Community News
November 27-December 3, 2026

UNITED JEWISH FEDERATION

Kuriansky Teen Leadership Institute is still accepting applications! - Classes will take place monthly, October through May
KTLI is a leadership program that empowers Jewish teens to make a difference in our community, through the values of *Tzedakah* (philanthropy), *Tikun Olam* (social justice), and *Gemilut Chasadim* (acts of loving kindness). Teens entering 10th, 11th, or 12th grade are invited to apply, and KTLI alumni are welcome to participate. Apply today at http://www.ujf.org/leadership

One Shabbat, One Community - Saturday, December 5 from 6:00-8:30pm
For the second year in a row, One Shabbat, One CommUNITY activities will take place the weekend of December 4–5. Every agency and synagogue in town will host its own individual Shabbat-themed programs throughout the weekend. Join together on Saturday evening, December 5, with agencies and synagogues from across the community for a joyous community Havdalah experience, featuring live music, kosher food, games, activities, and something for everyone to enjoy! Advance registration is required. www.ujf.org.OneShabbat

UJF Annual Meeting - Wednesday, December 16 at 7:30pm
Join UJF's Annual Meeting as we come together to celebrate our community, reflect on the year behind us, and look ahead to the opportunities before us. Be part of this special gathering as we recognize the dedication and leadership that continue to strengthen our Jewish community. There is no cost to attend; however, advance registration is required. Register today at www.ujf.org/AnnualMeeting26

JEWISH HISTORICAL SOCIETY OF FAIRFIELD COUNTY (JHSFC)

The Jewish Historical Society of Fairfield County (JHSFC) is pleased to invite you the upcoming **Mann Lecture** featuring **Samuel Norich**, former Editor (1997-2017) and current President of the Forward Association. He will present a definitive overview of the Yiddish and English editions of the Forward. The meeting will be at Congregation Agudath Sholom, 301 Strawberry Hill Avenue, Stamford on **Sunday, December 6, at 11:00 am**. Visit JHSFC-ct.org to register. Admission is free.

Special Pre-donation Brunch and Donor Match
Anyone who donates $100 or more to JHSFC during 2026 can attend a special brunch at 10 am and do a meet-and-greet with Mr. Norich. We also have a generous donor who will match up to $10,000 for donations made in 2026.

SCHOKE JEWISH FAMILY SERVICE

Join Schoke JFS for **Braided Together,** a free Chanukah night of giving with **Mandy Silverman** on **Tuesday, December 8 at 6 pm at Temple Beth El, 350 Roxbury Road, Stamford.** Braid two challahs, take one home and give one to a neighbor in need. Only 80 spots. Click HERE for the flier. Register at //ctjfs.org/challahbake.

Volunteer Opportunities: Click HERE to find an area where you may volunteer.

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.

FOOD DRIVE TO BENEFIT THE FREEDBERG FAMILY KOSHER FOOD PANTRY
Elayne and James Schoke Jewish Family Service of Fairfield County

Stamford synagogues participate in the ongoing food drive and are assigned specific items. **Temple Beth El is assigned to donate pasta and rice.** All items must be kosher and have a valid expiration date. Collection bins are available in the main lobby and by the office. Please participate in this mitzvah with us.

The Freedberg Family Kosher Food Pantry provides Kosher food and personal care items, including assistance for pharmacy and transportation, to members of our community experiencing financial difficulties and are unable to afford food and household items for their families.

MOZAIC SENIOR LIFE, formerly Jewish Senior Services

Support Groups for all: caregivers, Alzheimer's, and grief Click here for details.

Care Partner Support Groups presented by Mozaic Institute on Aging. Meets on the third Tuesday of the month from 7:15-8:15pm. To receive the link, RSVP to 203-396-1240 or navigation@mozaicsl.org.

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@jseniors.org

MILLIE AVNIR, TBE MEMBER

TBE's own Millie Avnir is continuing the mitzvah project she began while preparing for her Bat Mitzvah! As part of her Personal Project at Stamford High School, she is expanding her efforts to collect gently used shoes for Soles4Souls, an organization that helps provide shoes to people in need.

Millie's parents remarked, "It has been wonderful to see Millie continue something that was so meaningful to her and build upon the work she started during her Bat Mitzvah journey."
If you would like to donate, please contact Millie's mother, Jessica, at jessica_avnir@hotmail.com or 516-641-8699.

Thank you so much for your support and for helping Millie continue to make a positive difference!

MUSIC & MEMORIES STUDIO

Experience the joy and transformative power of music with Beth Styles and Jason Terry on Tuesday mornings from 10:30am-12:00pm in the Temple Beth El lobby, 350 Roxbury Road, Stamford. "Music & Memories Studio" is a unique "shared community experience," where everyone is welcome - with a special outreach to those living with a form of dementia and their care-partners. Together, we sing beloved songs across genres, share fun music trivia and life stories, meet new friends and make new memories.
The program is free - and drop-ins are welcome! For any questions, please email Beth Styles at: bstyles@me.com

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 eretz* (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
e: jeffrey.herz@gmail.com m: (917) 913-5019
Like us: https://www.facebook.com/StamfordBSA | 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.

BREAKTHRUFITNESS

Join us at Breakthrufitness 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.

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

Enjoy beautiful melodies and reap the physical and mental benefits of dance! 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. Meetings are on ZOOM, on the 1st and 3rd Sundays, 5-6pm. All levels welcome. Contact israelisinct@hotmail.com for information.