

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, June 5, 12, 19, 26

7pm

Kickstart Your Health

Taught by Barbara Ravid, RDN

Food for Life Instructor

\$25 member; \$30 non-member

Monday, June 11

7pm

Rosh Chodesh Sivan

Meditation on Balance

Learning to honor the joys

and sorrows of life

FREE

Monday, June 18

7-9pm

The Big Band

FREE

Thursday, June 21

7pm

Israel for Reel: The Kind Words

FREE

Sunday, June 24

Open House/Jewish Festival

10am-3pm

June 2018 Senior



**at the
Alpert Jewish
Community
Center**

**Happiness
Humor Gro** 

Next Meeting: July 6

June 20

Father's Day Luncheon Hosted by
Binnie & Jack Berro

Noodle Kugel
*

Tuna Salad &
Fresh Fruit Garnish
*

Fresh Rye, Egg & Onion
Bread
*

Freshly Baked Cookies &
Ice-Cream
*

Coffee & Tea
Lance Woods, CCF &
Jandra Gnutti, CCF
present Healthy Legs

June 6

Fresh Salmon with Maple
Glaze
*

green peas and roasted
red potatoes
*

Assorted Cookies
*

Sage-ing with
Sande Gendel

June 27

Submarine Sandwiches
*

Assorted Chips
*

Chocolate Chip Cookies
*

Bingo & Prizes &
Terrific Fun

June 13

Italian Salad
*

Pizza
*

Mixed Vegetables
*

Ice-Cream Bars
*

Dr. Candace Davis,
DC from ChiroMed
Healing Center
&

Giovanna Estocin, Founder
of G-Spa Massage Clinic

**Save the
date!**

June 18: Beach City

Big Band

June 24: Open

House Jewish