



Kosher Senior Cafe

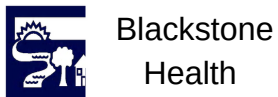
MAY 2022

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!**



MON	TUE	WED	THU	FRI
2 Vegetable Soup Tuna and Egg Salad Tossed Salad Whole Grain Bread Fresh Fruit	3 Cream of Potato Soup Eggplant Rollatini Tossed Salad Fresh Fruit	4 Vegetable Soup Hamburger on Whole Wheat Buns French Fries Carrots Fresh Fruit	5 Cream of Vegetable Soup Waffles Yogurt, Granola Melon	6 Matzo Ball Soup Honey Garlic chicken Green Beans Roasted Potatoes Challah Marble Cake
9 Tossed Salad Vegetable Pizza Carrots Sliced Peaches	10 Tossed Salad Chicken Stir Fry Peppers/ Onions Brown Rice Pineapple Slice	11 100% Orange Juice Bagels W/ Lox, Cream Cheese, Lettuce, Tomato, Red Onion 3 Bean Salad Melon	12 Onion Soup Breaded Fish Roasted Potatoes Carrots Fresh Fruit	13 Chicken Noodle Soup Teriyaki Chicken Jerusalem Kugel Roasted Zucchini Challah Apple Cobbler
16 Caeser Salad Tortellini with Marinara Sauce Mixed Vegetables Fresh Fruit	17 Tossed Salad Vegetable Lasagna Garlic Bread Chocolate Pudding	18 100% Apple Juice Chicken and Vegetable Lo Mein Egg Rolls Whole Grain Bread Pineapple Chunks	19 Tomato Soup Grilled Cheese with Tomato Tossed Salad Sliced Peaches	20 Chicken Noodle Soup Pesto Chicken Roasted Vegetables Mashed Potatoes Challah Brownie
23 Minestrone Soup Perogies with Onions and Sour Cream Zucchini Pear Halves	24 Tossed Salad Salmon Patties Spaghetti with Marinara Whole Grain Bread Fresh Fruit	25 Tossed Salad Shepard's Pie Mashed Potatoes Zucchini Whole Grain Bread Jello	26 Barley Spinach Soup Noodle Kugel Carrots Plain Greek Yogurt Whole Grain Bread Fresh Fruit	27 Chicken Noodle Soup Stuffed Chicken Glazed Carrots Roasted Potatoes Challah Sugar Cookies
30 Closed Memorial Day	31 Creamy Broccoli Soup Blintz Souffle' Sour Cream Tossed Salad Whole Grain Bread Fresh Fruit	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

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