

Stamford JCC Senior Adult Program | 2018 Summer Schedule

Monday, June 25 – Friday, August 17

Transportation each way - \$2/round trip - \$3 (suggested donation)
For more information, contact Connie Cirillo Freeman at
203.487.0983 or email cfreeman@stamfordjcc.org.

Mondays

12 p.m. Lunch - Sam's Café

10 a.m. – 4 p.m. Games & Gab - Harry Rosenbaum JHS Judaica Library

Tuesdays & Thursdays

10 a.m. Let's Talk, Current Events, Aging Gracefully, etc.

Harry Rosenbaum JHS Judaica Library

11 a.m. Strength in Chairs Studio B

12 p.m. Lunch Sam's Café

12 p.m. – 4 p.m. Games & Gab Harry Rosenbaum JHS Judaica Library

Wednesdays

10 a.m. – 4 p.m. Games & Gab Harry Rosenbaum JHS Judaica Library

Fridays

9:30 a.m. Movie Time Harry Rosenbaum JHS Judaica Library

12 p.m. Shabbat Lunch Sam's Café

12 p.m. – 4 p.m. Games & Gab Harry Rosenbaum JHS Judaica Library

Monday, July 2

10 a.m. "Games & Gab"

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

Tuesday, July 3

10 a.m. "Let's Talk" or

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

12 p.m. Luncheon - Please call 203.487.0983 by Friday, June 29 for reservations.

\$4 suggested donation.

12 p.m. "Games & Gab"

Thursday, July 5

10 a.m. "Timely Topics & Current Events"

12 p.m. Luncheon - Please call 203.487.0983 by Tuesday, July 3 for reservations.

\$4 suggested donation.

12 p.m. "Games & Gab"

Friday, July 6

9:30 a.m. Movie

12 p.m. Luncheon - Please call 203.487.0983 by Tuesday, July 3 for reservations.

\$4 suggested donation.

12 p.m. "Games & Gab"

Monday, July 9

10 a.m. "Games & Gab"

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

Tuesday, July 10

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

12 p.m. Luncheon - Please call 203.487.0983 by Thursday, July 5 for reservations.

\$4 suggested donation

12 p.m. "Games & Gab"

Thursday, July 12

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

12 p.m. Luncheon - Please call 203.487.0983 by Tuesday, July 10 for reservations.

\$4 suggested donation.

12 p.m. "Games & Gab"

Friday, July 13

9:30 a.m. Movie

12 p.m. Luncheon - Please call 203.487.0983 by Tuesday, July 10 for reservations.

\$4 suggested donation.

12 p.m. "Games & Gab"

Monday, July 16

10 a.m. "Games & Gab"

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

Tuesday, July 17

10 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, July 12 for reservations.

12 p.m. "Games & Gab"

Thursday, July 19

10 a.m. "Exploring Age Related Change" - Lisa Smith, PsyD

12 p.m. Luncheon - Please call 203.487.0983 by Tuesday, July 17 for reservations.

\$4 suggested donation.

12 p.m. "Games & Gab"

Friday, July 20

9:30 a.m. Movie

12 p.m. Luncheon - Please call 203.487.0983 by Tuesday, July 17 for reservations.

\$4 suggested donation.

12 p.m. "Games & Gab"

Monday, July 23

10 a.m. "Games & Gab"

12 p.m. "Soup & Sandwich" Luncheon - Please call 203.487.0983 by Thursday, July 19 for

reservations. \$4 suggested donation.

Tuesday, July 24

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

12 p.m. Birthday Luncheon - Please call 203.487.0983 by Thursday, July 19 for reservations.

\$4 suggested donation.

12 p.m. "Games & Gab"

Thursday, July 26

10 a.m. "Timely Topics & Current Events"

12 p.m. Luncheon - Please call 203.487.0983 by Tuesday, July 24 for reservations.

\$4 suggested donation.

12 p.m. "Games & Gab"

Friday, July 27

9:30 a.m. Movie

12 p.m. Luncheon - Please call 203.487.0983 by Tuesday, July 24 for reservations.

\$4 suggested donation.

12 p.m. "Games & Gab"

Monday, July 30

10 a.m. "Games & Gab"

12 p.m. "Soup & Sandwich" Luncheon - Please call 203.487.0983 by Thursday, July 26 for

reservations. \$4 suggested donation.

Tuesday, July 31

10 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, July 26 for reservations. \$4

suggested donation.

12 p.m. "Games & Gab"

July 2018 Senior Kosher Lunch Menu at The J

MONDAY

2

Lentil Soup
Tuna & Egg Salad
Potato Green Bean Salad
Assorted Breads
Cookies
Cut Fruit

9

Tomato & Veggie Soup
Spinach Carrot Salad
With Raw Mushrooms
Hard Boiled Egg
Assorted Breads
Brownies
Cut Fruit

16

Black Bean Soup
Grilled Cheese
Veggie Quinoa Salad
Cookies
Cut fruit

23

Pea Soup
Tuna & Egg Salad Platter
Greens with Beets & Feta
Assorted breads
Apple sauce

30

Lentil Soup
Tuna & Egg Salad
Macaroni Salad
Assorted Breads
Orange Cranberry Muffins
Bananas

TUESDAY

3

Tomato Rice Soup
Spinach Garlic Quiche
Green Salad
Multigrain Bread
Fruit Salad
Cookies

10

Cabbage Soup
Mac n' Cheese
Lentil "Meatballs"
Green Salad
Cookies
Oranges

17

Pasta Fagioli Soup
Eggplant Parmagian
Green Bean Salad
Garlic Knots
Yogurt Parfait with Fruit
and Granola

24

BIRTHDAY LUNCHEON
Corn Chowder
Fish n' Chips
Tartar sauce
Coleslaw
Chocolate Birthday Cake
Fruit Salad

31

Onion Soup
Falafel Lavash Sandwich
with Caramelized Onions
Green Salad with Carrots
Brownies
Oranges

THURSDAY

5

Onion Soup
Bean Enchiladas
Guacamole
Pound Cake
Strawberries

12

Orzo Soup
Spring Rolls
Fried rice with veggies,
pineapple and egg
Fruit Salad

19

Mushroom Soup
Tuna & Egg Salad
Potato Green Bean Salad
Assorted Breads
Cookies
Cut Fruit

26

Vegetable Soup
Baked Ziti
Green Salad
Garlic Knots
Cookies
Oranges

FRIDAY

6

Veggie Matzo Ball Soup
Panko Crusted Cod
Potato Wedges
Coleslaw
Challah
Fruit Salad

13

Veggie Soup
Teriyaki Glazed Salmon
Confetti Rice
Challah
Chocolate Pound Cake
Watermelon

20

Veggie Matzo Ball Soup
Beer Battered Fish
Black Bean Salsa
Green Bean Salad
Challah
Fruit Salad

27

Moroccan Chickpea Soup
Seven Vegetable CousCous
Green Salad with Beets & Feta
Challah
Apple Pie