

Community News

February 14-20, 2026

UNITED JEWISH FEDERATION

UJF Major Donors Event* - Tuesday, February 17 at 7:00pm

Join UJF for a riveting presentation by Rawan Osman, a Syrian-born, German activist, content creator, and writer who advocates for normalization with Israel. Raised in Lebanon and educated in Germany, she is a self-described Arab Zionist. **By purchasing a ticket to this event, you are committing to a minimum gift of \$5,000 or more per household to UJF's 2026 Annual Campaign.* Register at <http://www.ujf.org/rawan>.

UJF's Ben Gurion Society* Presents: From Antisemitism to Arab Zionism - Thursday, February 19 at 7:30pm

Rawan Osman will join us once again for a special presentation for members of UJF's Ben Gurion Society. **By purchasing a ticket to this event, you are committing to a minimum gift of \$1,000 or more per household to UJF's 2026 Annual Campaign.* Register at <http://www.ujf.org/BG>.

Women on the Frontlines - Monday, February 23 at 10:00am

Join UJF of Stamford, New Canaan, and Darien and UJA-JCC of Greenwich for this compelling presentation by photographer Debbie Zimelman, who will share powerful images of female combat soldiers who played a direct role in the war against Hamas. This will be an intimate look at their fears, challenges, and triumphs. Register at <http://www.ujf.org/Frontline>.

Cocktails for a Cause - Thursday, March 5 at 7:30pm

Sip, socialize, and support a cause! Enjoy handcrafted cocktails, tarot card readings, and discover meaningful ways to give back with UJF's Women's Philanthropy group, featuring 3Square, Dignity Grows, David's Treasure Tree, Aaron's Place, and Reading Partners. Register at <http://www.ujf.org/cocktails>.

Community Interfaith Seder - Thursday, March 26, 6:30pm

Led by Rev. Mark Lingle and Rabbi Jay TelRav, the Interfaith Seder will use a specially designed Haggadah, highlighting the themes of unity and common ground shared among varied cultures, backgrounds, and faiths. Sign up at www.ujf.org/Seder

Aaron's Place | A Kosher Comfort Room

Aaron's Place, on the ground floor of Stamford Hospital, provides kosher snacks, drinks and meals, in a comfortable environment. If you are caring for a hospitalized loved one or waiting for tests, this comfort room is a place to relax and refresh. Information is available at the hospital front desk. The entry code, in Hebrew letters, is on the door of the room.

Aaron's Place is run by volunteers! If you are interested in volunteering for 1-2 hours a month, email ronsichel@aol.com.

For more information about Aaron's place visit www.ujf.org/aaronsplace.

LIFE LINE SCREENING

Life Line will be at Temple Beth El, 350 Roxbury Road, Stamford on **Monday, February 23, 2026**. Life Line is the nation's leader in stroke and cardiovascular disease risk screenings. To make your appointment, call 800-324-9458 and use promo code: HABC001; visit lsa.social/habc or text the word "circle" to 216-279-1607.

JEWISH FAMILY SERVICE OF GREENWICH & THE ISRAEL CANCER RESEARCH FUND

Conversation for Caregivers (both lay and professional) – **"Finding Strength, Giving Support" March 5th 11:30 am - 1:00 pm** Panelists: Dr. Joseph Feuerstein, Roni Lang, LCSW, and Rabbi MJ Newman. Moderators: Robin Bennett Kanarek, RN and Stephanie Paulmeno, DNP, RN. Location: Temple Sinai, 458 Lakeside Drive, Stamford – Cost \$18 – Max per family \$36 per family unit Light lunch - bagel and schmear.

Register required: [ICRF Panel | JFS of Greenwich](#)

Questions: David.Kweskin@ICRFonline.org or bjabick@jfsgreenwich.org

TEMPLE SINAI

Author & Obama Speechwriter Sarah Hurwitz to Discuss Jewish Identity – Free Lecture May 3 at 4 pm and open to the community

Temple Sinai's Joan Bruder Danoff Lecture Series will present a reflection on Jewish identity and spiritual resilience in the face of growing antisemitism by acclaimed former White House speechwriter and author Sarah Hurwitz. Come hear a deeply personal call to reclaim what it means to be Jewish - on our own terms.

Register online at templesinaistamford.org to attend in person or to view as a webinar or register by calling Temple Sinai at 203-322-1649. Refreshments will be served. The Danoff Lecture honors Joan and the late Dr. Stuart Danoff and was endowed by their children.

SCHOKE JEWISH FAMILY SERVICE

Schoke JFS is Here to Support You - Learn more about Our Ongoing Support Groups

Schoke Jewish Family Service offers a wide range of support groups to meet the various needs of the community and to help families and individuals with the transitions and challenges of life. Currently, all support groups meet on Zoom.

The Divorce Support Group – Mondays, 1:00 PM

Bereavement Support Group – Thursdays, 7:30 PM

Caregiver Support Groups – Every other Sunday, 11:15 AM and every other Wednesday, 7:30 PM

COVID Support – Thursdays, 4:00 PM, 1st and 3rd Thursdays

Brain Fitness Group – Mondays, 10:30 AM and Wednesdays, 10:30 AM

Healing Chair Yoga – Class schedule to be announced on the website

To join the support groups, please fill out the form at: www.ctjfs.org/counseling/groups/ or contact Brooke Davidson, Director of Clinical and Family Life Services at bdavidson@ctjfs.org or 203-921-4161.

Since its humble beginnings in Stamford, Schoke JFS has grown to serve 15 towns, becoming a lifeline for the community with essential services, including senior services, counseling, emergency assistance, a kosher food pantry in downtown Stamford, a kosher mobile food pantry, and more.

