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- Father's Day Celebration
- Summer Dinners begin w/Entertainment
- Independence Day Celebration
- Israeli Caravan Lunch

The Wladis Companies present:

JCC 2018 ANNUAL MEETING & GALA

Sunday June 3, 2018, 11:00 am to 2 pm
Owera Vineyards, Cazenovia

Thank you for your support!

AARP- Look for Fall 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@jccsy.org
jpaul@jccsy.org
skieffer@jccsy.org

Upcoming June Events

- ❖ June 1st –Neighborhood Advisor Presentation – “Positive Aging”
- ❖ June 15th –Father’s Day Celebration – “Dave’s Trio”



- ❖ June 18th – **Summer Dinner’s begin – “Syd & Brad” Entertainment**



- ❖ June 22nd –Birthday Celebration
- ❖ June 25th –Dinner – “Sonny Farrar” Entertainment

Upcoming July Events

- ❖ July 2nd –Dinner – “Howie Bartolo” Entertainment

❖ July 4th – CLOSED

- ❖ July 6th – Independence Day Celebration Luncheon



- ❖ July 9th –Dinner – Entertainment
- ❖ July 13th –Neighborhood Advisor Presentation – “Dental Health”
- ❖ July 16th –Dinner – “Syd & Brad” Entertainment
- ❖ July 18th –Israeli Caravan Luncheon – “Green Family Foundation”
- ❖ July 20th –Birthday Celebration
- ❖ July 23rd –Dinner – “Sonny Farrar” Entertainment
- ❖ July 30th –Dinner – “Dave’s Trio” Entertainment



**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
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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.

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.



JCC's Senior Kosher Dinners starting up again June 18th

The JCC is a great place for seniors to enjoy a hot, nutritious and well-balanced kosher meal on Monday evenings all summer long. The weekly dinners will be held on Mondays at 5 pm. A variety of live entertainment will be included each week as part of the dinner program. The JCC summertime tradition this year will run through August 27th.

The JCC's summer dinners, open to seniors age 60 and older, are offered for a suggested contribution of \$5 per person. **RSVP is required by the Wednesday before each dinner by calling 315-445-2360.**

The weekday senior lunches at the JCC will continue at noon Tuesdays through Fridays during those weeks the summer dinners are held. The lunch program offers seniors age 60 and over a nutritious and well-balanced kosher meal for a \$4.00 suggested contribution.

Volunteers needed for the JCC's senior dinners

The JCC of Syracuse is seeking volunteers to help serve its Monday evening senior kosher dinners starting on June 18th. Volunteers age 13 and older are welcome and should be available starting at 4:45 pm. Flexible weeks and times are available. Students seeking to fulfill community service requirements will receive confirmation of volunteer hours served. For more information and to sign-up to help with this worthwhile community program, call 315-445-2360.

JCC Bobbie Epstein Lewis Senior Adult Dining Program

JUNE 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 Fresh Salmon with Dill, Baked Potato, Oven Roasted Vegetables & Fresh Fruit Kabobs.
4	5	6	7	8
Crispy Teriyaki Chicken Wings, Potato Wedges, Mixed Vegetable & Seasonal Fruit.	Chef Salad, Dinner Roll & Fruit Salad.	Beef Stew over Noodles, Dinner Roll & Seasonal Fruit.	Hot Corned Beef on Rye with Russian Dressing, Potato Wedges, Cucumber Spears & Seasonal Fruit.	Roast Turkey, Dressing, Cranberry Sauce, Mixed Vegetables & Apple Crisp.
11	12	13	14	15
Sweet & Sour Meatballs Over Rice, Carrot Coins & Seasonal Fresh Fruit.	Tomato Basil Soup, Grilled Cheese & Seasonal Fruit.	Hamburger with Sauteed Onion, Sweet Potato Wedges, Cucumber and Tomato Salad & Seasonal Fruit.	Baked Ziti, Italian Bread, Tossed Salad & Seasonal Fruit.	FATHER'S DAY CELEBRATION! Brisket, Mashed Potatoes, Green Beans & Peach Shortcake.
18	19	20	21	22
DINNER Moroccan Brisket, Mashed Potatoes, Oven Roasted Vegetables & Brownies.	Mac & Cheese, Tossed Salad and Seasonal Fruit.	Imitation Crab Cakes, Potato Wedges, Mixed Vegetables & Chocolate Chip Cookie.	Meatloaf, Oven Roasted Rosemary Potatoes, Green Beans & Seasonal Fruit.	BIRTHDAY CELEBRATION! Stuffed Flounder, Baked Potato, Mixed Vegetables & Devil's Food Cake.
25	26	27	28	29
DINNER Teriyaki Fresh Salmon, Oven Roasted Asparagus, Wild Rice & Fresh Berry Crisp.	Spinach Cheese Quiche, Tossed Salad & Seasonal Fresh Fruit.	Chicken Rollatini, Mixed Vegetables & Seasonal Fresh Fruit.	Spaghetti & Meatballs, Italian Bread, Tossed Salad & Sugar Cookie.	Pineapple Glazed Chicken, Peas & Carrots, Baked Potato & Brownies.



Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Shabbat Neighborhood Advisor Presentation
4	5	6	7	8
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Mah Jongg 12:30pm	Shabbat
11	12	13	14	15
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Shabbat Father's Day Celebration
18	19	20	21	22
Bridge 1:00 pm DINNER W/Entertainment - 5:00 PM	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	Shabbat Birthday Celebration
25	26	27	28	29
Bridge 1:00 pm DINNER W/Entertainment - 5:00 PM	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Shabbat

JCC Bobbie Epstein Lewis Senior Adult Dining Program

JULY 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.

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Challah Sold Every Friday

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
DINNER Stuffed Flounder, Baked Potato, Asparagus & Peach Shortcake.	Spaghetti & Meatballs, Tossed Salad, Garlic Toast and Sugar Cookie.	CLOSED	Meatloaf, Mashed Potatoes, Mixed Vegetables and Snickerdoodle Cookie.	Salmon w/Dill, Corn on the Cob, Baked Potato and Peach Crisp.
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
DINNER Honey Roasted Turkey Breast, Mashed Sweet Potato, Oven Roasted Asparagus, Dinner Roll and Apple Spice Cake.	Imitation Crab Cakes, Sliced Cucumber Salad w/Sour Cream & Dill, Dinner Roll and Seasonal Fruit.	Spinach Quiche, Dinner Roll, Tossed Salad & Seasonal Fruit.	Hot Corned Beef Sandwich on Rye w/Russian Dressing, Sweet Potato Fries and Fresh Fruit.	Turkey, Stuffing, Cranberry Sauce, Mixed Vegetables & Apple Cake.
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
DINNER Salmon w/Hoisin Glaze, Wild Rice, Vegetable Kabobs and Strawberry Shortcake.	Chef Salad, Dinner Roll & Seasonal Fruit.	Honey Glazed Baked Chicken, Seasoned Potato Wedges, Oven Roasted Fresh Vegetables and Oatmeal Cookie.	Grilled Hamburgers, Sautéed Onions, Potato Wedges, Corn on the Cob and Oatmeal Cookie.	Honey Roasted Chicken, Corn on the Cob, Baked Potato & Brownies.
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
DINNER Roast Chicken w/Baharat, Fruited Rice, Green Beans and Devil's Food Cake.	Baked Ziti, Tossed Salad, Italian Bread and Vanilla Ice Cream.	Tuna on Rye, Pickle Spear, Cucumber and Tomato Salad & Chocolate Chip Cookie.	Beef Stew over Noodles, Salad, Dinner Roll and Seasonal Fruit.	Birthday Celebration! Stuffed Flounder, Baked Potato, Mixed Vegetables & Confetti Cake.
MONDAY 30	TUESDAY 31	WEDNESDAY	THURSDAY	FRIDAY
DINNER Brisket, Chive Mashed Potatoes, Fresh Green Beans and Cinnamon Swirl Cake.	Egg Salad on Rye, Pickle Spear, Tomato and Cucumber Salad, Potato Wedges & Seasonal Fruit.			



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Bridge 1:00 pm DINNER W/Entertainment - 5:00 PM	Mah Jongg 12:30 pm	CLOSED	Mah Jongg 12:30 pm	Shabbat Independence Day Celebration Luncheon
9	10	11	12	13
Bridge 1:00 pm DINNER W/Entertainment - 5:00 PM	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Mah Jongg 12:30pm	Shabbat Neighborhood Advisor Presentation
16	17	18	19	20
Bridge 1:00 pm DINNER W/Entertainment - 5:00 PM	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm Israeli Caravan Luncheon	Mah Jongg 12:30pm	Shabbat Birthday Celebration
23	24	25	26	27
Bridge 1:00 pm DINNER W/Entertainment - 5:00 PM	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	Shabbat
30				
Bridge 1:00 pm DINNER W/Entertainment - 5:00 PM				