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*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

**\*\*Correction-The senior lunch on Friday, March 30<sup>th</sup>- CLOSED**

### Upcoming April Events

- ❖ 2<sup>nd</sup> – 6<sup>th</sup> – **Passover Observed- Senior Lunch Closed**  
(Fitness Opened)
- ❖ 6<sup>th</sup> – **Closed**- Passover- (ASP, ECDP & Fitness open)
- ❖ 7<sup>th</sup> – **Closed**- Passover – (Fitness Open)
- ❖ 10<sup>th</sup> & 11<sup>th</sup> – **AARP Drivers Safety Course**  
AARP member \$20.00 Non-AARP member \$25.00  
Tues & Weds, 9:00 am to 12:00 noon
- ❖ 13<sup>th</sup> – **Holocaust Remembrance** with Dave's Trio
- ❖ 20<sup>th</sup> – **Neighborhood Advisor Presentation**  
“Discussion on Loneliness & Social Isolation”
- ❖ 27<sup>th</sup> – **Lunch and learn Presentation**  
“Different Senior Living Options”  
Sponsored by: Green Family Foundation

### Upcoming May Events

- ❖ 4<sup>th</sup> – **Neighborhood Advisor Presentation**  
“Meditation: A mindfulness practice promotes better health”
- ❖ 11<sup>th</sup> – **Mother's Day Celebration w/ Entertainment**
- ❖ 15<sup>th</sup> & 16<sup>th</sup> – **AARP Drivers Safety Course**  
AARP member \$20.00 Non-AARP member \$25.00  
Tues & Weds, 9:00 am to 12:00 noon
- ❖ 20<sup>th</sup> – **Closed**- Shavuot (Fitness Open)
- ❖ 21<sup>st</sup> – **Closed**- Shavuot (ASP, ECDP & Fitness open)
- ❖ 28<sup>th</sup> – **Closed** – Memorial Day (Fitness and Pool open)

### *Coming Soon:*



## Summer

**\$5.00 Monday Night Dinners w/entertainment**  
**More information to come!**



**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**



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@jccsy.org  
jpaul@jccsy.org  
skieffer@jccsy.org**



## **Nutrition Counseling Available at JCC Eat Healthy to be Healthy!**

You are eligible to receive **Nutrition Counseling** if you are 60 years old, or older, and/or are a caregiver.

**Nutrition Counseling** is provided by Registered Dietitian, Laurie Zirilli MA RD CDN, Consulting Dietitian for Onondaga County Office for Aging. This service is available by referral and/or request. Whether you have a newly diagnosed illness that requires you to alter your eating habits, or just need to discuss proper nutrition, the dietitian can make an appointment with you.

**Third Monday of Each Month at the JCC, 11:00 am to Noon and 1:00 pm to 2:00 pm.** Laurie will join the seniors for lunch this day as well. **Appointments are necessary. Contact Cindy Stein either in person, or call 315-445-2360 or email to cstein@jccsy.com.** Someone will confirm this appointment.

### **Information needed when making an appointment:**

- Name
- Age
- Phone Number
- Nutrition Topic to be Discussed
- Date and Time Requested

There is no charge for nutrition information or counseling but each person is given a chance to make a suggested voluntary contribution. All contributions are used locally to help serve more people.

### **Syracuse Jewish Genealogy group finds a home at the JCC**

For most people, genealogy is simply a collection of family trees and facts. For Mike Fixler, 66, these facts are a passion—or rather, the starting point of his passion for Jewish genealogy. As the founder of the genealogy group, he is hopeful that group will be an asset to the city's Jewish community.

The resources that Syracuse Jewish Genealogy Group will be working with include family photographs, birth and death records, local libraries, DNA testing companies like Ancestry.com, military archives, the Yad Vashem museum, and even documents like high school yearbooks plus much more.

The group's first official meeting at the JCC will be held on Sunday, March 25 at 2:00 pm. The Syracuse Jewish Genealogy group is open to anyone interested in local Jewish genealogy. For more details, email Mike Fixler at fixler44@gmail.com.

