



# Community News

## January 19-20, 2018

Mazal Tov to Jim Benjamin and Wendy Miles for being honored at the Annual Chevra Kadisha Dinner in February!

### Blood Drive at Agudath Sholom Synagogue

**Sunday, January 21 from 9:00 a.m. – 2:00 p.m.** in the Social Hall, 301 Strawberry Hill Avenue, Stamford 06902. For appointment visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED-CROSS – 1-800 733-2767. Streamline your donation experience and save up to 15 minutes by visiting [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) to complete your pre-donation reading and health history questions on the day of your appointment.

### Stamford JCC

#### **Blood Pressure Screening**

**First Tuesday of the month, Feb. 6, Mar. 6, Apr. 3, 9:45 – 11:15 am**

No appointment necessary. Conducted by a registered nurse. Compliments of Visiting Nurse and Hospice. Free of charge. For more information contact Connie Cirillo Freeman at 203.487.0983 or [cfreeman@stamfordjcc.org](mailto:cfreeman@stamfordjcc.org).

#### **#raisingtodayskids Evening Workshop**

**Thursday, February 8 • 7 – 9:30 pm**

*An informative and social evening for moms, dads, teachers and caregivers of children from birth to age 8. We will offer workshops that explore wellness, health, child development, nutrition and more. The workshop will be held at the JCC Sara Walker Nursery School, Temple Sinai, 458 Lakeside Drive, Stamford. Members \$10 / Community \$15. For more information visit [www.stamfordjcc.org](http://www.stamfordjcc.org) or contact Anne Liss Johnson at 203.322.6541 or [aljohnson@stamfordjcc.org](mailto:aljohnson@stamfordjcc.org).*

#### **Israeli Film Series-Film: Broken Wings**

**Thursday, February 8 • 7 pm**

Join us during the year for award-winning films direct from Israel. Following each film, Yael Stolarsky will lead us in a meaningful discussion. All films are shown at The J. Suggested donation: \$5  
Daphne and her four children try to cope with the abrupt death of their husband and father. As the family seems to fall apart, a sudden incident gives them a chance to heal their broken wings. For more information visit [www.stamfordjcc.org](http://www.stamfordjcc.org) or contact Yael Stolarsky at 203.487.0951 or [ystolarsky@stamfordjcc.org](mailto:ystolarsky@stamfordjcc.org).

#### **MATZAH BALL Father-Daughter Dance**

**Saturday, February 10 • 6:45 – 8 pm**

*Ages 5 – 10. Join us for The J's annual Matzah Ball. Girls bring the special men in their lives to dance the night away and play fun games. Dress up for the event of the year. Truly a night to remember! Light refreshments and dessert will be served. Members \$36 per "couple," \$5 per additional child. Community \$45 per "couple," \$5 per additional child. For more information visit [www.stamfordjcc.org](http://www.stamfordjcc.org) or contact Galit Roloff at 203.487.0974 or [groloff@stamfordjcc.org](mailto:groloff@stamfordjcc.org).*

## **Boker Tov, Israel!**

### **Silicon Wadi**

**Thursday, February 15 • 11 – 12 pm & Sunday, February 25 • 10 – 11:30 am**

Join Yael Stolarsky as we explore Israel's politics, innovations, society, culture, and values through discussion, interactive presentations, and videos.

Israel has proven to be a startup nation that wows the world again and again. What makes entrepreneurship and innovation so pervasive in Israel? Why do Israelis have so many out-of-the-box ideas? And what does the IDF have to do with all of this? For more information visit

[www.stamfordjcc.org](http://www.stamfordjcc.org) or contact Yael Stolarsky at 203.487.0951 or [ystolarsky@stamfordjcc.org](mailto:ystolarsky@stamfordjcc.org).

## **Vacation Days @ the J-When school is out, you're in at The J!**

**SoundWaters. Thursday, February 15, 8 am – 6 pm**

**Off to the Movies. Friday, February 16, 8 am – 6 pm**

**Maritime Aquarium. Monday, February 19, 8 am – 6 pm**

**Arcade and Laser Tag at FunFuzion, Tuesday, February 20, 8 am – 6 pm**

*Grades K – 6.* All vacation days include arts and crafts, nut-free/kosher snacks, free swim and various games and activities. Please send your child with a swimsuit, swim cap and towel, as well as a kosher, nut-free lunch. KidsPlace Kids \$75 / Members \$80 / Community \$85. Drop-ins are welcome if space allows and require an additional \$10 fee. To avoid disappointment, register early by calling the welcome desk at 203.322.7900. For more information visit [www.stamfordjcc.org](http://www.stamfordjcc.org) or contact Galit Roloff at 203.487.0974 or [groloff@stamfordjcc.org](mailto:groloff@stamfordjcc.org).

## **Senior Adult Purim Luncheon**

**Thursday, February 22 • 11 am – 1 pm**

Sound your groggers and enjoy entertainment and a festive Purim meal with hamantaschen for dessert. The Purim lunch celebration is brought to the senior adult community, free of charge, thanks to the generosity of Betsey and Arthur Selkowitz. Reservations required by Thursday, Feb. 15. Free to all seniors. For more information visit [www.stamfordjcc.org](http://www.stamfordjcc.org) or contact Connie Cirillo Freeman at 203.487.0983 or [cfreeman@stamfordjcc.org](mailto:cfreeman@stamfordjcc.org).

