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Upcoming Events



➤ Passover Celebration!

***No Senior Lunch*
Passover
April 10th – 18th**

- Neighborhood Advisor Presentation
- Trivia Tuesday
- Documentary, "Great Artists"
- Mother's Day Celebration!
- Driver's Safety Course

Dial 211
211cny.com



*Connecting people with services in
Central and Northern New York
24-hour health and human services
information and referral*

Contact us at:
315-445-2360
ext. 104

cstein@jccsyr.org
msauer@jccsyr.org
skieffer@jccsyr.org

Upcoming April Events

- ❖ April 7th – Passover Celebration
- ❖ April 10th – 18th **PASSOVER-NO SENIOR LUNCH**
JCC closed first two and last days of Passover
- ❖ April 11th - 12th - **JCC CLOSED**
- ❖ April 17th - 18th - **JCC CLOSED (Except for Fitness)**
- ❖ April 21st – Neighborhood Advisor Presentation
- ❖ April 25th – Trivia Tuesday
- ❖ April 28th – Documentary – "GREAT ARTISTS"-series
- ❖ April 30th – Sunday 9:30 am – 4:00 pm
\$20.00 JCC member or \$25.00 non-member
Driver's Safety Course

Upcoming May Events

- ❖ May 5th - Neighborhood Advisor Presentation
- ❖ May 12th – Mother's Day Celebration w/ entertainment
- ❖ May 16th – Trivia Tuesday
- ❖ May 19th – Documentary - "GREAT ARTISTS series"
- ❖ May 26th – Luncheon w/entertainment
- ❖ May 29th – *Memorial Day*- **Closed** – No senior lunch
- ❖ May 31st – *Shavuot* – **Closed** – No Senior lunch

Coming Soon:



Summer (June 26st – August 21st)
\$5.00 Monday Night Dinners w/entertainment
More information to come!



April Neighborhood Advisor Presentation:

“What role does diet play in Sr. Health & Sr. Exercise, important health of the elderly”

May Neighborhood Advisor Presentation:

“Activities that slow cognitive loss”

**Calling all Bridge Players!
Mondays @ 1:00 P.M.**



Mah Jongg

**Every Tuesday, Wednesday and
Thursday @ 12:30 P.M.**



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“Neighborhood Advisor helps east-area seniors live independently”



Do you or someone you know need help with Social Security benefits, SNAP (food stamps), Home Energy Assistance Program (HEAP) benefits, transportation or other services? The JCC’s Neighborhood Advisor can help.

Sharon Kieffer, the JCC’s Neighborhood Advisor, assists seniors age 60 and older in the DeWitt, Fayetteville and Manlius areas with outreach, information and referral services so that they can remain living independently in their homes. There is no cost for this service, however donations are accepted and appreciated. Kieffer has many years of experience providing case management services in the healthcare and long-term care fields.

The Neighborhood Advisor program is part of the Onondaga County Department of Adult & Long Term Care Services. For more information, and to make a referral (seniors may self-refer), call Sharon Kieffer at 315-445-2040, ext. 156.



“Feb-June 2017 “14 part television series”

Seventh Art Productions presents

“GREAT ARTISTS”

A major 14 part television series in which art historian Tim Marlow takes a fresh look at the most important artworks of some of the greatest artists in history. Shot on location in over 50 galleries, museums, churches and palaces throughout Europe and the United States, this series is a comprehensive survey of the history of Western art. Both intelligent and informative, the series aims to provide an uncomplicated and accessible analysis of the works and artists featured including Giotto, Michelangelo and Raphael.

*Written by Tim Marlow
Directed by Phil Grabsky*

JCC Bobbie Epstein Lewis Senior Adult Dining Program

April 2017 MENU

Meals are prepared daily by JCC's Chef Donna Carullo

Menu meets 1/3 RDA and has lowered amounts of sodium, cholesterol, fat and sugar. All meats are kosher and under the supervision of the Syracuse Vaad Ha'ir. The Bobbi Epstein Lewis Senior Adult Dining Program is funded by a grant from the Administration on Aging, New York State Office for the Aging and Onondaga County Office for Aging. Additional funds are provided by the JCC. A \$4.00 suggested contribution for seniors, \$5.00 under age 60.

