



# Kosher Meals on Wheels

## JANUARY 2022

**RESERVATIONS ARE REQUIRED, PLEASE CALL;  
NEAL # 401-421-4111 X 107**

Meals are delivered to your door Mondays, Wednesdays, and Fridays  
You will receive 2 meals on Monday and Wednesday

**Suggested donation:  
\$3 for lunch**

Join us on Zoom or in person Activities  
**See backside for the weekly schedule!**



MON	TUE	WED	THU	FRI
Tomato Rice Soup <b>3</b> <b>Quesadillas with Vegetables, Beans, &amp; Cheese</b> Salsa & Sour Cream Fresh Fruit	Tossed Salad <b>4</b> <b>Fish with Crumb Top</b> Rice Pilaf Sauteed Squash Chocolate Pudding	Tossed Salad <b>5</b> <b>Hamburger with Roll</b> French Fries Coleslaw Sliced Peaches	Lentil Soup <b>6</b> <b>Egg Salad Sandwich with Lettuce &amp; Tomato On Whole Wheat Bread</b> Fresh Fruit	Chicken Noodle Soup <b>7</b> <b>Chicken Cacciatore</b> Brown Rice Green Beans Coffee Cake, Challah
Minestrone Soup <b>10</b> <b>Vegetable Lasagna</b> Whole Grain Bread Chunked Pineapple	Beet Borscht <b>11</b> <b>Bagels &amp; Lox with Cream Cheese, Lettuce, Tomato, &amp; Red Onion</b> Fresh Fruit	Barley Soup <b>12</b> <b>Veggie Pizza</b> Tossed Salad Chocolate Pudding	Onion Soup <b>13</b> <b>Tuna Salad</b> Baked Potato with Cheese Broccoli Fresh Fruit	Chicken Noodle Soup <b>14</b> <b>Apricot Chicken</b> Mashed Potatoes Zucchini Strawberry Cake Challah
<b>17</b> <b>Closed for Martin Luther King Day</b>	Lentil Soup <b>18</b> <b>Noodle Kugel with Sour Cream</b> Carrots Butterscotch Pudding	Onion Soup <b>19</b> <b>Fish with Crumb Top</b> Brown Rice Mixed Vegetables Diced Pears	Split Pea Soup <b>20</b> <b>Meat Knishes</b> Carrots Fresh Fruit	Chicken Noodle Soup <b>21</b> <b>Meatloaf with Gravy</b> Mashed Sweet Potato Broccoli Challa, Apple Cobbler
Caesar Salad <b>24</b> <b>Vegetable Pizza</b> Sliced Carrots Cinnamon Apples	Israeli Salad <b>25</b> <b>Falafel on Pita Bread</b> Hummus Fresh Fruit	Tossed Salad <b>26</b> <b>Chicken Salad on Whole Grain Bread</b> French Fries Chilled Peaches	100% Apple Juice <b>27</b> <b>Vegetarian Chili with Cheese</b> Tortilla Chips Broccoli, Fresh Fruit	Chicken Noodle Soup <b>28</b> <b>Chicken Piccata</b> Rice Roasted Vegetables Challah, Chocolate Chip Cookies
<b>31</b> Cauliflower Soup <b>Spinach &amp; Cheese Calzones</b> Fruit Cocktail	<b>Contact Meals on Wheels with concerns regarding food allergies: 401-351-6700</b>			JCS Kosher Meals on Wheels is supported by: The Jewish Alliance of Greater RI & Meals on Wheels of RI

# On Zoom - or in Person

Join us on Zoom using this link:

<https://us02web.zoom.us/j/7316265990?pwd=dnAyRFdVZXJDUmhBSEphNko2MVF4dz09>

Or Call: 1-929-205-6099

Meeting ID: 731 626 5990

Passcode: 655768

## In-Person (at the Dwares JCC) & on Zoom - Every Monday and Wednesday

**11:00-11:45** “Exercise for Everyone” with Laura Goodwin

Exercise Science Professional, Personal Coach (<http://www.empowerRI.com>)

*Sponsored by the City of Providence*

## Meetings on Tuesday

**11:00-11:30** Chair Yoga

**11:30-12:00** Lunch & Free form discussion

1/4 Winter in Israel

1/11 Susie’s Corner with Susie Adler, Coordinator of *Jewish Eldercare of RI*

## Meetings on Thursday

**11:00-11:30** Chair Yoga

**11:30-12:00** Kibbitz & Lunch with Neal and Guest

1/6 15 Jewish Recipes for a Soup-er Cozy Winter

1/13 Jewish Winter Olympic Athletes

## Meetings on Friday at Temple Sinai

**11:00-11:45**

1/7 **URI School of Pharmacy, Telehealth in the Modern World**

Learn how the use of medical information between a patient and provider is done so remotely through the use of audio and visual equipment. How did this all get started? Why is it becoming more common?

How will telehealth impact your health care?

1/14 **Rabbi Yossi Laufer**

1/21 **Music by J Slick**

***If you use email and do not receive emails from me, please contact me at [neal@jfsri.org](mailto:neal@jfsri.org)***