

In This Issue

Upcoming Events

- Neighborhood Advisor Presentation



- MOVIE

- AARP Drivers Safety Course

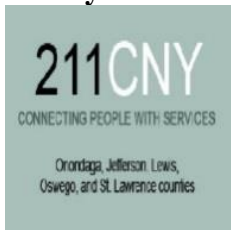
- Purim Celebration w/Entertainment

- JCC Purim Carnival

- Passover Celebration



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
jpaul@jccsyr.org
skieffer@jccsyr.org

Upcoming February Events

- ❖ 2nd – **Neighborhood Advisor Presentation**
“5 Tricks for getting enough Fruits and Veggies”

- ❖ 14th – **MOVIE**
“Carol Barnett Show”

- ❖ 18th – **AARP Drivers Safety Course**
AARP member \$20.00 Non-AARP member \$25.00
Sunday, 9:30 am to 3:30 pm
(Bring meatless lunch)

- ❖ 23rd – **Purim Celebration w/ Entertainment**



Upcoming March Events

- ❖ 2nd – **Neighborhood Advisor Presentation**
“Walking tips for Older Adults”

- ❖ 4th – **JCC Purim Carnival – Volunteers Needed**



- ❖ 14th – **MOVIE**
“Johnny Carson Show”

- ❖ 28th – **Passover Celebration w/ Entertainment!**

- ❖ April 2nd – April 6th – **Senior lunch is closed for Passover**



Coming Soon AARP Driver's Safety Course
Tues & Weds, April 10th & 11th,
9 am to 12 noon
Tues & Weds, May 15th & 16th,
9 am to 12 noon



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



Mah Jongg



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

**We are looking for more players!
If you are interested in playing,
please call the JCC**

The JCC Fitness Center accepts...



For details contact
Nick Finlayson at 315-445-2040 x140 or
nfinlayson@jccsy.org.



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.

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315-445-2360 ext. 104**

**cstein@jccsy.org
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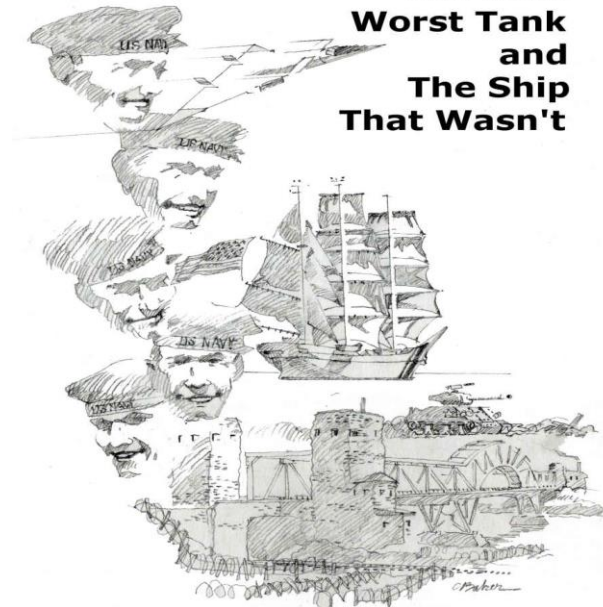
BOOK REVIEW

Sunday, February 25th

1-3 pm

Free and open to the public

**The Best
Worst Tank
and
The Ship
That Wasn't**



PAUL MITURA



The Best Worst Tank and The Ship That Wasn't is a collection of interesting and historic military topics written by Paul Mitura, an Army officer with more than 30 years of service. Mitura is a graduate of the United States Army Command and General Staff College, and the Air War College. He holds multiple advanced degrees. Mitura's service and passion for history blend together to provide a survey of little-known military stories from our country's history. This book is a compilation of unique stories about equipment, battles, people, and events that occurred in both war and peace. It will interest the history enthusiast, the general reader, and the veteran alike.

The Best Worst Tank and The Ship That Wasn't includes original drawings by artist and veteran, Chris Baker of Weedsport, NY, www.paintingsbychrisbaker.com. The book was edited by Barbara Bell at www.firstreaderconsulting.com

JCC Bobbie Epstein Lewis Senior Adult Dining Program

FEBRUARY 2018 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.

