



# Community News

## March 19 and 20, 2021

### **JEWISH FAMILY SERVICE**

**9th Annual Saul Cohen-Schoke JFS Lecture Series** on *Recover, Recharge, Rejoice: Coping with the New Normal. The Three R's of a Wellness Toolkit*. The series this year is co-sponsored by Federation for Jewish Philanthropy of Upper Fairfield County and the United Jewish Federation of Greater Stamford, New Canaan and Darien and in partnership with Jewish Book Council. The lectures are open to the community at no charge and registration for the online link is at: [www.ctjfs.org/saul-cohen-jfs-lecture](http://www.ctjfs.org/saul-cohen-jfs-lecture). The keynote speaker, Dr. Tal Ben-Shahar, will be on Tuesday, April 27 at 7:30 pm and his talk is titled Happiness: Leading an Inspired Life. He will talk about how to achieve happiness and rejoice in life when the circumstances are challenging.

**Schoke Jewish Family Service** offers several services to support the community. For information and to register, go to <http://www.ctjfs.org/covid19/#second> or call 203-921-4161.

- Manage the stress of the Coronavirus outbreak on Thursdays at 4:00 p.m.
- Freedberg Family Kosher Food Pantry
- Hirsch Kosher Home Delivered Meal Program
- Home Companion Program
- Holocaust Survivor Services
- Hebrew Free Loan Program
- Kuriansky Family Counseling Program
- Online Bereavement Support Group
- Brain Fitness
- Online Divorce Support Group

### **JEWISH SENIOR SERVICES**

Jewish Senior Services presents free webinars **to raise awareness about seniors' health and fitness**.

RSVP to [mpruzinsky@seniors.org](mailto:mpruzinsky@seniors.org) or 203-556-1619.

- April 1 at 3:00 p.m. – Want more Energy? Get Moving Workout for Older Adults
- April 14 at 3:00 p.m. – Brain Fitness

On Wednesday, March 24 from 4:30 – 5:30 p.m., join local healthcare experts for a special community program on Zoom about ***Covid-19: The Vaccine, Dispelling Myths and Judaism's Ethical Questions***.

RSVP to [sfreed@jseniors.org](mailto:sfreed@jseniors.org) or 203-365-6407.

### **TEMPLE SINAI**

Temple Sinai, Stamford, **introduces the Joan Bruder Danoff Lecture Series.** This year will feature best-selling author, Bruce Feiler, on Sunday, March 21 at 4:30 p.m. His free virtual conversation will be on “The Jewish Voice in American Culture Tomorrow.” He’ll discuss how our views have changed and how the Millennials and GenZ generations approach Judaism. To register contact [Benjamin.magidson@yahoo.com](mailto:Benjamin.magidson@yahoo.com). Call Temple Sinai at 203-322-1649 for more information

### **HEBREW CONVERSATION**

**The Hebrew Conversation Group** is the only such program in Connecticut where people can practice and improve their Hebrew in a relaxed and friendly environment. Contact [israelisinct@hotmail.com](mailto:israelisinct@hotmail.com) for information.

### **ISRAELI FOLK DANCING**

**Interested in Israeli folk dancing online?** Great! Contact Leng at [israelidanceteacher@gmail.com](mailto:israelidanceteacher@gmail.com) or go to her website for information at: <http://ctisraelidance.com/online-dance-classes.html>.