form discussion with Neal and/or guest speaker**

**3/2 Book Club:**

*Don't Cry For Me Hot Pastrami: A Ruby, the Rabbi's Wife Mystery* by Sharon Kahn

*Love and Other Impossible Pursuits* by Ayelet Waldman

**3/9 "Exploring Relationships" with Tara and Shana from JCS Keshet Program**

**3/16 "Pharmacy 101" URI Pharmacy**

**3/23 "Who is Shelby Fontaine" with JCS MSW Intern, Shelby Fontaine**

**3/30 "Passover of Hope" with Rabbi Rick Jacobs**

## **Meetings - Every Thursday**

**11:30-12:00 Chair Yoga**

**12:00-1:00 Kibbitz & Lunch with Neal and Guest**

**3/4 "Or on Israel" with Or Cohen**

**3/11 Susie's Corner with Susie Adler**

**3/18 "March Book Club" *The Lost Shtetl* by Max Gross**

**3/25 Rabbi Goldwasser**