

Schoke Jewish Family Service Programs and Activities February-March 2017

Schoke JFS Life Transitions, beginning Wednesday, September 14th at 4 pm Support group, meeting weekly, for unemployed facing the emotional challenges of finding employment at the *Stamford Schoke JFS office, 733 Summer Street, 6th Floor*. Contact Anne Birchenough at [203-921-4161](tel:203-921-4161) or abirchenough@ctjfs.org.

Let's Talk- Thursdays, 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 Anne Birchenough at [203-921-4161](tel:203-921-4161) or abirchenough@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 Anne Birchenough at [203-921-4161](tel:203-921-4161) or abirchenough@ctjfs.org.

Schoke JFS Financial Fitness on Thursdays, March 9th at 7PM at the *Jewish Senior Services Campus, 4200 Park Avenue, Bridgeport*. In partnership with FJP and Schoke Jewish Family Service, Deborah Johnson, a financial educator from LifeBridge will teach three seminars about *Budgeting, Understanding Your Credit and Identity Theft*. The seminars are free. To reserve a spot, contact Rebekah Kanefsky at [203-921-4161](tel:203-921-4161) or rkanefsky@ctjfs.org.

Schoke JFS Brain Fitness Group Program—Tuesday, February 21st at 1pm:Designed for individuals looking to stimulate their brain power with a meaningful experience focusing on insight, reducing stress, inspiring confidence, and providing practical support to help reach personal goals! Come and meet others and participate in some mental exercises to stimulate brain power. Insurance co-pays will be accepted, or \$20 fee to attend. Light refreshments will be served. Advance registration suggested by contacting Jami Fener, Brain Fitness Program Coordinator at jfener@ctjfs.org or [203-921-4161 x121](tel:203-921-4161 x121)

Let's Talk – Fairfield, starting in February 23rd 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 Rebekah Kanefsky at [203-921-4161](tel:203-921-4161) or rkanefsky@ctjfs.org

Not enough money for food? Schoke JFS will provide information and eligibility assistance for financial help to purchase food. For a consultation, please contact Rebekah Kanefsky, Schoke JFS Case Manager at [203-921-4161](tel:203-921-4161) or email rkanefsky@ctjfs.org.