

Stamford JCC Senior Adult Program | April 2018 Events

Senior Adult Program - Monday, Tuesday, Thursday and Friday

RSVPs required for all luncheons and transportation:

Please call by Tuesday at noon for Thursday and Friday lunch.

Please call Thursday at noon for Monday and Tuesday lunch.

Luncheon - \$4 suggested donation.

Transportation each way - \$2/round trip - \$3 (suggested donation)

Call Connie Cirillo Freeman at 203.487.0983 or email cfreeman@stamfordjcc.org

Passover Schedule

Friday, April 6 | Yizkor Passover: No Program or Lunch, JCC open regular hours for causal use

SPECIAL EVENT: Wednesday, April 18

Israel@70 Yom HaZikaron/Yom Atzmuot Community Celebration at the JCC · 4:30 - 9 p.m

Mondays

12 p.m. Luncheon - \$4 suggested donation

Tuesdays & Thursdays

10:15 a.m. Strength in Chairs

11 a.m. Life Enhancement Classes/Presentations

12 p.m. Luncheon - \$4 suggested donation

Fridays

9:30 a.m. Movie Time

12 p.m. Shabbat Luncheon - \$4 suggested donation

Monday, April 2

10 a.m. "Games & Gab"

12 p.m. "Soup & Sandwich" Luncheon - Please call 203.487.0983 by Thursday, Mar. 29 for reservations. \$4 suggested donation.

Tuesday, April 3

11 a.m. "Let's Talk" - Sheila Duggan, Schoke JFS **or**

11 a.m. "Philosophic Discussion Group" - Dr. Herbert Roseman, PhD, MBA

12 p.m. Luncheon - Please call 203.487.0983 by Thursday, Mar. 29 for reservations. \$4 suggested donation.

Thursday, April 5

9:45 - 11:15 a.m. Blood Pressure Screening, Visiting Nurse & Hospice

11 a.m. "Passover Traditions with KinderPlace"

12 p.m. Luncheon - Please call 203.487.0983 by Tuesday, Apr. 3 for reservations. \$4 suggested donation.

Friday, April 6 | Yizkor Passover

No Program or Lunch, JCC open regular hours for causal use

Monday, April 9

10 a.m. "Games & Gab"

12 p.m. "Soup & Sandwich" Luncheon - Please call 203.487.0983 by Thursday, Apr. 5 for reservations. \$4 suggested donation.

Tuesday, April 10

11 a.m. "Let's Talk" - Sheila Duggan, Schoke JFS

12 p.m. Luncheon - Please call 203.487.0983 by Thursday, Apr. 5 for reservations. \$4 suggested donation.

Thursday, April 12

11 a.m. "Stamford Symphony – Behind the Scenes" – Russell Jones, Stamford Symphony CEO

12 p.m. Luncheon - Please call 203.487.0983 by Tuesday, Apr. 10 for reservations. \$4 suggested donation.

Friday, April 13

9:30 a.m. Movie

12 p.m. Luncheon - Please call 203.487.0983 by Tuesday, Apr. 10 for reservations. \$4 suggested donation.

Monday, April 16

10 a.m. "Games & Gab"

12 p.m. "Soup & Sandwich" Luncheon - Please call 203.487.0983 by Thursday, Apr. 12 for reservations. \$4 suggested donation.

Tuesday, April 17

11 a.m. "Let's Talk" - Sheila Duggan, Schoke JFS **or**

11 a.m. "Philosophic Discussion Group" - Dr. Herbert Roseman, PhD, MBA

12 p.m. Luncheon - Please call 203.487.0983 by Thursday, Apr. 12 1 for reservations.

Wednesday, April 18 · 4:30 p.m. - 9 p.m.

Israel@70 Yom HaZikaron/Yom Atzmuot Community Celebration at the JCC

Thursday, April 19

11 a.m. "De-Clutter Your Life - Learn how getting organized and de-cluttering your life can lead to a sense of wellbeing" – Kathrine B. Lasberg, JD,BSN,RN, Community Health Coordinator, Visiting Nurse and Hospice of Fairfield County

12 p.m. Luncheon - Please call 203.487.0983 by Tuesday, Apr. 17 for reservations. \$4 suggested donation.

