

For information, please contact:

Dr. Susan Mathieu
Senior Adult Coordinator
(562) 426-7601 ext. 1721
smathieu@alpertjcc.org

Senior Lunches

(Menu subject to change)

\$6 AJCC Members
\$7 Public

***PLEASE CALL
DR. SUSAN MATHIEU
IN ADVANCE FOR A VEGETARIAN
OR KOSHER MEAL***
We want to meet your dietary needs



Alpert Jewish Community Center
3801 East Willow Street, Long Beach, CA 90815
(562) 426-7601 www.alpertjcc.org

Upcoming Events

Tuesdays July 10, 17, 24, 31

7pm

The Life of Winston Churchill

Taught by Dr. Don Schwartz

\$18 members/ \$20 non-members

Wednesday, July 25

6pm

Cooking Class with Chef Eileen Gelso
from the Great Plate

\$30

Wednesdays, July 25, Aug 1, Aug 8

6-7:30pm

Looking good on a budget
a free 3-part series

Thursday, July 26

Tu'B'Av Dinner and Dance

Stay Tuned for more info

Friday, July 27

9am

Holiday Table in honor of Tu B'Av
(Jewish holiday celebrating Love)



July 2018 Senior Lunches



Wednesdays
12:00pm

at the
Alpert Jewish
Community
Center

Happiness & Humor Group



Next Meetings: July 6

Meets the first Friday of every month.

This FREE ongoing group will help you find the positive side of life. All senior adults are invited, so bring your friends, and be ready to laugh!

Coffee and light refreshments will be served.

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July 4

Fourth of July Extravaganza

Sponsored by Marianne Bobick

Iced Tea, Lemonade, and Fresh Hot Coffee

*

Burgers/Hot Dogs, Potato Salad & Corn "off" the Cob

*

Apple Pie

*

Prizes for best Patriotic Socks or Hat

*

Music by the duo, Greg & Alex

July 11

Chinese Banquet

*

Egg Rolls

*

Orange Chicken

*

Vegetable Chop Suey and Brown Rice

*

Fortune Cookies

*

Bingo & Prizes

July 18

Market Greens Summer Salad:

Tomatoes, Asparagus, Chickpeas, Apples, Tangerines, Assorted Greens and White Fish

*

Slowly Churned Ice-Cream

July 25

Green Salad

*

Spaghetti and Meat Sauce

*

Italian Ice

*

Bogart & Boyd Duo



HAPPY 4TH OF JULY!