



# JCS' Senior Café

## MAY 2024 MEALS



**MON**

**TUE**

**WED**

**THU**

**FRI**

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

Vegetable Soup **1**  
Hamburger  
Whole Wheat Bun  
French Fries  
Carrots  
Fresh Fruit

Orange Juice **2**  
Bagels  
Scrambled Eggs  
Taco Salad  
Melon

Chicken Soup **3**  
Honey Chicken  
Green Beans  
Roasted Potatoes  
Challah  
Marble Cake

**6**  
Vegetable Soup  
Hamburger  
Whole Wheat Bun  
French Fries  
Carrots  
Fresh Fruit

**7**  
Potato Soup  
Eggplant Rollatini  
Tossed Salad  
Fresh Fruit

**8**  
Tossed Salad  
Chicken Stir Fry  
Peppers & Onions  
Brown Rice  
Pineapple Slices

**9**  
Onion Soup  
Crumb top Fish  
Roasted Potatoes  
Carrots  
Fresh Fruit

**10**  
Corn Chowder  
Teriyaki Salmon  
Jerusalem Kugel  
Roasted Zucchini  
Challah  
Apple Cobbler

**13**  
Caeser Salad  
Tortellini with  
Marinara Sauce  
Mixed Vegetables  
Fresh Fruit

**14**  
Broccoli Soup  
Blintz Souffle  
Sour Cream  
Taco Salad  
Whole Grain Bread  
Fresh Fruit

**15**  
Pineapple Juice  
Chicken  
Vegetable Lo Mein  
Egg Rolls  
Whole Grain Bread  
Pineapple Chunks

**16**  
Tomato Soup  
Grilled Cheese  
with Tomato  
Tossed Salad with  
Beans  
Sliced Peaches

**17**  
Chicken Soup  
Pesto Chicken  
Roasted Vegetables  
Mashed Potatoes  
Challah  
Brownies

**20**  
Minestrone Soup  
Perogies with  
Onions  
Broccoli  
Pear Halves

**21**  
100% Apple Juice  
Tuna Sandwich  
Pretzels  
Banana

**22**  
Tossed Salad  
Shepard's Pie  
Mashed Potatoes  
Zucchini  
Jello

**23**  
Spinach Soup  
Noodle Kugel  
Carrots  
Plain Greek Yogurt  
Whole Grain Bread  
Fresh Fruit

**24**  
Chicken Soup  
Chicken Cacciatore  
Rice Pilaf  
Carrots  
Challah  
Marble Cake

**27**  
Closed  
Memorial Day

**28**  
Minestrone Soup  
Tortellini with  
Alfredo Sauce  
Tossed Salad  
Sliced Peaches

**29**  
Tossed Salad  
Tuna or Egg Salad  
Vegetable Soup  
Whole Grain Bread  
Fresh Fruit

**30**  
Tossed Salad  
Vegetable Lasagna  
Garlic Bread  
Pudding

**31**  
Chicken Soup  
Brisket  
Smashed Potatoes  
Green Beans  
Oatmeal Cookies  
Challah

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 Café, held in Providence (Monday–Thursday) and in Cranston (Friday), offers delicious kosher lunches and an opportunity to socialize for older adults and those with disabilities.
- Activities and entertainment contribute to the social atmosphere, drawing attendees 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 Café.
- Reservations are required two days in advance for meals. There is a suggested donation of \$3 per meal to help cover costs of the café. (All donations are made anonymously, and no eligible participant will be turned away if they are unable to donate.) There is no charge for scheduled social activities.
- The Kosher Senior Café is part of JCS’s nutrition program. For those who are unable to travel, JCS also offers Kosher Meals on Wheels.

Experience our Tuesday, Wednesday, and Thursday activities firsthand at the Dwares JCC, or join us virtually LIVE on ZOOM!

[Click Here to Access Zoom](#) or look for Neals Weekly Email!

Mondays are held at the JCC, and Friday at Temple Sinai, unless otherwise noted.

## MAY 2024 ACTIVITIES

MON	TUE	WED	THU	FRI
		1 Yoga with Tony	2 May Day for All	3 URI Pharmacy Summer Health
6 Poetry Slam	7 Coco Channel	8 Chair Yoga	9 Dreams and Traditions	10 Mothers Day Celebration
13 Israeli History Trivia	14 Israeli Jeopardy	15 Chair Yoga 	16 Book Club Atomic Anna	17 May Birthdays With Vini Ames
20 Flower Photograph	21 Field Trip to the Roger Williams Botanical Gardens	22 Chair Yoga	23 The Pope, the King, and the Jews	24  Big Money Bingo
27 Closed Memorial Day	28 Memorial Day Remembered	29 Chair Yoga	30 Photo Share (Bring your Photos of summers past)	31 Painting with Daisy

### UPCOMING EVENTS

6/28  
Anniversary Party  
at  
Temple Sinai

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