## **Tropical Purim Carnival At The J**

**Sunday, February 25 • 1 - 4 pm**

Travel to the islands of the South Pacific at the Stamford JCC's 26th Annual Purim Carnival. Eat yummy hamantaschen, play carnival games, bounce in the bounce house, and much more. Admission is FREE! Tickets, wrist bands and lunch will be available for purchase. Volunteers needed and appreciated. For more information visit [www.stamfordjcc.org](http://www.stamfordjcc.org) or contact Jason Samuel at 203.487.0973 or [jsamuel@stamfordjcc.org](mailto:jsamuel@stamfordjcc.org).

## **Schoke Jewish Family Service Programs and Activities –Winter 2018 EVENTS**

**Brain Fitness Group Program, Monday, January 22<sup>nd</sup> at 10:30 am to 12:00 pm** at the Stamford JCC, 1035 Newfield Avenue. If you want to stimulate your brain power, join this group which will focus on reasoning and problem solving skills and provide practical support to help reach personal brain fitness goals. No charge but advance registration is suggested. Light refreshments will be served. Lunch afterwards can be purchased at minimal cost. For additional information or to register, please contact Toby Lazarus, Schoke JFS Brain Fitness Program Coordinator at [tlazarus@ctjfs.org](mailto:tlazarus@ctjfs.org) or 203-921-4161.

**Schoke JFS Race to College—Mondays, January 22, February 12 and March 5<sup>th</sup> at 5:30 PM to 7:00 PM** at the Harry Bennett Branch of the Ferguson Library in Stamford. Sessions will cover recent changes in application process, standardized test scores, choosing the best essay question to answer, planning college visits and the importance of community service. All are welcome to attend at no cost. For more information, please contact Claire Friedlander at [clairef@ctjfs.org](mailto:clairef@ctjfs.org) or 203-921-4161.

## **SUPPORT GROUPS**

**Let's Talk- Tuesdays, 11 :00 AM, Free** at the Stamford JCC, 1035 Newfield Avenue

Seniors talk about common interests and concerns, facilitated by a Schoke Jewish Family Service counselor. Contact Sheila Duggan at 203-921-4161 or [sduggan@ctjfs.org](mailto:sduggan@ctjfs.org).

**Let's Talk - Thursdays, 1:00 PM, Free** at the Westport Senior Center, 21 Imperial Avenue, Westport.

Seniors talk about common interests and concerns, facilitated by a Schoke Jewish Family Service counselor. Contact Sheila Duggan at 203-921-4161 or [sduggan@ctjfs.org](mailto:sduggan@ctjfs.org).

**Let's Talk – Fairfield, Mondays at 12:45 PM** at the Bigelow Center for Senior Activities, 100 Mona Terrace, Fairfield. Seniors talk about common interests and concerns, facilitated by a Schoke Jewish Family Service counselor. Contact Amanda Geffner at 203-921-4161 or [ageffner@ctjfs.org](mailto:ageffner@ctjfs.org).

### **Schoke JFS Spousal Bereavement Group**

- **Mondays at 10:30 AM** at Congregation B'nai Israel, 2710 Park Avenue, Bridgeport and
- **Fridays at 10:30 AM, beginning September 8th** at Stamford JCC, 1035 Newfield Road, Stamford

Gather to share feelings and exchange ideas in a non-judgmental environment that provides emotional, practical, and spiritual support for grieving the loss of a spouse or significant other. Contact Amanda Geffner, Schoke JFS Therapist at 203-921-4161 or [ageffner@ctjfs.org](mailto:ageffner@ctjfs.org).

## **Jewish Senior Services**

**THERE ARE ALSO MANY OTHER WONDERFUL VOLUNTEERING OPPORTUNITIES** at Jewish Senior Services including one-on-one visits, writing letters, transporting residents to activities and musical performances. For more information regarding volunteer opportunities at JSS, please contact Fran Sanchione at (203) 365-6495, [fsanchione@jseniors.org](mailto:fsanchione@jseniors.org) or contact Ellen Ashkins at (203) 365-6417, [eashkins@jseniors.org](mailto:eashkins@jseniors.org). For participating in our daily Minyan please email Rabbi Shulman at [Sshulman@jseniors.org](mailto:Sshulman@jseniors.org).

### **NEW JEWISH SENIOR SERVICES HOSPICE VOLUNTEER TRAINING DATES:**

Chaifetz Family Hospice will be holding a two day Hospice Volunteer Training Program for anyone interested in giving their time and compassion to terminally ill patients and their loved ones. Training will be held at Jewish Senior Services, 4200 Park Avenue, Bridgeport, CT on **Sunday, February 4<sup>th</sup> and Sunday, February 11<sup>th</sup> from 9:00 am – 5:00 pm**. Training materials and meals will be provided free of charge. If you would like to sign up or to learn more about hospice training, please contact Ellen Ashkins at (203) 365-6417 or by email at [eashkins@jseniors.org](mailto:eashkins@jseniors.org).