








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
See back of sheet for locations and phone numbers.			 Kibbitz Club 1 On summer hiatus.	2	3 Candle Lighting 7:19 pm	4
5	6	7	Community Dinner 8 Valley Stream Manor 6:45pm Erev Rosh Hashanah Candle Lighting 7:09pm	 1st day Rosh Hashanah Candle Lighting after 8:10pm	 2nd day Rosh Hashanah Candle Lighting 7:06 pm	Shabbat Shuvah Shabbat ends at 8:06pm
12	13	14	 Let's Do Lunch 15 CANCELLED due to holiday.	16	17 Erev Yom Kippur Candle Lighting 6:52pm Fast begins at 7:06pm	18 Yom Kippur Fast ends at 7:52pm
19	20	21	 Wonderful Wednesdays 22 CANCELLED due to holiday. Erev Sukkot Candle Lighting 6:42pm	 1st day Sukkot Candle Lighting after 7:42pm	24 2nd day Sukkot Candle Lighting 6:39pm	25 3rd day Sukkot Shabbat ends at 7:38pm
26 4th day Sukkot	27 5th day Sukkot	28 6th day Sukkot	29 Hoshana Rabba Candle Lighting 6:29pm	30 Shmini Atzeret YIZKOR Candle Lighting after 7:29pm	 October 1 Simchat Torah Candle Lighting 6:25pm	



Jewish Family Services Ottawa

Thelma Steinman Seniors Support Program Calendar

September 2010

613.722.2225



Let's Do Lunch
Kosher Catered Lunch
Cancelled due to holidays



Wonderful Wednesdays
Kosher Catered Lunch
Cancelled due to holidays



Kibbitz Club
Kosher Catered Lunch
On summer hiatus



Maximizing Memory
Next session:
October 2010 - March 2011

Location: JFS Ottawa
Contact: Karen Anne
613.722.2225 ext. 313
Cost: \$20 per week.

Sign up NOW for October classes.



Beginner Conversational French

Tuesdays 11:00 - 12:00pm
Cost: \$50.00 for 8 classes



Drawing Class

*Learn to Draw and Shade.
Progress at Your Own Pace*
Wednesdays 2:00 - 3:30pm



Gentle Yoga for Seniors

Relax, stretch and enjoy
Tuesdays 2:00 - 3:00pm
Cost: \$50.00 for 8 classes



JFS Singers

Share in the music

No musical experience necessary.
Just an interest in having fun and making music.

Thursdays 2:00 - 3:30pm



Lomir Reydn Yiddish

A Yiddish Conversation Group
To be announced.

Call 613.722.2225 to register.



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.

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
2255 Carling Avenue, Suite 300
Ottawa, ON K2B 7Z5
info@jfsottawa.com
www.jfsottawa.com