



# Kosher Meals on Wheels

## MAY 2022

MON	TUE	WED	THU	FRI
-----	-----	-----	-----	-----

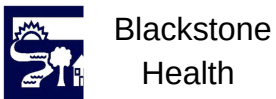
**RESERVATIONS ARE REQUIRED, PLEASE CALL; NEAL # 401-421-4111 X 107**

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

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

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

<b>2</b> Lentil Soup Tuna and Egg Salad <b>Lettuce and Tomato</b> whole grain bread Fresh Fruit	<b>3</b> Cream of Potato Soup <b>Spinach Rollatini</b> <b>Vegetable</b> Fresh Fruit	<b>4</b> Vegetable Soup <b>Hamburger on Whole Wheat Bun</b> Tater Tots Carrots Fresh Fruit	<b>5</b> Split Pea Soup <b>Bagels</b> Scrambled Eggs Letuce & Tomato Melon	<b>6</b> Chicken Noodle soup <b>Honey Garlic chicken</b> Roasted Potatoes Green Beans Marble Cake Challah
<b>9</b> Soup <b>Vegetable Pizza</b> Carrots Canned Peaches	<b>10</b> Cream of Vegetable <b>Salmon Cakes</b> Potatoes Vegetable Melon	<b>11</b> Soup <b>Cheese Quesadillas</b> Rice Vegetables Sliced Pinapple	<b>12</b> Onion Soup <b>Breaded Fish</b> Roasted Potato Carrots Fresh Fruit	<b>13</b> Chicken Noodle soup <b>Teriyaki Chicken</b> Mashed Sweet Potatoes Zucchini Apple Cobbler Challah
<b>16</b> Soup <b>Baked Zitti</b> Mixed Vegetables Fresh Fruit	<b>17</b> Soup <b>Quiche</b> Vegetable Pudding	<b>18</b> Soup <b>Potatoe Knish</b> Vegetable Fresh Fruit	<b>19</b> Tomato Soup <b>Grilled Cheese with Tomato</b> 3 Bean Salad Chips Sliced peaches	<b>20</b> Chicken Noodle soup <b>Chicken</b> Roasted Potatoes Mashed Poatoes Brownies Challah
<b>23</b> Minestrone Soup <b>Noodle Kusel</b> Zucchini Pear Halves	<b>24</b> Soup <b>Salmon Patties</b> Spaghetti and Marinara Whole Grain Bread Fresh Fruit	<b>25</b> Soup <b>Shepards Pie (mashed potatoes and corn)</b> Whole Grain Bread Jello	<b>26</b> Lentil Barley and Spinach Soup <b>Egg Salad Sandwich</b> Lettuce and Tomato Cole Slaw Fresh Fruit	<b>27</b> Chicken Noodle soup <b>Stuffed Chicken</b> Glazed Carrots Roasted Poatoes Sugar Cookies Challah
<b>30</b> CLOSED Memorial Day	<b>31</b> Cream of Broccoli Soup <b>Crumbed Fish</b> Vegetable Baked Potatoe Fresh Fruit	JCS Kosher Meals on Wheels is supported by: The Jewish Alliance of Greater RI & Meals on Wheels of RI <b>Contact Meals on Wheels with concerns regarding food allergies: 401-351-6700</b>		



# On Zoom - or in Person

Join us on Zoom using this link:

<https://us02web.zoom.us/j/7316265990?pwd=dnAyRFdVZXJDUmhBSEphNko2MVF4dz09>

Or Call: 1-929-205-6099

Meeting ID: 731 626 5990

Passcode: 655768

## 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>)

*Sponsored by the City of Providence*

## In-Person (at the Dwares JCC) & on Zoom Meetings - Every Tuesday and Thursday

**11:00-12:00 (unless otherwise noted)**

- 5/3 Elaine's World
- 5/5 11:00-11:45 Yoga with Tony
- 5/10 Susie's Corner with Susie Adler, Coordinator of Jewish Elder Care RI
- 5/12 11:00-11:45 Yoga with Tony
- 5/17 Elaine's World
- 5/19 Book Club, Book TBD
- 5/24 Israeli Emissary (Shaliach) Amit Moshe Oren, “On Israel”
- 5/26 Yoga with Neal
- 5/31 Yoga with Neal

## In-Person Fridays (at the Temple Sinai Kosher Senior Cafe')

**11:00-12:00 (unless otherwise noted)**

- 4/8 Vini Ames
- 4/29 Juan Garces, MD, Patient Educator
- 5/20 Music with Susan McLeod
- 5/ 27 URI Pharmacy

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