



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5 Kibbitz Club Kosher Catered Lunch  On summer hiatus.	6 Maximizing Memory 9:30 - 1:00 pm  Candle Lighting 8:06 pm	7  Torah Reading <i>Parsha Re'ei</i>	
8	9	10	11	12	13 Maximizing Memory 9:30 - 1:00 pm  Candle Lighting 7:55pm	14  Torah Reading <i>Parsha Shoftim</i>	
15	16 Monday Matinée 1:30 pm <i>"Meet the Parents"</i>	17	18 Let's Do Lunch 12:00 - 1:45  Summer BBQ with Donna Donalsky.  <i>"Her vision for the Federation"</i>	19	20 Maximizing Memory 9:30 - 1:00 pm  Candle Lighting 7:44 pm	21  Torah Reading <i>Parsha Ki Teitzei</i>	
22	23	24	25 Wonderful Wednesdays 12:00 - 1:45 pm  <i>"The ABC's of Fraud".</i> Great Skits! Great information!	26	27 Maximizing Memory 9:30 - 1:00 pm  * Last Session until October.  Candle Lighting 7:32 pm	28  Torah Reading <i>Parsha Ki Tavo</i>	
29	30	31	<p><i>Returning in the fall:</i></p> <p> Gentle Yoga     Drawing Class</p> <p> JFS Singers</p>			<p><i>New fall course:</i></p> <p> <i>Bonjour!</i> Beginner Conversational French</p> <p><b>Call 613.722.2225 to register.</b></p>	



### Wonderful Wednesdays *Kosher Catered Lunch*

Wednesday, August 25, 2010

**Location:** Machzikei Hadas  
2310 Virginia Drive  
613.521.9700

**The ABC's of Fraud** is an important and informative presentation about how **you** can avoid becoming the victim of fraud. Join us and learn how to protect yourself! Bring a friend so they can be safe too!



### Let's Do Lunch *Kosher Catered Lunch*

Wednesday, August 18, 2010

**Location:** Agudath Israel  
1400 Coldrey Avenue  
613.728.3501

**RSVP:** **Special speaker** *Donna Dolansky* will share her vision for the Ottawa Federation.



### Monday Matinée Monday, August 16, 2010

*"Meet the Parents"*

**Location:** Valley Stream Manor  
2 Valley Stream Drive

**Contact:** Lisa  
613.722.2225 ext. 327

**Cost:** \$3 per person



### Maximizing Memory *Don't forget to remember.*

**Location:** JFS Ottawa  
**Contact:** Karen Anne  
613.722.2225 ext. 313  
**Cost:** \$15 per week.  
Runs until August 27, 2010

\* **Next session: October 2010 - March 2011.**  
**Cost will increase to \$20.00 per week.**



### JFS Singers *Returning in October.*



### Kibbitz Club *Returning in the fall.*

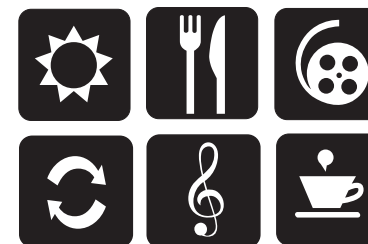


Jewish Family Services Ottawa

## Thelma Steinman Seniors Support Program Calendar

# August 2010

## 613.722.2225



Agudath Israel  
1400 Coldrey Ave.  
613.728.3501



Beth Shalom  
151 Chapel Street  
613.789.3501



Machzikei Hadas  
2310 Virginia Drive  
613.521.9700



Valley Stream Manor  
2 Valley Stream Drive

### Registration

All classes and groups require pre-registration.

Please call 613.722.2225

### Lunches

All lunches are Kosher and cost \$10 per person.

Please contact the participating synagogues directly.

### Transportation

To and from all programs is available for a fee.

Please contact Lisa  
613.722.2225 ext. 327

**Jewish Family Services of Ottawa**  
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613.722.2225