



# Center for Jewish Programs

## January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	<b>1</b> CLOSED  	<b>2</b> Film & Discussion (TST) <hr/> WJCS Dementia Caregiver SG <hr/> General Caregiver Group (WRT) <hr/> Jewish Mindfulness Meditation	3	4
<b>5</b> J-Teen Leadership Witness Project	<b>6</b> Beth El SMART <hr/> JCC-MW Spousal/ Partner Bereavement Group <hr/> Parent Support Group (TIC) <hr/> Supper Club/ Shelanu Go to the Fountain Diner	<b>7</b> You are Not Alone: Dementia Caregiver SG <hr/> Shelanu and Supper Club create New Year's Crafts	8	<b>9</b> Current Events (CSI) <hr/> Jewish Mindfulness Meditation <hr/> Parent Support Group (Beth El-NR) <hr/> Shelanu and Supper Club go to the Flaming Grill	10	11
12	<b>13</b> Beth El SMART <hr/> JCC-MW Spousal/ Partner Bereavement Group <hr/> TIC Moving Forward Senior Group	<b>14</b> Current Events (TINW) <hr/> JCC-MW Caregiver Support Group <hr/> Connecting with Others: Chronic Illness	<b>15</b> Club Wednesday (JCCH) <hr/> Jewish Culture (Chai House) <hr/> Project SEED Directors Mtg	<b>16</b> Film & Discussion (TST) <hr/> Caring for Aging Parents (Beth El NR) <hr/> WJCS Dementia Caregiver SG	<b>17</b> Shelanu and Supper Club go to Synaplex	18

	Shelanu and Supper Club go Bowling	Support Group		Jewish Mindfulness Meditation		
19	<b>20 CLOSED</b> 	<b>21</b> You are Not Alone: Dementia Caregiver SG <hr/> Parent Support Group (TIC) <hr/> Shelanu and Supper Club go to Buffalo Wild Wings	<b>22</b>	<b>23</b> Jewish Mindfulness Meditation <hr/> Shelanu and Supper Club go to Salsa Picante & Yogurt <hr/>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> TIC Moving Forward Senior Group <hr/> Shelanu and Supper Club go to Dinner and the Movies	<b>28</b>	<b>29</b> Jewish Culture (Chai House) <hr/> Parent Support Grp (Beth-El-NR)	<b>30</b> Jewish Mindfulness Meditation <hr/> Shelanu and Supper Club enjoy Big Bang clips and Snacks	<b>31</b> Share Shabbat	<b>1</b>

## January 2025 EVENT DETAILS

**Beth El-NR SMART:** Mondays, January, 6 & 13, 11:00 am – 12:15 pm

**Caring for Aging Parents:** Thursday, January 16, 7:00 – 8:30 pm

**Club Wednesday (JCCH):** Wednesday, January 15, 11:00 am – 12:15 pm

**Connecting with Others: Chronic Illness Support Group**—Tuesday, January 14, 11:00 am - 12:00 pm. Please contact Jane Slevin for more information at [jslevin@wjcs.com](mailto:jslevin@wjcs.com).

### Current Events:

- Tuesday, January 14, 10:30 am – 12:00 pm (TINW)
- Thursday, January 9, 11:00 am – 12:30 pm (CSI)

**Film & Discussion Group:** Thursday, January 2 & 16, 12:45 pm - 3:30 pm at TST

### General Caregiver Groups:

- Tuesday, January 14, 9:30 – 10:45 am (JCC-MW). Please contact [bernsteind@jccmw.org](mailto:bernsteind@jccmw.org) or Sarah Lieberman at [slieberman@wjcs.com](mailto:slieberman@wjcs.com) for more information.
- Wednesday, January 2, 11:30 am – 12:30 pm (WRT members)
- Thursday, January 16, 4:00 -- 5:15 pm (TST members)

**J-Teen Leadership Witness Project:** Sunday, January 5, 10:00 am – 12:00 pm

**Jewish Culture: Chai House:** Wednesdays, January 15 & 29, 3:30 – 6:00 pm

**Jewish Mindfulness Meditation Group:** Most\* Thursdays, 9:30 – 10:45 am. \*Excluding Religious and National Holidays. For details, please email [sdavi@wjcs.com](mailto:sdavi@wjcs.com).

**Parent Support Group:**

- Beth El Synagogue, January 9 & 29, 8:00 – 9:00 pm
- Temple Israel Center, January 6 and 21, 8:00-9:15 pm

**Project SEED Directors Meeting:** Wednesday, January 15, 3:00 – 4:00 pm, Beth El-NR

**Share Shabbat** -- Friday, January 31

**Shelanu & Supper Club**

- Monday, January 6, Fountain Diner, 6:00 – 7:30 pm
- Tuesday, January 7, New Year's Crafts and Takeout at Taft, 6:00–8:00 pm
- Thursday, January 9, Flaming Grill, 6:00 - 7:30 pm,
- Monday, January 13, Bowling, 6:00 – 8:30 pm
- Friday, January 17, Synaplex, 6:00 – 7:30
- Tuesday, January 21, Shelanu Goes to Wild Wings - NR, 6:00 – 8:30 pm
- Thursday, January 23, Salsa Picante and Frozen Treats, 6:00 – 8:00 pm
- Monday, January 27, Shelanu Goes to Dinner & the Movies, 6:00 pm – End
- Tuesday, January 30, Big Bang Clips and Snacks at Taft, 6:00 – 8:00 pm

**Spouse/Partner Bereavement Group:** Monday, January 6 & 13, 4:00 – 5:30 pm – JCC-MW (\$120 for series of 6)

**TIC Moving Forward Senior Group:** Mondays, January 13 & 27, 1:00 – 2:00 pm

**WJCS Dementia Caregiver Support Group** – Thursdays, from 12:00-1:15 pm. ~~September 5, 19, October 10, 24, November 7, 21, December 5, 19, 2024~~ and January 2 and 16, 2025. Fee: \$200 for the series of 10 sessions. Please contact Sarah Lieberman at [slieberman@wjcs.com](mailto:slieberman@wjcs.com) for more information.

**You Are Not Alone: Dementia Caregiver Group** – Tuesdays, ~~September 3, October 1, 8, 22, November 5, 19, December 3, 17~~ and January 7, 21 from 10:30 – 11:45 am. \$200 for series of 10 sessions. For more information or if interested, please email Jane Slevin at [jslevin@wjcs.com](mailto:jslevin@wjcs.com).