



JCS' Senior Café

MARCH 2024 MEALS

MON

TUE

WED

THU

FRI

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

4

Tomato Soup
Vegetable, beans & Cheese Quesadillas
Sour Cream
Pineapple Chunks

5

Tossed Salad
Crumb Top fish
Smashed Potatoes, Peas
Fresh Fruit

6

100% Apple Juice
Whole Wheat Spaghetti and Meat Balls
Zucchini
Sliced Peaches

7

Fruit Salad
French Toast
Scrambled Eggs
Yogurt, granola, & walnuts

8

Chicken Soup
Roasted Chicken
Roasted Potatoes
Green Beans
Challah
Rugelach

11

Caesar Salad
Vegetable Cheese Pizza
Fresh Fruit Salad

12

Tossed Salad
Cheese Blintzes
Sour Cream
Pudding

13

Orange Juice
Chicken Burritos
Rice & Beans
Tossed Salad
Sliced Peaches

14

Bean Soup
Vegetable Frittata
Home fries
Whole Grain Bread
Vanilla Pudding

15

Chicken Soup
Lemon Chicken
Roasted Potatoes
Glazed Carrots
Challah
Apple Strudel

18

Minestrone Soup
Veggie Calzones
Tossed Salad
Pineapple Chunks

19

Squash Bisque
Mac & Cheese
Taco Salad
Fresh Fruit

20

Cabbage Soup
Beef Turnovers
Roasted Sweet Potatoes
Pear Halves

21

100% Apple Juice
Cheese Quiche
Tossed Salad
Fresh Fruit

22

Corn Chowder
Honey Mustard Salmon
Sweet Potatoes
Cauliflower
Challah
Hamantaschen

25

Cranberry Juice
Shakshuka (Eggs in tomato sauce)
Israeli Salad
Fresh Fruit
Whole Wheat Roll

26

Barley Soup
Ravioli
Marinara Sauce
Steamed Broccoli
Garlic Bread
Pineapple Slices

27

Orange Juice
Veal Sausages on Whole Wheat Bun
Peppers and Onions
Fresh Fruit

28

Tossed Salad
Fish Tacos
Coleslaw
Tortillas
Melon

29

Chicken Soup
Chicken Cacciatore
Mashed Potatoes
Green Beans
Challah
Apple Crisp



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

MARCH 2024 ACTIVITIES

MON	TUE	WED	THU	FRI
				1 URI Pharmacy Arthritis
4 Poetry Slam	5 Great women through time	6 Chair Yoga 	7 Yoga with Tony	8  Big Money Bingo
11 Challenging Word Search 	12 Quotes about Peace	13 Chair Yoga	14 My Jewish Learning: Confronting our Dark Sides	15 More Games with JC (Yes, there will be prizes!) 
18 Baking Hamantaschen	19 How we experience Time	20 Chair Yoga 	21 Book Club	22 Purim Party at Temple Sinai 
25 Math Games	26 Between Nationalism + Ethics	27 Chair Yoga	28 Lion of Judah	29  Chair Yoga

UPCOMING EVENTS

3/22/24
Purim Party
at
Temple Sinai
11 AM-1 PM
(Prizes for Best
Costume)

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