



January 2019
Kosher Senior Café at Temple Sinai
30 Hagen Avenue, Cranston, RI 02920
401-743-0009

- Friday, January 4** Chicken Noodle Soup, **Chicken Cacciatore**, Brown Rice
Green Beans, Challah, Cherry Cobbler
11:00 Big Money Bingo
1:00 Kibbitz with Rabbi Goldwasser
- Friday, January 11** Chicken Noodle Soup, **Roast Beef & Gravy**
Mashed Potatoes, Zucchini, Challah, Apple Turnover
11:00 Kibbitz with Rabbi Laufer
1:00 Book Club
- Friday, January 18** Chicken Noodle Soup, **Stuffed Cabbage**, Sweet Potato Tzimmes
Challah, Sheet Cake
11:00 January Birthday Music with Stanley Freedman & Friends
1:00 Falls prevention with Jennifer DelBonis, Lifeline RI
- Friday, January 25** Chicken Noodle Soup, **Chicken Piccata**, Rice
Roasted Vegetables, Challah, Cookies
11:00 Dance Therapy with Donna
1:00 URI Pharmacy, "Chasing Away the Winter Blues"

Contact Tim at Blackstone Health with concerns regarding food allergies: 365-1101.

All Programs are FREE.

A donation of \$3 for lunch is requested from those age 60 and over or with a disability.

Lunch reservations are required 2 days before requested date.

Call Neal or Steve at 401-743-0009

JCS Kosher Senior Café is brought to you with assistance from:



Blackstone Health

