

Schoke Jewish Family Service Programs and Activities
March, April, May 2017

Schoke JFS Kosher Food Pantry Passover Food Drive: Sundays, March 12 & 19th from 11 am to 1 pm in front of the Stop & Shop at the Ridgeway Center. Please assist with our Passover food collection by donating matzah, gefilte fish, horseradish, matzah ball soup mix, *Kosher for Passover* canned fruit and vegetables, grape juice, macaroons and grocery cards for fresh produce. For more information, please contact Rebekah Kanefsky at [203-921-4161](tel:203-921-4161) or rkanefsky@ctjfs.org.

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 *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 Brain Fitness Group Program—Tuesdays, March 14th, April 25th and May 16th 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)

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.

SAVE THE DATE: SCHOCKE JFS COLLEGE AHEAD!, Thursday, May 4th at 7:30 pm at the Stamford J, 1035 Newfield Avenue, Stamford. A panel of college admissions deans will discuss topics of interest to high school students and their parents, moderated by Claire Friedlander, Schoke JFS College Consultant. For more information, contact her at clairef@ctjfs.org or [203-921-4161](tel:203-921-4161).

SAVE THE DATE: An Evening with Elayne & James Schoke JFS on Wednesday, May 10th at the Italian Center, Stamford: 38th Annual Mitzvah Award to the Beldotti Family and Young Leadership Award to Mark Frank. Cocktails at 5:30 pm, dinner, live auction and, at 8:00 pm, stand-up comedy by Steve Solomon of the Broadway show, *My Mother's Italian, My Father's Jewish and I'm in Therapy*. For more details or to RSVP, visit www.ctjfs.org.

Schoke JFS Spousal Bereavement Group, meets weekly, starting on Thursdays, March 16th at 10:30 am, at *Congregation B'nai Israel, 2710 Park Avenue, Bridgeport*. 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

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