

## **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](tel: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](tel: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](tel: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](tel: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](tel: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 8<sup>th</sup>** 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](tel:203-921-4161) or [ageffner@ctjfs.org](mailto:ageffner@ctjfs.org).