



JCS' Senior Café

FEBRUARY 2024 MEALS



MON

TUE

WED

THU

FRI

***Seniors and adults with disabilities of all faiths and backgrounds are welcome to attend.**

5

Lentil Spinach Soup
Pizza Bagels
Salad
Peaches

6

Tossed Salad
Sole Florentine
Rice
Whole Grain Bread
Pudding

7

100% Apple Juice
Beef Stew
Potatoes
Mixed Vegetables
Whole Grain Bread
Mandarin Oranges

8

Broccoli Soup
Blintzes
Sour Cream
Chopped Salad
Fresh Fruit

9

Chicken Soup
Stuffed Cabbage
Smashed Potatoes
Honey Carrots
Challah
Strawberry Shortcake

12

Split Pea Soup
Perogies & Onions
Sour Cream
Peas
Fresh Fruit

13

Tossed Salad
Waffles
Yogurt / Granola
Syrup
Melon

14

Vegetable Soup
Shnitzel (Breaded Chicken)
Yellow Rice
Cauliflower
Whole Grain Bread
Sliced Peaches

15

Tossed Salad
Fish Cakes
Roasted Potatoes
Corn
Whole Grain Bread
Cookies

16

Chicken Soup
Cranberry Chicken
Sweet Potatoes
Garlic Green Beans
Challah
Brownie

19

Lentil Soup
Egg Salad Sandwich
Lettuce & Tomato
Home Fries
Fruit Cocktail

20

Minestrone Soup
Chicken Parm
Spaghetti
Peas and Corn
Whole Grain Bread
Fresh Fruit

21

100% Apple Juice
Chicken Fajitas
Onions and Peppers
Rice, Salsa
Chunked Pineapple

22

French Onion Soup
Cheese Pizza
Tossed Salad
Whole Grain Bread
Jello

23

Chicken Soup
Chicken Bruschetta
Rice Pilaf
Zucchini & Squash
Challah
Banana Bread

26

Vegetable Soup
Cheese Quesadillas
Brown Rice with Beans
Peppers
Fresh Fruit Salad

27

Potato Soup
Eggplant
Parmesan
Salad
Garlic Bread
Cookies

28

Tossed Salad
BBQ Pulled Chicken
Sandwiches
Dill Pickle
Spiced Apples

29

Split Pea Soup
Chef Salad
with Egg & Cheese
Whole Grain Bread
Tapioca Pudding

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

Reservations are required
Please call Neal Drobnis
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!

Sponsored by



Blackstone
Health



Kosher Senior Café

- The Kosher Senior Cafés in Providence (Monday-Thursday) and Cranston (Friday) offer delicious kosher lunches and an opportunity to socialize for older adults and those with disabilities. Activities and entertainment contribute to the fun social atmosphere, drawing participants into a vibrant community.
- All seniors (regardless of religion) age 60 and older, as well as younger adults with a disability, are eligible to dine at the Kosher Senior Cafés.
- Reservations are required two days in advance for meals. There is a suggested donation of \$3 per meal for eligible adults to cover some costs of the café. (All donations are made anonymously, and no eligible participants are turned away if they are unable to donate.)
- There is no charge for scheduled social activities.
- The Kosher Senior Cafés are part of Jewish Collaborative Services' kosher nutrition program. For those who are unable to travel, JCS also offers Kosher Meals on Wheels.

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

2/9/24
Sweetheart Dance w/Live Music from Beyond the Sea

3/22/24
Purim Party (Prizes for Best Costume)

FEBRUARY 2024 ACTIVITIES

MON	TUE	WED	THU	FRI
			1 Yoga with Tony	2 URI Pharmacy Strengthening Your Immune System
5 Poetry Slam	6 Group Discussion on American Theater	7 Chair Yoga 	8 What does L'dor Vador Mean?	9 Sweetheart Dance 
12 Challenging Word Search 	13 Secret History of Mardi Gras	14 Chair Yoga	15 Book Club	16 Big Money Bingo 
19 Jeopardy: American Presidents	20 Yiddish Literature in the 21st Century	21 Chair Yoga 	22 Fun and Games: Trivia about George Washington	23 Black Jack with JC (Yes, there will be prizes!) 
26 Math Games	27 The Ancestors Echoing Within Us	28 Chair Yoga	29 Fun and Games: Commercial Trivia	

If you use email and do not already receive emails from us, please contact neal@jcsri.org