



Kosher Senior Cafe' JANUARY 2023

**Reservations
Are Required
Please Call Neal
401-421-4111 X 107**

**Meals are served
at the Dwares JCC
Monday - Thursday
and Temple Sinai on
Friday**

*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
Closed in observance of the New Years Day Holiday 2	Tossed Salad 3 Breaded Flounder Rice Pilaf Mixed Squash Fresh Fruit	Cucumber Tomato Salad 4 Sloppy Joes Hamburger Bun French Fries Chilled Peaches	Cesar Salad 5 Vegetable Calzone Fresh Fruit with Greek Yogurt	Chicken Soup 6 Chicken Cacciatore Brown Rice Winter Squash Marble Cake, Challah
Tossed Salad 9 Vegetable Lasagna Fruit cocktail	Corn Chowder 10 Fish with Crumb Top Roasted Potatoes Steamed Zucchini Chocolate Pudding	Egg Drop Soup 11 Sesame Chicken Brown Rice Egg Roll Mandarin Oranges	Onion Soup 12 Tuna Salad Whole Grain Bread Tossed Salad Fresh Fruit	Chicken Soup 13 Roast Beef Mashed Potatoes Mixed Squash Fruit Turnover, Challah
Closed for Martin Luther King Jr. Day 16	Israeli Salad 17 Falafel & Hummus Cheese Borekas Pita Bread Fresh Fruit	Tossed Salad 18 Beef Stew with Carrots & Potatoes Whole Grain Bread Fresh Fruit	Tomato Rice Soup 19 Fried Ravioli with Marinara Sauce Mixed Vegetables Pineapple Chunks	Chicken Soup 20 Pineapple Chicken Kasha Varnishkes Roasted Root Veggies Blueberry Crumble, Challah
Tossed Salad 23 Meat Pizza Sour Cream Baby Carrots Chilled Peaches	Lentil Spinach Soup 24 Pizza Baguette Tossed Salad Fresh Fruit Greek Yogurt	Tossed Salad 25 Chicken salad Whole Grain Bread French Fries Spiced Apples	Cabbage Soup 26 Sushi Salad Cole Slaw Whole Wheat Bread Pear Halfs	Chicken Soup 27 Chicken Piccata Rice Roasted Vegetables Chocolate Chip Cookies Challah
Cauliflower Soup 30 Pancakes Yogurt, Granola, Walnuts, & Syrup Sliced Peaches	Minestrone Soup 31 Potato Perogies Carrots Whole Grain Bread Fresh Fruit with Yogurt	For concerns regarding food allergies, please call Tim at Blackstone Health 401-365-1101		

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