Challah Sold Every Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
			Mac & Cheese, Tossed Salad and Seasonal Fruit.	Orange Glazed Chicken, Baked Potato, Mixed Vegetables & Marble Cake.
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
Vegetable Soup, Spinach Cheese Quiche, Tossed Salad & Seasonal Fruit.	Spaghetti & Meatballs, Garlic Toast & Snicker Doodle Cookie.	Imitation Crab Cakes, Chicken Noodle Soup, Sweet Potato Wedges, Mixed Vegetables & Seasonal Fruit.	Chicken Fried Rice, Green Beans & Sugar Cookie.	<u>BIRTHDAY CELEBRATION!</u> Fresh Salmon w/Dill, Wild Rice, Green Beans & Pineapple Upside Down Cake.
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
Chicken Noodle Soup, Tuna Salad on Rye, Blintz with Fruit.	Baked Ziti, Dinner Roll, Tossed Salad & Seasonal Fruit.	Chicken Rollatini, Mixed Vegetables & Seasonal Fresh Fruit.	Meatloaf, Green Beans, Mashed Potatoes & Seasonal Fruit.	Turkey, Stuffing, Cranberry Sauce, Mixed Vegetables & Brownies.
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Tomato Basil Soup, Grilled Cheese & Seasonal Fruit.	Hawaiian Chicken, Brown Rice, Green Beans & Sugar Cookie	Hot Corned Beef Sandwich w/Russian Dressing on Rye Bread, Potato Wedges, Tossed Salad & Seasonal Fruit.	Stuffed Cabbage, Carrot Coins & Oatmeal Cookie.	Brisket, Mashed Potatoes, Green Beans and Cinnamon Swirl Cake.
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY	FRIDAY
Teriyaki Crispy Baked Chicken Wings, Potato Wedges & Tossed Salad and Seasonal Fresh Fruit.	Marsala Meatballs over Rice, Carrot Coins & Seasonal Fruit.	Tuna Salad on Rye w/Lettuce & Tomato and Cream of Broccoli Soup.		



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Mah Jongg 12:30 pm	Shabbat Neighborhood Advisor Presentation
5	6	7	8	9
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Mah Jongg 12:30pm	Shabbat Birthday Celebration!
12	13	14	15	16
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm Movie	Mah Jongg 12:30pm	Shabbat
19	20	21	22	23
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	Shabbat Purim Celebration w/ Entertainment!
26	27	28		
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm		

JCC Bobbie Epstein Lewis Senior Adult Dining Program

MARCH 2018 MENU

Meals are prepared daily by JCC's Chef Donna Carullo

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Challah Sold Every Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
			Cheese Quiche, Dinner Roll, Tossed Salad & Seasonal Fruit.	Fresh Salmon w/Dill, Baked Potato, Carrot Coins & Cinnamon Swirl Cake.
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
Hawaiian Chicken Over Rice, Green Beans & Oatmeal Cookie.	Vegetable Soup, Turkey Sandwich w/Mayo, Lettuce & Tomato and Sugar Cookie.	Hamburger w/Sautéed Onion, Ketchup, Tossed Salad, Sweet Potato Wedges & Seasonal Fruit.	Pasta Primavera, Tossed Salad, Dinner Roll & Seasonal Fruit.	Apricot Glazed Chicken, Baked Potato, Green Beans & Pineapple Upside Down Cake.
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
Tomato Basil Soup, Grilled Cheese & Seasonal Fruit.	Meatloaf, Mashed Potatoes, Green Beans & Seasonal Fruit.	Imitation Crab Cakes, Potato Wedges, Mixed Vegetables & Seasonal Fruit.	Marsala Meatballs, Green Beans, Rice & Seasonal Fruit.	<u>BIRTHDAY CELEBRATION!</u> Brisket, Mashed Potatoes, Green Beans & Marble Cake.
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Baked Ziti, Italian Bread, Tossed Salad & Seasonal Fresh Fruit.	Baked Herb Chicken, Wild Rice, Carrots & Peas and Sugar Cookie.	Tuna Salad on Rye, Chicken Noodle Soup & Seasonal Fruit.	Beef Stew over Egg Noodles, Dinner Roll & Seasonal Fruit.	Roasted Turkey, Dressing, Dinner Roll Mixed Vegetables, Cranberry Sauce & Spice Apple Cake.
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
Stuffed Cabbage, Carrot Coins & Snickerdoodle Cookie.	Hot Corned Beef on Rye w/ Russian Dressing, Pickle Spear, Potato Wedges & Seasonal Fruit.	<u>Passover Celebration w/ Entertainment!</u> Moroccan Chicken Stew w/Rice & a Chocolate Brownie.	Chicken Fried Rice, Green Beans & Sugar Cookie.	Sweet & Sour Meatballs Over Egg Noodles, Mixed Vegetables & Seasonal Fruit.



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26	27	28	29	30
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm Passover Celebration w/ Entertainment!	Mah Jongg 12:30 pm	Shabbat