

Stamford JCC Senior Adult Program | November 2018

Holiday Closing

Thursday, November 22 | Thanksgiving - No Program or Lunch

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

Welcoming in Shabbat Luncheon: Fridays | 12 – 1 p.m.

Come together each week to celebrate Shabbat with your JCC family. Enjoy a hot kosher meal. **Reservations required by Tuesday.** Cancellations: Call as soon as possible. \$6 suggested donation.

Transportation: Tuesdays, Thursdays & Fridays

Call Mondays to make reservations.

Members \$5 round trip \$3 one way / **Community** \$8 round trip \$5 one way

For Lunch and Transportation Reservations

Contact Connie Cirillo Freeman, Director, Senior Adult Services at 203.487.0983 or cfreeman@stamfordjcc.org.

Fitness Class Strength in Chairs: Tuesdays & Thursdays | 10:15 – 11 a.m.

Exercises performed while sitting in a chair or standing by a chair that encourage strength, mobility and balance.

Members Free / **Community** \$10

WEEKLY SCHEDULE

Mondays

12 – 4 p.m. Games & Gab

Tuesdays & Thursdays

10:15 a.m. Strength in Chairs

11 a.m. Let's Talk, Current Events, Aging Gracefully, Life Enhancement Classes, Activities

12 p.m. "Soosh Senior Special" Lunch - available for purchase

12 – 4 p.m. Games & Gab

Wednesdays

12 – 4 p.m. Games & Gab

Fridays

9:30 a.m. Movie Time

12 p.m. Shabbat, Birthday and Holiday Lunches

12 – 4 p.m. Games & Gab

Thursday, Nov. 1

10:15 a.m. "Strength in Chairs"

9:30 a.m. JCC Arts & Film Festival Senior Matinee – no charge for 65+.

Transportation to State Cinema - Van Reservations required by Tuesday, Oct 30, at noon. \$6 Members/\$9 Community

10 a.m. Film Screening - "Back to Berlin"

Film follows 11 Israeli motor bikers carrying the Maccabi torch from Tel Aviv to Berlin, retracing the tracks of original 1931 Maccabiah riders.

12 – 4 p.m. "Games & Gab"

Friday, Nov. 2

9:30 a.m. Movie

12 p.m. Shabbat Luncheon - Please call 203.487.0983 by Tuesday, Oct. 30 for reservations. \$6 suggested donation.

12 – 4 p.m. "Games & Gab"

Monday, Nov. 5

12 – 4 p.m. "Games & Gab"

Tuesday, Nov. 6

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

10:15 a.m. "Strength in Chairs"

11 a.m. "Let's Talk", Helene Wurtzel, Schoke Jewish Family Service

12 – 4 p.m. "Games & Gab"

Thursday, Nov. 8

10:15 a.m. "Strength in Chairs"

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

12 – 4 p.m. "Games & Gab"

Friday, Nov. 9

9:30 a.m. Movie

12 p.m. Shabbat Luncheon - Please call 203.487.0983 by Tuesday, Nov. 6 for reservations. \$6 suggested donation.

12 – 4 p.m. "Games & Gab"

Monday, Nov. 12

12 – 4 p.m. "Games & Gab"

Tuesday, Nov. 13

10:15 a.m. "Strength in Chairs"

11 a.m. "Let's Talk" – Helene Wurtzel, Schoke JFS or

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

12 – 4 p.m. "Games & Gab"

Thursday, Nov. 15

10:15 a.m. "Strength in Chairs"

11 a.m. "Current Events & Timely Topics" – Larry Ginsberg, Esq.

12 - 4 p.m. "Games & Gab"

Friday, Nov. 16 | Thanksgiving Luncheon

Join us for entertainment and a traditional Thanksgiving meal, generously sponsored by Marsha Shendell for the senior community.

11 a.m. Entertainment by Gary Kahn

12 p.m. Luncheon

Reservations required by Wednesday, Nov. 7. Please contact Connie Cirillo Freeman at 203.487.0983 or cfreeman@stamfordjcc.org. Free to all seniors. Donations suggested.

12 - 4 p.m. "Games & Gab"

Monday, Nov. 19

12 - 4 p.m. "Games & Gab"

Tuesday, Nov. 20

10:15 a.m. "Strength in Chairs"

11 a.m. "Let's Talk" – Helene Wurtzel, Schoke JFS

12 - 4 p.m. "Games & Gab"

Thursday, Nov. 22 | Thanksgiving – No program, no van service or lunch

Friday, Nov. 23

9:30 a.m. Movie

12 p.m. Shabbat Luncheon - Please call 203.487.0983 by Friday, Nov. 16 for reservations. \$6 suggested donation.

12 - 4 p.m. "Games & Gab"

Monday, Nov. 26

12 - 4 p.m. "Games & Gab"

Tuesday, Nov. 27

10:15 a.m. "Strength in Chairs"

11 a.m. "Let's Talk" – Helene Wurtzel, Schoke JFS **or**

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

12 - 4 p.m. "Games & Gab"

Thursday, Nov. 29

10:15 a.m. "Strength in Chairs"

11 a.m. "Current Events & Timely Topics" – Larry Ginsberg, Esq.

12 - 4 p.m. "Games & Gab"

Friday, Nov. 30

9:30 a.m. Movie – short subject

11:15 a.m. Sing-a-Long with Sarah Walker Nursery School Children

12 p.m. Shabbat & Birthday Luncheon - Please call 203.487.0983 by Tuesday, Nov. 27 for reservations.

\$6 suggested donation.

12 – 4 p.m. “Games & Gab”

Friday Shabbat & Holiday Menus | November 2018

Friday, Nov. 2	Friday, Nov. 9
2 Large Challah	2 Large Challah
Chicken Vegetable Soup	Chicken Vegetable Soup
Beef Stew	Salmon
Mixed Green Salad	House Salad
Quinoa	Green Beans
Cauliflower	Rice
Fruit	Fruit
Friday, Nov. 16 Thanksgiving	Friday, Nov. 23
Challah	2 Large Challah
Butternut Squash Soup	Vegetable Soup
Sliced Turkey with Gravy	BBQ Chicken
Candied Yams	Chopped Salad
Cranberry Sauce	Grilled Vegetables
String Beans Almondine	Roasted Potatoes
Pumpkin Pie	Cookies
Friday, Nov. 30 Birthday Celebration	
2 Large Challah	
Chicken Vegetable Soup	
Chicken Cacciatore	
Kale & Quinoa Salad	
Roasted Vegetable Medley	
Potato Kugel	
Fruit	