MICHAEL FELDSTEIN, STAMFORD COMMUNITY MEMBER

<https://blogs.timesofisrael.com/stolen-tests-and-unexpected-lessons-remembering-the-1974-regents-scandal/>

MOZAIC SENIOR LIFE, formerly Jewish Senior Services

Mozaic Senior Life in Bridgeport is seeking individuals interested in joining the agency's team of hospice volunteers, who provide companionship to patients and their families. The help that hospice volunteers offer varies from person to person. Some people are soothed by having their hands held, while others may long for someone to listen to their stories and memories. Many volunteers have a specialized skill that enhances the lives of our patients. Talents such as massage of Reiki, art and painting, singing or playing an instrument as well as being multi-lingual all benefit our patients and improve their quality of life. Contact Ellen Ashkins, Director of Resident Life at 203-365-6417 or eashkins@seniors.org

SCOUTING AMERICA IN STAMFORD

Jewish Values in Scouting America: A Pathway to Leadership and Service

Did you know that Scouting America (formerly Boy Scouts of America) offers a unique opportunity for Jewish youth to grow as leaders, develop lifelong skills, and live out our most cherished values?

Troop 15 and Pack 15 in Stamford—Jewish-sponsored scouting units—integrate key Jewish principles such as *derekh erez* (respect and ethical behavior), *tikkun olam* (repairing the world), and *tzedakah* (charity) into their programs. Whether hiking, camping, serving the community, or simply learning new skills, our scouts are living these values every day.


Scouting helps build character, confidence, and connection. Studies show scouts perform better in school, develop strong leadership skills, and understand the importance of giving back to their community—all aligned with Jewish teachings.

Troop 15: Boys Ages 10.5–17

For nearly 75 years, **Troop 15** has guided Jewish boys in Stamford to grow into confident leaders. Along the way, they master skills like hiking, cooking, biking, swimming—and leadership. Last June, the Troop biked the Cape Cod Rail Trail, one of many exciting adventures!

 Weekly meetings: **Wednesdays, 7:30–9:00 PM at Temple Sinai**

 Connect: info@Troop15Stamford.com

 Call or text: 917.913.5019

Troop 48: Girls Ages 10.5–17

Looking for adventure, friendship, and leadership opportunities for your daughter? **Troop 48** is welcoming new members!

 Meetings: **Mondays, 7:30–9:00 PM at First Methodist Church, 42 Cross St (behind Whole Foods)**

Scouting is more than camping—it's character-building, skill-growing, and values-living. We hope to see your family this spring!

Yours in Scouting,

Jeff Herz

Vice Chair Membership - CYC Saugatuck District
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m: (917) 913-5019
Like us: <https://www.facebook.com/StamfordBSAouting>
Website: <https://www.Stamfordscouting.com>

NEW COVENANT CENTER

Threads of Warmth Clothing Collection Drive, sponsored by the Interfaith Social Ministry Collaborative. Please help us collect items for men and women. [Click here](#) for details.

BREAKTHRU FITNESS

Join us at Breakthru fitness for an empowering Krav Maga class designed to enhance your self-defense skills while building confidence and strength. Krav Maga, known for its practical and effective techniques, will be taught in a supportive and respectful environment that aligns with our community values. We have classes designed for children and for adults.

Whether you're a beginner or have previous experience, our sessions are tailored to help you progress at your own pace, fostering both physical fitness and personal safety. Don't miss this opportunity to learn valuable skills, connect with fellow members and take a proactive step towards personal empowerment. Visit us at <http://breakthru-fitness.com/> Call today! 203-355-9395.

SILVERSOURCE PERSONAL CARE

The work and mission of **SilverSource** is to provide a **safety net for seniors in need**, to keep a roof over their heads, with the heat and lights on, food on the table and the medical care they need.

We would be grateful if you would join us and participate in our first '**Personal Care Drive**' to collect essentials such as soap, shampoo, toothpaste and more for seniors in need in Stamford. ([Click here](#) for a list of personal care items needed.)

Our 'Personal Care Drive' collection will take place **throughout the month of February 2024**. As a small non-profit where every penny goes towards helping older residents in need, we are hopeful that you might consider supporting this important drive.

To learn more and to join our efforts, please contact our SilverSource Program Manager, Claudia Compagnoni Gibb, at CCompagnonigibb@silversource.org or (203) 718-5448.

BUILDING ONE COMMUNITY (B1C)

CRITICAL VOLUNTEERS NEEDED B1C has a terrific tutoring program for elementary students but doesn't have enough tutors. 14 volunteers (adults or teenagers) are needed Monday - Thursday from 4:30-5:45pm. The kids speak English, so you do not need to speak another language. Each volunteer works with up to three children.

Please note: Teen volunteers must be 16 years of age or older. Volunteers must be able to commit to a minimum of three consecutive months for at least one session per week. Volunteers must be tech savvy and familiar with how math is currently taught at the elementary school level.

This opportunity has a social / emotional component with the children which includes enrichment activities and homework help.

To volunteer, register on the B1C website at <https://building1community.org/engage/volunteer-form/> and indicate it is for the Homework Club. For questions and information, please contact Margarita Zimmerman, B1C's Volunteer Director, at mzimmerman@b1c.org

NEW COVENANT HOUSE

New Covenant House is asking for help to support their food pantry with donations. They provide over 500+ meals daily to the community up from 175 meals per day before Covid. Please click on this link to donate: <https://www.newcovenantcenter.org/springgiving/>.

ISRAELI DANCING

Prior experience is not required. Please contact Leng at israelidanceteacher@gmail.com or 203-912-4086.

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 for information.