

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

### **Sukkot Holiday Table**

**Monday, September 24, 9am**

Join us in the Promenade in celebration  
of the fall harvest holiday of Sukkot.

### **Coffee Talk in the Sukkah**

**Tuesday, September 25, 9:30am**

Learn and discuss the holiday of Sukkot  
with Temple Israel's Educator, Sharon  
Amster Brown.

### **Lunch and Learn with ChayaLeah Sufrin**

**Thursday Oct 4, 12pm**

Everything you want to know about  
the Torah. Bring your  
own lunch. Dessert  
and refreshments will be served.  
FREE

### **Happiness & Humor Group**

**Friday, October 5, 11:30 am**

Led by Dr. Susan Mathieu

### **Movie Night: The Band's Visit**

**Sunday, Oct 7, 6pm**

The Israeli Movie that was adapted  
into a hit Broadway  
Musical. It will be shown in  
the Lipeles Auditorium as we  
kick off the 2018 Long  
Beach Film Festival. FREE

### **Evva Vale Community Art Show Reception**

**Tuesday, Oct 9, 7pm**

Exhibition and Reception are free  
and open to the public.

# October 2018 Senior



**at the  
Alpert Jewish  
Community  
Center**

# Happiness Humor Gro

**Next Meetings: October 5**

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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## October 3

Chili & Beans

\*

Cornbread

\*

Assorted Deserts

\*

**Bingo & Prizes Galore**

## October 10

Spinach Salad with  
Cranberries and Light Ranch  
Dressing

\*

Winter Squash Ravioli with  
Fresh Farmers Veggies

\*

Ice-Cream Bars

\*

**Long Beach Transit  
(Bill Smith)**

## October 17

BBQ Chicken Sandwiches

\*

Kosher Pickle

Sliced Tomatoes

Coleslaw

Sweet Potato Fries

\*

Assorted Pastries

\*

**John Cosgriff:  
Singer, Musician**

## October 24

Beef & Broccoli or  
Tofu & Assorted Vegetables

\*

Brown Rice

\*

Fortune Cookies

\*

**Larissa Ulloa:  
Multi-Talented Singer**

## October 31

Light Farmer's Salad

\*

Meatloaf

\*

Mashed Potatoes

\*

Delicious Cupcakes

\*

**Game Show  
Prizes Galore**