



# Kosher Meals on Wheels

## JANUARY 2023

To receive delivery of Kosher Meals on Wheels 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 back side for the weekly schedule!



MON	TUE	WED	THU	FRI
<b>Closed in observance of the New Years Day Holiday</b> 2	Corn Chowder 3 <b>Fish with Crumb top</b> Rice Pilaf Mixed Squash Chocolate Pudding	Cream of Tomato Soup 4 <b>Vegetables &amp; Cheese Quesadillas</b> Rice & Beans Fresh Fruit	Lentil Soup 5 <b>Egg Salad Sandwich with Lettuce &amp; Tomato</b> Pasta Salad Chilled Peaches	Chicken Soup 6 <b>Chicken Cacciatore</b> Brown Rice Green Beans Coffee Cake, Challah
Minestrone Soup 9 <b>Vegetable Lasagna</b> Whole Grain Bread Chunked Pineapple	Beet Borscht 10 <b>Bagels &amp; Lox</b> Cream Cheese, Lettuce, Tomato, & Red Onion Fresh Fruit	Barley Soup 11 <b>Vegetable Cheese Quiche</b> Home Fries Chocolate Pudding	Onion Soup 12 <b>Tuna Salad</b> Whole Grain Bread Broccoli Potatoe Chips Fresh Fruit	Chicken Soup 13 <b>Apricot Chicken</b> Mashed Potatoes Zucchini Strawberry Cake Challah
<b>Closed for Martin Luther King Jr. Day</b> 16	Lentil Soup 17 <b>Noodle Kugel</b> Sour Cream Carrots Butterscotch Pudding	Barley Mushroom Soup 18 <b>Fish with Crumb Top</b> Brown Rice Pilaf Mixed Vegetables Dices Pears	Split Pea Soup 19 <b>Potato Knishes</b> Israeli Salad Fresh Fruit	Chicken Soup 20 <b>Meatloaf with Gravy</b> Mashed Sweet Potato Broccoli Apple Cobbler, Challah
Lentil Soup 23 <b>Vegetable Pizza</b> Sliced Carrots Cinnamon Apples	Vegetable Soup 24 <b>Seafood Salad</b> Whole Grain Bread Vegetable Pasta Salad Fresh Fruit	Squash Soup 25 <b>Chicken salad</b> Tossed Salad French Fries Spiced Apples	Tossed Salad 26 <b>Vegetarian Chili with Cheese</b> Tortilla Chips Broccoli Fresh Fruit	Chicken Soup 27 <b>Chicken Piccata</b> Rice Roasted Vegetables Chocolate Chip Cookies Challah
Cauliflower Soup 30 <b>Spinach &amp; Cheese Calzones</b> Sliced Carrots Fruit Cocktail	Minestrone Soup 31 <b>Hot Dog on a Roll</b> Baked Beans Coleslaw Fresh Fruit	<b>Contact Meals on Wheels of RI with concerns regarding food allergies: 401-351-6700</b>		

# January Events - Join on Zoom or in-person

Join us on Zoom using this link:

<https://us02web.zoom.us/j/7316265990?pwd=dnAyRFdVZXJDUmhBSEphNko2MVV4dz09>

Or Call: 1-929-205-6099

Meeting ID: 731 626 5990

Passcode: 655768

Tuesday and Thursday activities are in-person at the Dwares JCC and Friday at Temple Sinai, unless otherwise noted

Most Tuesday and Thursday activities can be accessed by the Zoom link above

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

- 1/3 Jewish New Year VS Secular New Year
- 1/4 Senior Living, with Emily Otis, from Wingate
- 1/5 Chair Yoga with Neal
- 1/6 URI Pharmacy, Winter Health, In-Person only, Friday at Temple Sinai Kosher Senior Cafe'
- 1/10 Susie's Corner with Susie Adler, Coordinator of Jewish Elder Care RI
- 1/12 Yoga with Tony
- 1/13 Big Money Bingo, In-Person only, Friday at Temple Sinai Kosher Senior Cafe'
- 1/17 Dr. Martin Luther King Jr.'s Influence on Today's World
- 1/18 Cooking with Neal & Elaine, Chef Mort Kessler's Hermits
- 1/19 Book Club, *Bookish People*, by Susan Coll
- 1/20 January Birthday Celebration with Live Music TBA, In-Person only, Friday at Temple Sinai Kosher Senior Cafe'
- 1/24 Cabin Fever, Effects, and Solutions
- 1/26 Chair Yoga with Neal
- 1/27 Senior Living, with Emily Otis, From Wingate
- 1/31 History of the Reform Movement

## Save the Dates:

- 3/3 **Purim Party**, in person only at the Dwares JCC

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