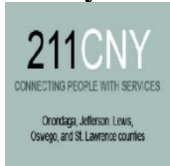


In This Issue

Upcoming Events

- Neighborhood Adviser Presentation
- Last night of Dinners
- September 4th Labor Day-JCC closed
- Rosh Hashanah Celebration!
- September 21st & 22nd Rosh Hashanah-JCC Closed
- Flu Shots
- Driver's Safety Course Dates

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
skieffer@jccsyr.org

Upcoming August Events

- ❖ August 4th –Neighborhood Adviser Presentation
“Activities that slow cognitive loss”
- ❖ August 7th - Esa Jaffe
- ❖ August 14th -Dewitt Guys & Dolls
- ❖ August 18th – End of Summer, Birthday Celebration
- ❖ August 21st –Brad & Sid (last night of dinners)

Upcoming September Events

- ❖ September 1st – Neighborhood Adviser Presentation
“Managing your medication”
- ❖ September 4th –Labor Day –JCC Closed
- ❖ September 8th - Birthday Celebration!
- ❖ September 18th Rosh Hashanah Celebration!



- ❖ September 21st & 22nd –Rosh Hashanan – JCC Closed

FLU SHOTS



The JCC of Syracuse will host a flu shot clinic on Wednesday, September 13th, 2017 at the center on 5655 Thompson Road, Dewitt. Most insurances will be accepted. The clinic is being held in conjunction with Rite Aid Pharmacy and reservations are requested. For more information and to RSVP please call 315-445-2360.

***Coming soon October 10th & 11th and November 14th & 15th, AARP Drivers Safety Course. Please call 315-445-2360 and RSVP with Tammy or Debbie**



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



Mah Jongg

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



***Small Mah Jongg Cards Limited Availability
at the JCC Front Desk**



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.

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.

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

**cstein@jccsyr.org
skieffer@jccsyr.org**

SENIOR \$CAMS



How to prevent consumer fraud

Anyone can become a victim of financial abuse. There are a lot of scam artists out there, and too many people are willing to trust them. Seniors are often the target of these scams, but by knowing what to look out for, you can protect your money and belongings from these greedy hands.

On June 30th, 2017 the Central New York Postal Customer Council presented a seminar led by the United States Postal Inspection Service, regarding how to recognize and avoid common fraud schemes.

If you have any questions please contact:

Ryan McAlhaney
U.S. Postal Inspector
Boston Division-Syracuse Domicile
315-452-3595
RSMcalhaney@uspis.gov

**BEWARE OF
SCAMMERS!**

HAPPY JEWISH NEW YEAR!

Rosh Hashanah is the celebration of the **Jewish New Year**. It's a very important holiday on the Jewish calendar. On Rosh Hashanah, Jews from all over the world celebrate God's creation of the world.

During Rosh Hashanah, Jewish people ask God for forgiveness for the things we've done wrong during the past year. We also remind ourselves not to repeat these mistakes in the coming year. In this way, Rosh Hashanah is an opportunity to improve ourselves. It's a holiday that helps us to become better people and that's a beautiful thing!



JCC Bobbie Epstein Lewis Senior Adult Dining Program
AUGUST 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	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
	Meatloaf, Mashed Potatoes, Carrot Coins & Seasonal Fruit.	Stuffed Shells, Dinner Roll, Tomato and Cucumber Salad & Ice Cream.	Turkey Wrap, Broccoli Salad & Fruit w/Shortcake and Non Dairy Topping..	Salmon w/Dill, Oven Roasted Vegetables and Couscous & Fresh Berry Crisp.
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
<u>Dinner</u> Brisket, Mashed Potatoes, Vegetable Kabobs & Devil's Food Cake.	Hot Corned Beef Sandwich on Rye w/Russian Dressing, Tossed Salad & Seasonal Fresh Fruit.	Spinach Cheese Quiche, Dinner Roll & Seasonal Fresh Fruit.	Chicken Fried Rice, Green Beans & Seasonal Fresh Fruit.	Marsala Meatballs Over Rice, Mixed Vegetables & Marble Cake.
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
<u>Dinner</u> Panko Encrusted Honey Mustard Salmon, Herb Rubbed Potato Wedges, Oven Roasted Balsamic Baby Carrots & Fresh Berry Crisp.	Beef Stew Over Egg Noodles, Dinner Roll & Seasonal Fresh Fruit.	Baked Ziti, Garlic Bread, Tossed Salad & Seasonal Fresh Fruit.	Imitation Crab Cakes w/Lemon Dill Sauce, Sugar Snap Peas, Potato Wedges & Seasonal Fresh Fruit.	<u>Birthday Celebration!</u> Roast Turkey, Stuffing, Cranberry Sauce, Asparagus & Spice Apple Cake.
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
<u>Dinner</u> Orange Glazed Cornish Hen w/Wild Rice, Green Beans & Strawberry Kabobs Drizzled w/Chocolate.	Spaghetti & Meatballs, Dinner Roll, Tossed Salad & Seasonal Fresh Fruit.	Tuna Wrap w/Sliced Tomato, Potato Salad & Seasonal Fresh Fruit.	Turkey Chili (Not Spicy), Dinner Roll, Green Beans & Seasonal Fresh Fruit.	Roast Artichoke Chicken, Garlic Mashed Potatoes, Carrot Coins & Pineapple Upside Down Cake.
MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	FRIDAY
Salmon Croquettes, Oven Roasted Vegetables, Rosemary Potatoes & Fresh Seasonal Fruit w/Non-Dairy Whipped Topping.	Hamburgers w/Sautéed Onions & Mushrooms, Corn on the Cob & Snicker Doodle Cookie.	Moroccan Chicken Stew, Mashed Sweet Potato & Brownies.	Sweet & Sour Meatballs Over Rice, Carrot Coins and a Sugar Cookie.	



