



# Kosher Senior Cafe

## DECEMBER 2021

**HANUKKAH PARTY ON FRIDAY THE 3RD!!**  
 JOIN US AT THE JCC AT 11:00-1:00 PM  
 ENJOY LIVE MUSIC BY  
 STANLEY FREEDMAN & SOUNDS OF SIMCHA

MON

TUE

WED

THU

FRI

JCS Kosher Senior Cafe is supported by:  
 The Jewish Alliance of Greater RI  
 & Blackstone Health

**Contact Tim at Blackstone Health  
 with concerns regarding food allergies:  
 401-365-1101**

Corn Chowder **1**  
**Fish**  
**with Crumb Topping**  
 Sweet Potatoes  
 Green beans  
 Fresh Fruit

Mixed Bean Soup **2**  
**Egg Salad Grinder**  
 on Wheat Roll  
 Vegetable Pasta Salad  
 Fresh Fruit

Butternut Squash Soup **3**  
**Salmon Croquettes**  
 Potato Latkes  
 Sour Cream & Applesauce  
 Candied Carrots  
 Hanukah Cookies, Challah

100% Orange Juice **6**  
**Scrambled Eggs**  
 Hash Browns  
 Spinach, Bread  
 Fresh Fruit

Barley Soup **7**  
**Chef Salad with Tuna  
 & Cheese**  
 Multi Grain Bread,  
 Tapioca Pudding

Split Pea Soup **8**  
**American Chop Suey**  
 Broccoli  
 Sliced Peaches

Tomato Soup **9**  
**Noodle Kugel  
 with Sour Cream**  
 Scoop of Egg Salad  
 Glazed Carrots  
 Fresh Fruit

Chicken Orzo Soup **10**  
**Pineapple Chicken**  
 Roasted Potatoes  
 Baby Carrots  
 Strawberry Cake  
 Challah

100% Apple Juice **13**  
**Baked Ziti**  
 Green Beans  
 Fresh Fruit

Vegetable Soup **14**  
**Cheese Quesadilla**  
 Sour Cream, Guacamole  
 Brown Rice & Beans  
 Tossed Salad  
 Oatmeal Cookie

100% Pineapple Juice **15**  
**Pepper Steak**  
 Zucchini, Brown Rice  
 Fruit Cocktail

French Onion Soup **16**  
**Cheese Quiche**  
 Home Fries  
 Peppers and Onions  
 Chilled Apricots

Chicken Soup **17**  
**Brisket**  
 Kasha Varnishkes  
 Broccoli, Challah  
 Chocolate Cake

Lentil Soup **20**  
**Blueberry Blintz's**  
 with Sour Cream  
 Carrots  
 Butterscotch Pudding

Potato Leek Soup **21**  
**Sloppy Joe**  
 Whole Wheat Bun  
 Sweet Potato Fries  
 Fresh Fruit

Caesar Salad **22**  
**Roasted Chicken**  
 Roasted Potatoes  
 Carrots  
 Fresh Fruit

Cabbage Soup **23**  
**Spinach & Cheese  
 Calzone**  
 Tossed Salad  
 Vanilla Pudding

**Closed**

Lentil Soup **27**  
**Seafood Salad**  
 Carrots  
 Cucumber  
 Fresh Fruit

100% Apple Juice **28**  
**Chicken Pot Pie**  
 with Peas, Carrots, &  
 Potatoes  
 Spiced Apples

Cabbage Soup **29**  
**Egg Salad Sandwich**  
 Lettuce & Tomato  
 Three Bean Salad  
 Chocolate Pudding

Vegetable Soup **30**  
**Eggplant Rollatini**  
 Pasta & Marinara Sauce  
 Tossed Salad  
 Fruit Cocktail

**Closed**

**RESERVATIONS ARE  
 REQUIRED, PLEASE CALL:  
 NEAL # 401-421-4111 X 107**

Meals are served at  
 the Dwares JCC  
 Mondays Through Thursday  
 & at Temple Sinai on Fridays

**Suggested donation:  
 \$3 for lunch**

Join us on Zoom  
 or in person Activities  
**See backside for  
 the weekly schedule!**



Blackstone  
 Health

# Join us on Zoom - or in Person

using this link:

<https://us02web.zoom.us/j/84607021801?pwd=d0dGTTcxTIFBVXAzcFcyOG9McXB3QT09>

Or Call: 1-929-205-6099

Meeting ID: 846 0702 1801

Passcode: 250659

## In-Person (at the Dwares JCC) & on Zoom - Every Monday and Wednesday

**11:00-11:45**

**“Exercise for Everyone” with Laura Goodwin**

**Exercise Science Professional, Personal Coach (<http://www.empowerRI.com>)**

## Meetings - Every Tuesday

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

**12:00-1:00** Lunch & Free form discussion

**12/7** Winter Fun and Games

**12/14** Susie’s Corner with Susie Adler, Coordinator of Jewish Eldercare of RI

**12/21** Winter Solstice

**12/28** A long winter: The value of sleep

## Meetings - Every Thursday

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

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

**12/2** Sunrise - Sunset

**12/9** Fruits and Vegetables, What to Eat

**12/16** Book Club, Book to be determined

**12/23** What's new at the Holocaust Education Center

**12/30** Happy New Year in America,

**If you use email and do not receive emails from me, please contact me at [neal@jfsri.org](mailto:neal@jfsri.org)**