

# Stamford JCC Senior Adult Program | January 2018 Events

Senior Adult Program - Monday, Tuesday, Thursday and Friday

## Holiday Closing

Monday, January 1 | Fitness Center, Gym and Pool open 7:30 a.m. – 1 p.m.

**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](mailto:cfreeman@stamfordjcc.org)**

### 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, January 1

**No Program or Lunch**

Fitness Center, Gym and Pool open 7:30 a.m. - 1 p.m.

### Tuesday, January 2

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

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

**12 p.m. Luncheon** - Please call 203.487.0983 by Wednesday, Dec. 27 for reservations.  
\$4 suggested donation.

### Thursday, January 4

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

**12 p.m. Luncheon** - Please call 203.487.0983 by Tuesday, Jan. 2 for reservations.  
\$4 suggested donation.

### Friday, January 5

**9:30 a.m. Movie**

**12 p.m. Luncheon** - Please call 203.487.0983 by Tuesday, Jan. 2 for reservations.  
\$4 suggested donation.

### Monday, January 8

**10 a.m. "Games & Gab"**

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

### Tuesday, January 9

**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, Jan. 4 for reservations.  
\$4 suggested donation.

### Thursday, January 11

**11:00 a.m. "Current Events"**

**12 p.m. Luncheon** - Please call 203.487.0983 by Tuesday, Jan. 9 for reservations.  
\$4 suggested donation.

### Friday, January 12

**9:30 a.m. Movie**

**11 a.m. Visually Impaired Support Group** – Lindie Gatling & Jonathan Gansfried,  
CT Bureau of Education & Services for the Blind

**12 p.m. Luncheon** - Please call 203.487.0983 by Tuesday, Jan. 9 for reservations.  
\$4 suggested donation.

### Monday, January 15

**10 a.m. "Games & Gab"**

**12 p.m. "Soup & Sandwich" Luncheon** - Please call 203.487.0983 by Thursday, Jan. 11 for  
reservations. \$4 suggested donation.

### Tuesday, January 16

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

**12 p.m. Luncheon** - Please call 203.487.0983 by Thursday, Jan. 11 for reservations.  
\$4 suggested donation.

### Thursday, January 18

**11 a.m. Boker Tov, Israel! | The Sticker Song: From Bumper to Bumper**

Yael Stolarsky, JCC Israeli Shlichah

*Bumper stickers, slogans and graffiti are phenomena that play important roles in Israeli society. They speak volumes about Israel's politics, values, culture and passions. The Sticker Song was written by veteran Israeli author and intellectual. See how this hip hop recitation of Israeli bumper stickers reflects the many facets of Israel.*

**12 p.m. Luncheon** - Please call 203.487.0983 by Tuesday, Jan. 16 for reservations.  
\$4 suggested donation.

### Friday, January 19

9:30 a.m. Movie

11 a.m. **Shabbat Sing-Along with pre-K JCC Sara Walker Nursery School**

12 p.m. **Luncheon** - Please call 203.487.0983 by Tuesday, Jan. 16 for reservations.

\$4 suggested donation.

### Monday, January 22

10 a.m. "Games & Gab"

10:30 a.m. – 12 p.m. "Brain Fitness" – Toby Lazarus, Schoke JFS Brain Fitness Coordinator.

**Please note: For additional information or to register please contact Toby Lazarus at 203.921.4161 ext. 121 or email [tlazarus@ctjfs.org](mailto:tlazarus@ctjfs.org).** Introductory session – no charge

12 p.m. **Luncheon** - Please call 203.487.0983 by Thursday, Jan. 18 for reservations.

\$4 suggested donation.

### Tuesday, January 23

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, Jan. 18 for reservations.

\$4 suggested donation

### Thursday, January 25

11 a.m. "Current Events" **or**

11 a.m. "Technology 101 - How to Use Your Cellphone, Tablet or Laptop," The St. Luke's 8<sup>th</sup> grade students will be here to answer your technology questions & teach you tricks of the trade.

**Please Note: Call 203.487.0983 by Thursday, January 18 to register. No charge.**

12 p.m. **Luncheon** - Please call 203.487.0983 by Tuesday, Jan. 23 for reservations.

\$4 suggested donation.

### Friday, January 26

9:30 a.m. Movie **or**

10 a.m. "Technology 101 - How to Use Your Cellphone, Tablet or Laptop," The St. Luke's 8<sup>th</sup> grade students will be here to answer your technology questions & teach you tricks of the trade. **Please Note: Call 203.487.0983 by Thursday, Jan. 18 to register. No charge.**

12 p.m. **Luncheon** - Please call 203.487.0983 by Tuesday, Jan. 23 for reservations.

\$4 suggested donation.

### Monday, January 29

10 a.m. "Games & Gab"

12 p.m. "Soup & Sandwich" **Luncheon** - Please call 203.487.0983 by Thursday, Jan. 25 for reservations. \$4 suggested donation.

### Tuesday, January 30

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

12 p.m. **Birthday Luncheon** - Please call 203.487.0983 by Thursday, Jan. 25 for reservations.

\$4 suggested donation.