



# Kosher Senior Café

## JANUARY 2023 MEALS



MON	TUE	WED	THU	FRI
1 <b>CLOSED FOR NEW YEARS DAY</b>	2 Tossed Salad Breaded Flounder Brown Rice Pilaf Squash Fresh Fruit	3 Tossed Salad Sloppy Joes Whole Wheat Hamburger Bun French Fries Fruit Cocktail	4 Tossed Salad Spinach Pie Rice and Lentils Fresh Fruit	5 Chicken Soup Chicken Cacciatore Steamed Rice Mixed Squash Challah Cake
8 Tossed Salad Vegetable Lasagna Garlic Bread Chilled Peaches	9 Corn Chowder Fish with Crumb Topping Roasted Sweet Potatoes Steamed Zucchini Chocolate Pudding	10 Egg Drop Soup Sesame Chicken Steamed Rice Egg Rolls Mandarin Oranges	11 Onion Soup Tuna Salad Whole Grain Bread Tossed Salad Fresh Fruit	12 Chicken Soup Roast Beef & Gravy Mashed Potatoes Zucchini Challah Apple Turnover
15 <b>CLOSED FOR MARTIN LUTHER KING DAY</b>	16 Tomato Soup Fried Ravioli Vegetables Marinara Sauce Pineapple	17 Tossed Salad Beef Stew Carrots & Potatoes Whole Grain Bread Fresh Fruit	18 Israeli Salad Falafel Hummus Cheese Borekas Pita Bread Fresh Fruit	19 Chicken Soup Pineapple Chicken Kasha Varnishkes Roasted Vegetables Challah Blueberry Crumble
22 Tossed Salad Spaghetti & Meatballs Carrots Fruit Cocktail	23 Lentil Soup Pizza Baguette Tossed Salad Greek Yogurt Fresh Fruit	24 Tossed Salad Chicken Salad Whole Grain Bread French Fries Diced Pears	25 Cabbage Soup Sushi Salad Coleslaw Whole Wheat Bread Fruit Salad	26 Chicken Noodle Soup Chicken Piccata Steamed Rice Roasted Vegetables Challah Chocolate Cookies
29 Cauliflower Soup Pancakes Yogurt with Granola, Walnuts, & Syrup Fruit Cocktail	30 Minestrone Soup Potato Perogies Carrots Greek Yogurt Whole Grain Bread Fresh Fruit	31 Egg Drop Soup Chicken Lo mein Peppers & Onions Fresh Fruit	<p><b>*Seniors and adults with disabilities of all faiths and backgrounds are welcome to attend.</b></p>	

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

Reservations are Required  
 Please call Neal Drobniś  
 401-421-4111 X 107

**Suggested \$3.00 Donation**

Contact Tim at  
**Blackstone Health** with  
 concerns regarding  
 food allergies: 401-365-1101

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





# JANUARY 2023 ACTIVITIES



MON	TUE	WED	THU	FRI
1 Closed New Years	2 New Year New Me	3 Chair Yoga with Neal	4 Yoga with Tony	5 The Groden Center presents on Disabilities Awareness
8 Fun And Games For All	9 The Soups of our People	10 Chair Yoga with Neal	11 Jews of Italy	12 Big Money Bingo
15 Closed for MLK DAY	16 Staying Warm	17 Chair Yoga with Neal	18 Am Yisrael Chai	19 Live Music Celebrating January Birthdays
22 Scrabble For All	23 Shouting at the Television	24 Chair Yoga with Neal	25 Book Chat with Neal	26 Tu B'Shevat New Year for Trees
29 Black Jack For All	30 Jewish Winter Sports	31 Chair Yoga with Neal	*Seniors and adults with disabilities of all faiths and backgrounds are welcome to attend.	

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

Wednesdays are in-person at Dwares JCC, and on Zoom  
Chair Yoga with Neal  
11:00-11:45  
Call: 401-421-4111 x107

**UPCOMING EVENTS**

**1/5/24**  
Presentation by  
Groden Center

**2/9/24**  
Sweetheart Dance  
with live music

If you use email and do not already receive emails from us, please contact [neal@jcsri.org](mailto:neal@jcsri.org)