# JCC Bobbie Epstein Lewis Senior Adult Dining Program

## APRIL 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 315-445-2360.

<i>*Challah Sold Every Friday*</i>				
<b>MONDAY</b> <b>2</b>	<b>TUESDAY</b> <b>3</b>	<b>WEDNESDAY</b> <b>4</b>	<b>THURSDAY</b> <b>5</b>	<b>FRIDAY</b> <b>6</b>
<b>CLOSED FOR PASSOVER</b>	<b>CLOSED FOR PASSOVER</b>	<b>CLOSED FOR PASSOVER</b>	<b>CLOSED FOR PASSOVER</b>	<b>CLOSED FOR PASSOVER</b>
<b>MONDAY</b> <b>9</b>	<b>TUESDAY</b> <b>10</b>	<b>WEDNESDAY</b> <b>11</b>	<b>THURSDAY</b> <b>12</b>	<b>FRIDAY</b> <b>13</b>
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.	Apricot Glazed Chicken, Rosemary Oven Roast Potatoes, Roasted Asparagus & Apple Cake.
<b>MONDAY</b> <b>16</b>	<b>TUESDAY</b> <b>17</b>	<b>WEDNESDAY</b> <b>18</b>	<b>THURSDAY</b> <b>19</b>	<b>FRIDAY</b> <b>20</b>
Beef Stew w/ Noodles, Dinner Roll & Seasonal Fruit.	Egg Salad on Rye, Tossed Salad & Seasonal Fruit.	Chicken Rollatini, Mixed Vegetables & Seasonal Fresh Fruit.	Meatloaf, Green Beans, Mashed Potatoes & Seasonal Fruit.	<b><u>BIRTHDAY CELEBRATION!</u></b> Brisket, Mashed Potatoes, Green Beans and Cinnamon Swirl Cake.
<b>MONDAY</b> <b>23</b>	<b>TUESDAY</b> <b>24</b>	<b>WEDNESDAY</b> <b>25</b>	<b>THURSDAY</b> <b>26</b>	<b>FRIDAY</b> <b>27</b>
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.
<b>MONDAY</b> <b>30</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Baked Ziti, Dinner Roll, Tossed Salad & Seasonal Fruit.				



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>CLOSED FOR PASSOVER</b>	<b>CLOSED FOR PASSOVER</b>	<b>CLOSED FOR PASSOVER</b>	<b>CLOSED FOR PASSOVER</b>	<b>CLOSED FOR PASSOVER</b> (ASP, ECDP & Fitness open)
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Bridge 1:00 pm</b>	<b>AARP Safety Driving Course 9:00 AM to Noon</b> <b>Mah Jongg 12:30 pm</b>	<b>AARP Safety Driving Course 9:00 AM to Noon</b> <b>Mah Jongg 12:30 pm</b>	<b>Mah Jongg 12:30pm</b>	<b>Shabbat Holocaust Remembrance w/Entertainment</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Bridge 1:00 pm</b>	<b>Mah Jongg 12:30 pm</b>	<b>Mah Jongg 12:30 pm</b> <b>Movie</b>	<b>Mah Jongg 12:30pm</b>	<b>Shabbat Neighborhood Advisor Presentation</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Bridge 1:00 pm</b>	<b>Mah Jongg 12:30 pm</b>	<b>Mah Jongg 12:30 pm</b>	<b>Mah Jongg 12:30 pm.</b>	<b>Shabbat Lunch &amp; Learn Presentation</b>
<b>30</b>				
<b>Bridge 1:00 pm</b>				

# JCC Bobbie Epstein Lewis Senior Adult Dining Program

## MAY 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 315-445-2360.

<i>*Challah Sold Every Friday*</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Chicken Salad on Rye, Macaroni Salad, Carrots & 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	8	9	10	11
Stuffed Cabbage, Carrot Coins & Seasonal Fruit.	Turkey on Rye, w/Lettuce & Tomato, Vegetable Soup and Sugar Cookie.	Imitation Crab Cakes, Sugar Snap Peas, Sweet Potato Fries & Seasonal Fruit.	Meatloaf, Mashed Potatoes, Green Beans & Seasonal Fruit.	<b><i>Mother's Day Celebration!</i></b> Brisket, Garlic Mashed Potatoes, Oven Roasted Asparagus & Lemon Cake.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14	15	16	17	18
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.	<b><i>Birthday Celebration!</i></b> Turkey, Stuffing, Cranberry Sauce, Mixed Vegetables & Brownies.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21	22	23	24	25
<b>Shavuot CLOSED</b>	Crispy Teriyaki Chicken Wings, Potato Wedges, Cole Slaw & Seasonal Fruit.	Spinach Cheese Quiche, Tossed Salad & Seasonal Fruit.	Egg Salad on Rye, Pickle Spear, Tomato and Cucumber Salad, Potato Wedges & Seasonal Fruit.	Honey Glazed Baked Chicken, Oven Roasted Fresh Vegetables, Baked Potato & Marble Cake.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	
<b>Memorial Day CLOSED</b>	Chef Salad w/Dinner Roll & Seasonal Fruit.	Tomato Basil Soup, Grilled Cheese, Tossed Salad & an Oatmeal Cookie.	Baked Ziti w/Dinner Roll and Seasonal Fruit.	



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Mah Jongg 12:30 pm	Shabbat Neighborhood Advisor Presentation.
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Mah Jongg 12:30pm	Shabbat Mother's Day Celebration w/Entertainment.
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Bridge 1:00 pm	900 AM – 12:00 PM AARP Driver's Safety Course Mah Jongg 12:30 pm	900 AM – 12:00 PM AARP Driver's Safety Course Mah Jongg 12:30 pm Movie	Mah Jongg 12:30pm	Shabbat
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
CLOSED Shavuot (ASP, ECDP & Fitness open)	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	Shabbat
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
CLOSED Memorial Day (Fitness & Pool open)	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	