



Senior Moments



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tevet/shevat 5779

january 2019

JCC Senior Center

210-302-6860

JCC Main Line

210-302-6820

happy birthday to you!

January 12

Karl Schrutka

January 16

Bennett Weissman

January 20

Phyllis Ringel

Esta Zucker

January 26

Patricia Strong

Film Festival Kick-Off: *Itzhak*

SA, Jan. 5 | 7pm (doors); 7:30pm (film)
\$10 (phone/in-person) · \$15 (door)

Itzhak Perlman personifies the resilience, vision and contribution of the Jewish people. Through Perlman, we hear the story of obstacles and survival while witnessing humor, talent, discipline, and drive. Ticket includes film & reception.

Learn more & purchase tickets online at www.jccsanantonio.org/filmfestivalkickoff or call 210-302-6820.

Author: Juli Berwald

SU, Jan. 13 | 5pm

Event: \$9.50 (online) · \$10 (phone/in-person)
Event + Book: \$30 (+tax)

In her book *Spineless: The Science of Jellyfish and the Art of Growing a Backbone*, Juli Berwald, a former ocean scientist, goes in pursuit of the slippery story of jellyfish, rediscovering her passion for marine science and the sea's imperiled ecosystems.

Visit www.jccsanantonio.org or call 210-302-6820 to purchase tickets.

Music Appreciation

MO, Jan. 14 | 10am | Beldon Library Senior Center | \$7/JCC Members Free

Music is part of our everyday lives. It affects not just our emotions, but aids in our physical activities as well. Join us once a month at 10am as we listen to music and explore, discuss, and learn about the composer/artist.

Speaking of music - join us Sunday, Jan. 27 at 4pm for a special **Jewish Baroque Composers concert**, presented by Sonido Barroco. Tickets are \$8 (online) or \$9 (in-person/phone). Purchase online at www.jccsanantonio.org.

Beginning Line Dance

TH | Jan. 17 - Mar. 7 | 11am | Dance Studio
\$25 | JCC Members Free

Learn simple line dances in a fun, relaxed atmosphere. No dancing experience required. The class is so much fun, you won't realize you are exercising! Partners not needed.

Register online at www.jccsanantonio.org/register or call 210-302-6860.

Jewelry Making

MO, Feb. 11 | 10:30am
Senior Center | \$10

Let your imagination go wild as you create your own stylish earrings, or make a pair for a friend! All supplies provided. Class led by Sylvia Jimenez.

See Isabel to register or call 210-302-6860.

Tues, Jan. 29

Senior Center

Blood Pressure Check



Turn over for this month's kosher menu!



Important Dates

- Tues., Jan. 1 | New Year's Day | **JCC Senior Services closed**
- Mon., Jan. 7 | Dollar Store
- Sun., Feb. 10 | Senior Sunday at The Vex | *Leading Ladies* | See Isabel for more info!
- Feb. 16 - 20 | 18th Annual Jewish Film Festival

Silver Cinema | 1pm | Free | Holzman Auditorium

93Queen | Thursday, Jan. 3 | 90 min. | documentary

A group of tenacious Hasidic women smash the patriarchy in their community by creating the first all-female volunteer ambulance corps in New York City.

Mrs. Palfrey at the Claremont | Thursday, Jan. 17 | 108 min. | comedy

All but abandoned by her family in a London retirement hotel, an elderly woman strikes up a curious friendship with a young writer.

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Lunch served Monday through Thursday beginning at noon in the Auditorium.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	CLOSED Happy New Year!	salad lentil soup salad combo on bed of lettuce brownies 10am: Crochet Mitzvah	salad enchiladas rice baked apples	H-E-B Grocery Run
7	8	9	10	11
salad minestrone soup chicken salad on a bed of lettuce fruit	salad tomato soup mac & cheese cookies	salad potato soup salmon patties green beans apple pie 10am: Crochet Mitzvah	salad chicken gumbo rice fruit	Walmart Grocery Run
14	15	16	17	18
salad veggie soup spaghetti w/meatballs baked apples	salad split pea soup baked potatoes w/toppings cookies	salad broccoli soup chicken stir fry fruit 10am: Crochet Mitzvah	salad meatloaf mashed potatoes rice pudding	H-E-B Grocery Run
21	22	23	24	25
salad lentil soup egg salad carrots cookies	salad zucchini soup cheese lasagna veggie medley peach pie	salad tortilla soup chicken tacos rice poached pears 10am: Crochet Mitzvah	salad tilapia veggie medley fruit	Walmart Grocery Run
28	29	30	31	
salad lentil soup turkey sandwich cookies	salad edamame soup grilled cheese zucchini fruit	salad vegetable soup spinach & mushroom quiche brownies 10am: Crochet Mitzvah	salad chicken apricot w/rice birthday cake	



MENU SUBJECT TO CHANGE WITHOUT NOTICE

*All meals served with bread or crackers, iced tea, water, and decaf coffee.
Alternative entrée of hard boiled eggs available on request.*

Call 210-302-6860 to book your lunch!

All reservations must be confirmed by 9:45am. If you do not cancel by 10am, you will be charged for the