



Kosher Senior Cafe

MARCH 2023

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	Vegetable Soup Cheese Pizza Ceasar Salad Fresh Fruit	Egg Drop Soup Chicken Lo Mein Peppers & Onions Fresh Fruit	Purim Party Corn Chowder Honey Mustard Salmon Sweet Potatoes Roasted Cauliflower Hamantaschen, Challah
Tomato Rice Soup Vegetable Quesadillas with Cheese & Beans Sour Cream Dices Pears	Tossed Salad Crumb Topped Fish Smashed Potatoes Sweet Peas Pinapple Tidbits	100% Apple Juice Spaghetti & Meatballs Steamed Zucchini Garlic Bread Sliced Peaches	Fruit Salad French Toast Yogurt / granola / walnuts	Chicken Soup Roasted Chicken Roasted Potatoes Green Beans Rugelach Challah
Caesar Salad Vegetable Cheese Pizza Fresh Fruit Whole Grain Bread	Tossed Salad Cheese Blintzes Sour Cream Chocolate Pudding	100% Orange Juice Chicken Burritos Rice & Beans Tossed Salad Sliced Peaches	Bean Soup Scrambled Eggs with Vegetables, & Cheese Home Fries Whole Grain Bread Vanilla Pudding	Chicken Noodle Soup Lemon Chicken Roasted Red Potatoes Steamed Broccoli Apple Strudel Challah
Minestrone Soup Vegetable Calzones Tossed Salad Pineapple Chunks	Squash Bisque Macaroni & Cheese Taco Salad Fresh Fruit	Cabbage Soup Beef Turnovers Roasted Sweet Potatoes Diced Pears	100% Apple Juice Quiche with Caramelized Onions, Mushrooms & Cheese Tossed Salad Fresh Fruit	Model Passover Seder Matzo Ball Soup Apricot Glazed Chicken Potato Kugel Glazed Carrots Jelly Roll, Egg Matzo
Cranberry Juice Shakshuka (Eggs in Tomato Sauce) Israeli Salad Whole Wheat Roll Fresh Fruit	Mushroom Barley Soup Ravioli & Marinara Sauce Steamed Broccoli Garlic Bread Sliced Peaches	100% Orange Juice Veal Sausages W/ Bun Peppers & Onions Fresh Fruit	Tossed Salad Fish Nugget Taco Coleslaw Tortillas Melon	Chicken Soup Sweet & Sour Brisket Mashed Potatoes Green Beans Apple Crisp Challah

Reservations Are Required
Please call Neal
401-421-4111 X 107

Meals are served at The Dwares JCC
Monday - Thursday and Dwares JCC Friday

*Suggested donation:
\$3 for lunch*

Join us on Zoom or in person for Activities
See back side for the weekly schedule!



March Events - Join 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

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

Tuesday & Thursday activities are accessed by the Zoom link above.

Wednesdays are in person only at Dwares JCC, Exercise with Laura Goodwin 11:00-11:45

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

- 3/2 Chair Yoga with Neal
- 3/3 Purim Party, in person only at the Dwares JCC
- 3/6 Hamantaschen Baking
- 3/7 Live and on Zoom "Reading of the Megillah"
- 3/9 Yoga with Tony
- 3/10 Big Money Bingo, In-Person only, Friday at Temple Sinai Kosher Senior Cafe'
- 3/14 Susie's Corner with Susie Adler, Coordinator of Jewish Elder Care RI
- 3/16 Book Club, The Matchmaker's Gift, By Lynda Cohen Loigman
- 3/17 February Birthday Celebration, In-Person only, Friday at the Dwares JCC Kosher Senior Cafe
- 3/20 Cooking with Neal & Elaine, Chocolate Covered Strawberries
- 3/21 Flowers & Judaism, 8 Facts
- 3/23 Chair Yoga with Neal
- 3/24 Community Model Passover Seder, in person only at the Dwares JCC
- 3/27 On Israeli, with Elihay Skital, Israeli Shaliach - Emissary
- 3/28 History of Jews in Florida
- 3/30 Chair Yoga with Neal
- 3/31 Susie's Corner with Susie Adler, Coordinator of Jewish Elder Care RI, in person only at Temple Emanuel

If you use email and do not receive emails from me, please contact me at neal@jfsri.org