Jewish Community Center 5655 Thompson Road Dewitt NY. For Reservations call Tammy or Debbie at 445-2360.

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Teriyaki Crispy Baked Chicken Wings, Potato Wedges, Tossed Salad & Seasonal Fresh Fruit.	Spinach Cheese Quiche, Tossed Salad & Seasonal Fruit.	Hamburger with Sautéed Onion, Pickle Spear, Cole Slaw, Sweet Potato Fries & Seasonal Fruit.	Spaghetti & Meatballs, Garlic Toast, Tossed Salad & Snicker Doodle Cookie.	<u>Passover Seder Celebration!</u> Apricot Glazed Chicken, Rosemary Oven Roast Potatoes, Roasted Asparagus & Apple Cake.
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
CLOSED FOR PASSOVER	CLOSED FOR PASSOVER	CLOSED FOR PASSOVER	CLOSED FOR PASSOVER	CLOSED FOR PASSOVER
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
CLOSED FOR PASSOVER	CLOSED FOR PASSOVER	Chicken Rollatini, Mixed Vegetables & Seasonal Fresh Fruit.	Meatloaf, Green Beans, Mashed Potatoes & Seasonal Fruit.	<u>BIRTHDAY CELEBRATION!</u> Brisket, Mashed Potatoes, Green Beans and Cinnamon Swirl Cake.
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
Tomato Basil Soup, Grilled Cheese & Seasonal Fruit.	Chicken Fried Rice, Sugar Snap Peas & Sugar Cookie.	Hot Corned Beef Sandwich w/Russian Dressing on Rye Bread, Potato Wedges, Green Beans & Seasonal Fruit.	Stuffed Cabbage, Carrot Coins & Oatmeal Cookie.	Turkey, Stuffing, Cranberry Sauce, Mixed Vegetables & Brownies.



**Thank you, Marty & Elaine
Birnbaum and Joel Friedman for
your continued monthly
sponsorship!**

JCC Bobbie Epstein Lewis Senior Adult Dining Program

MAY 2017 MENU

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MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Baked Ziti, Dinner Roll, Tossed Salad & Seasonal Fruit.	Chicken Salad on Rye, Macaroni Salad & Seasonal Fruit.	Beef Stew over Egg Noodles, Dinner Roll, Tossed Salad & Seasonal Fruit.	Spaghetti & Meatballs, Italian bread, Tossed Salad and Sugar Cookie.	Fresh Salmon w/Dill, Seasonal Oven Roasted Vegetables, Wild Rice & Fresh Berry Crisp.
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Stuffed Cabbage, Carrot Coins & Seasonal Fruit.	Turkey on Rye, w/Lettuce & Tomato, Vegetable Soup and Seasonal Fruit.	Imitation Crab Cakes, Sugar Snap Peas, Sweet Potato Fries & Seasonal Fruit.	Meatloaf, Mashed Potatoes, Green Beans & Seasonal Fruit.	<i>Mother's Day Celebration!</i> Moroccan Chicken Stew, Couscous & Strawberry Short Cake.
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Tuna Salad on Rye w/Lettuce & Tomato, vegetable soup and a Chocolate Chip Cookie.	Hamburgers w/Sauteed Onions, Cole Slaw, Sweet Potato Wedges and Seasonal Fruit.	Chicken Fried Rice, Mixed Vegetables and a Sugar Cookie.	Mac & Chees, Tossed Salad and Seasonal Fruit.	<i>Birthday Celebration!</i> Brisket, Garlic Mashed Potatoes, Oven Roasted Asparagus & Lemon Cake.
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Tomato Basil Soup, Grilled Cheese, Tossed Salad & an Oatmeal Cookie.	Crispy Teriyaki Chicken Wings, Potato Wedges, Cole Slaw & Seasonal Fruit.	Spinach Cheese Quiche, Tossed Salad & Seasonal Fruit.	Egg Salad on Rye, Pickle Spear, Potato Wedges & Seasonal Fruit.	Pineapple Glazed Baked Chicken, Oven Roasted Fresh Vegetables, Baked Potato & Marble Cake.
MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY	FRIDAY
Memorial Day CLOSED	Egg Salad on Rye, Cucumber & Tomato Salad and a Snickerdoodle Cookie.	Shavuot CLOSED		



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