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



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Mah Jongg 12:30 pm.	Shabbat Neighborhood Advisor Presentation
7	8	9	10	11
Bridge 1:00 pm Dinner 5:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	Shabbat
14	15	16	17	18
Bridge 1:00 pm Dinner 5:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	Shabbat Birthday Celebration End of Summer
21	22	23	24	25
Bridge 1:00 pm Dinner 5:00 pm (last night)	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	Shabbat
28	29	30	31	
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	

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3175 E. Genesee Street - Syracuse, NY 13224
315-446-4848



Thank you to Steven Sisskind for sponsoring our entertainment!

JCC Bobbie Epstein Lewis Senior Adult Dining Program SEPTEMBER 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
				Roast Turkey, Stuffing, Cranberry Sauce and Apple Spice Cake.
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Labor Day CLOSED	Turkey Chili w/Dinner Roll, Mixed Vegetables & Chocolate Crackle Cooke.	Vegetable Soup, Grilled Cheese & Seasonal Fresh Fruit.	Meatloaf, Mashed Potatoes, Green Beans & Seasonal Fresh Fruit.	BIRTHDAY CELEBRATION! Orange Glazed Cornish Hen, Mashed Sweet Potato, Mixed Vegetables & a Brownie.
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Chicken Fried Rice, Green Beans & Seasonal Fruit.	Mac & Cheese, Tossed Salad & Snickerdoodle Cookie.	Split Pea Soup, Hamburger W/Sautéed Onions, Potato Wedges & Seasonal Fruit.	Imitation Crab Cakes, Sweet Potato Wedges, Mixed Vegetables & Seasonal Fruit.	Beef Stew w/Mixed Vegetables, Egg Noodles, Dinner Roll & Seasonal Fruit.
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
<u>Rosh Hashanah Celebration!</u> Salmon w/Dill Sauce, Oven Roasted Butternut Squash, Asparagus & Marble Cake.	Spaghetti & Meatballs, Tossed Salad & Sugar Cookie.	Spinach Quiche, Dinner Roll & Seasonal Fruit.	<u>Rosh Hashanah</u> CLOSED	<u>Rosh Hashanah</u> CLOSED
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Stuffed Cabbage, Peas & Carrots and Snicker Doodle Cookie.	Baked Ziti, Tossed Salad, Garlic Toast & Seasonal Fruit.	Chicken Rollatini, Mixed Vegetable & Oatmeal Cookie.	Seafood Strudel, Green Beans & Seasonal Fruit.	Brisket, Mashed Potatoes, Carrot Coins and Apple Cake.



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



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Shabbat Neighborhood Advisor Presentation
4 <u>Labor Day</u> CLOSED	5 Mah Jongg 12:30 pm	6 Mah Jongg 12:30 pm	7 Mah Jongg 12:30 pm.	8 Shabbat BIRTHDAY CELEBRATION!
11 Bridge 1:00 pm	12 Mah Jongg 12:30 pm	13 Mah Jongg 12:30 pm	14 Mah Jongg 12:30 pm.	15 Shabbat
18 Bridge 1:00 pm Rosh Hashanah Celebration!	19 Mah Jongg 12:30 pm	20 Mah Jongg 12:30 pm	21 <u>Rosh Hashanah</u> CLOSED	22 <u>Rosh Hashanah</u> CLOSED
25 Bridge 1:00 pm	26 Mah Jongg 12:30 pm	27 Mah Jongg 12:30 pm	28 Mah Jongg 12:30 pm	29 Shabbat

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