

## **Schoke Jewish Family Service Programs and Activities –Winter 2018-Spring 2018**

### **Schoke Jewish Family Service Ongoing Programs**

**Brain Fitness Group - Monday, April 30th, 10:30 AM – 12:00 PM** at the *Stamford JCC, 1035 Newfield Avenue* Want to stimulate your brain power? The session will focus on memory and recall with practical support to help reach personal brain fitness goals. Advance registration suggested. Light refreshments will be served. JCC Members: \$8 per session. Open to the community at \$10 per session. Optional lunch following the session \$9 (under 60), \$4 suggested (over 60). To register, contact Connie Cirillo Freeman at 203-487-0983 or email [cfreeman@stamfordjcc.org](mailto:cfreeman@stamfordjcc.org) For additional information, contact Dr. Toby Lazarus, Schoke JFS Brain Fitness Program Coordinator at 203-921-4161 or [tlazarus@ctjfs.org](mailto:tlazarus@ctjfs.org).

### **Let's Talk**

Seniors talk about common interests and concerns, facilitated by a Schoke Jewish Family Service counselor.

**Thursdays, Beginning March 15, every other week, 10:30 AM, Free** at *Jewish Senior Services, 4200 Park Avenue, Bridgeport* Contact Rebekah Kanefsky, at 302-921-4161 or email at [rkanefsky@ctjfs.org](mailto:rkanefsky@ctjfs.org)

**Tuesdays, 11 :00 AM, Free** at the *Stamford JCC, 1035 Newfield Avenue*  
Contact Sheila Duggan at 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*. Contact Sheila Duggan at 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*. Contact Amanda Geffner at 203-921-4161 or [ageffner@ctjfs.org](mailto:ageffner@ctjfs.org)

### **Schoke JFS Spousal Bereavement Group**

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 or [ageffner@ctjfs.org](mailto:ageffner@ctjfs.org).

- **Mondays at 10:30 AM** at *Congregation B'nai Israel, 2710 Park Avenue, Bridgeport*
- **Fridays at 10:30 AM, beginning September 8th** at *Stamford JCC, 1035 Newfield Road, Stamford*