Friday, April 20

9:30 a.m. Movie

12 p.m. Luncheon - Please call 203.487.0983 by Tuesday, Apr. 17 for reservations. \$4 suggested donation.

Monday, April 23

10 a.m. "Games & Gab"

12 p.m. "Soup & Sandwich" Luncheon - Please call 203.487.0983 by Thursday, Apr. 19 for reservations. \$4 suggested donation.

Tuesday, April 24

11 a.m. "Let's Talk" - Sheila Duggan, Schoke JFS

12 p.m. Birthday Luncheon - Please call 203.487.0983 by Thursday, Apr. 19 for reservations. \$4 suggested donation.

Thursday, April 26

11 a.m. "Aging Gracefully" - Audrey Schechter, RN, BSN, MSN

12 p.m. Luncheon - Please call 203.487.0983 by Tuesday, Apr. 24 for reservations. \$4 suggested donation.

Friday, April 27

9:30 a.m. Movie

12 p.m. Luncheon - Please call 203.487.0983 by Tuesday, Apr. 24 for reservations. \$4 suggested donation.

Monday, April 30

10 a.m. "Games & Gab"

10:30 a.m. – 12 p.m. "Brain Fitness" Memory & Recall Skills

Dr. Toby Lazarus, Schoke JFS Brain Fitness Coordinator. Please call 203.487.0983 by Thursday, Mar. 1 to register. For more information contact Dr. Toby Lazarus at 203.921.4161 ext. 121 or email tlazarus@ctjfs.org. **Admission:** \$8 Members / \$10 Community

12 p.m. "Soup & Sandwich" Luncheon - Please call 203.487.0983 by Thursday, Apr. 26 for reservations. \$4 suggested donation.

April 2018 Senior Kosher Lunch Menu at The J

MONDAY	TUESDAY	THURSDAY	FRIDAY
2 Vegetable Soup Sweet & Sour Meatballs Vegetable Kugel Matzos Macaroons Apples	3 Mushroom Soup Eggplant Marinara Potato Kugel Carrots Matzos Brownies Oranges	5 Chicken Soup Roasted Chicken Mashed Potatoes Spinach Matzos Fruit Cobbler	6 PASSOVER No Program or Lunch
9 Veggie Bean Soup De Jour Hot Sliced Turkey with Gravy Baked Sweet Potatoes Rye & Rolls Tossed Salad with Dressing Loaf Cake Apples	10 Chicken Soup Sweet n' Sour Meatballs Seasonal Vegetables Mashed Potatoes Cookies Rolls Apples	12 Lentil Soup Filet of Sole Florentine Brown Rice with Mushrooms Multigrain Bread Chocolate Chip Cookies Oranges	13 Chicken Soup Chicken Cacciatore Peppers & Onions Noodles Challah Roll Apple Crumb Cake
16 Veggie Bean Soup De Jour Hot Sliced Roast Beef with Gravy Rye & Rolls Mixed Vegetables Cookies Apples	17 Minestrone Soup Chicken Schnitzel Roasted Yams String Beans Rolls Fruit Salad	19 Mushroom Soup Tilapia with Olives & Tomatoes Rice Pilaf Garden Salad Multigrain Bread Lemon Pound Cake Bananas	20 Butternut Squash Soup Shake & Bake Chicken Mashed Potatoes with Gravy Glazed Carrots Challah Roll Baked Peach Dessert
23 Veggie Bean Soup De Jour Hot Sliced Corned Beef Cole Slaw Potato Salad Rye & Rolls Cookies Apples	24 BIRTHDAY LUNCHEON Minestrone Soup Fettuccini Bolognese Garden Salad Italian Bread Chocolate Birthday Cake	26 Vegetable Soup Sliced Turkey & Roast Beef Israeli Salad Potato Salad Rye & Rolls Brownies Apples	27 Matzo Ball Soup Chicken & Rice with Gravy Sautéed Spinach Garden Salad Challah Roll Blondies Oranges
30 Veggie Bean Soup De Jour Spaghetti & Turkey Meatballs Caesar Salad Garlic Bread Loaf Cake Apples			Soup 6 oz. Entrée 4 oz. Vegetable 4 oz. Starch 4 oz. Fruit or fruit juice 4 oz. Milk 1% 8 oz. avail to take home Fruit or dessert option available If non-fruit dessert is chosen 4 oz juice is available