

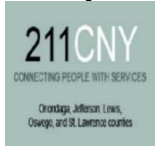
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Dial 211
211cny.com



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 August Events

- ❖ August 3rd -Neighborhood Advisor Presentation
“Seven (7) tips for avoiding elderly heat stroke and exhaustion”
- ❖ August 6th -Monday Dinner – w/ “Howie Bartolo” Entertainment
- ❖ August 13th -Monday Dinner – w/ “Sid & Brad” Entertainment
- ❖ August 17th – End of Summer Luncheon Celebration
- ❖ August 20th Monday Dinner – w/Sonny Farrar & Barbara Blok
- ❖ August 27th – **Last Monday Dinner** – “Keyna Hora Klezmer Band”

Upcoming September Events

- ❖ September 3rd – **Closed** “Labor Day”
- ❖ September 7th – Rosh Hashanah Celebration
- ❖ September 10th & 11th – **Closed** “Rosh Hashanah”
- ❖ September 14th – Neighborhood Advisor Presentation
“A Good Night’s Sleep”
- ❖ September 19th – **Closed** “Yom Kipper”
- ❖ September 24th & 25th – **Closed** “Sukkot”
- ❖ September 26th & 27- **AARP Driver’s National Safety Council Course**



Wednesday & Thursday, Sept 26th & 27th.
9 am to 12 noon
\$20.00 AARP- \$25.00 Non-AARP

Coming in October AARP Driver’s Safety Course

October 7th 9:30-4:00
\$20.00 AARP- \$25.00 Non-AARP

FLU SHOTS -coming soon- (dates to be announced)



****CHECK WITH FITNESS CENTER FOR HOLIDAY HOURS****



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



Mah Jongg



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

***Large and small MahJongg Cards
Limited Availability at the JCC Front
Desk**

**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**

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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@jccsyr.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.

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 our-selves 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 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.

Challah Sold Every Friday				
		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Stuffed Shells, Dinner Roll, Tomato and Cucumber Salad & Ice Cream.	Turkey on Rye, Broccoli Salad & Seasonal Fruit.	Salmon w/Dill, Oven Roasted Vegetables and Couscous & Fresh Berry Crisp.
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
<u>DINNER</u> Chicken Rollatini, Mashed Sweet Potatoes w/Roast Apples & Cinnamon Swirl 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 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
<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, Peas and Carrots, Potato Wedges & Seasonal Fresh Fruit.	<u>BirthDay Celebration!</u> Roast Turkey, Stuffing, Cranberry Sauce, Asparagus & Spice Apple Cake.
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
<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 Sandwich w/Sliced Tomato, Potato Salad & Seasonal Fresh Fruit.	Beef Chili (Not Spicy), Dinner Roll, Green Beans & Seasonal Fresh Fruit.	Herb Roasted Chicken, Garlic Mashed Potatoes, Carrot Coins & Pineapple Upside Down Cake.
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
<u>DINNER</u> 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.	Macaroni & Cheese, Tossed Salad and Seasonal Fruit.	Sweet & Sour Meatballs Over Rice, Carrot Coins and a Sugar Cookie.	Stuffed Flounder, Baked Potato, Mixed Vegetables & Cinnamon Swirl Cake



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Mah Jongg 12:30pm	Mah Jongg 12:30pm	Shabbat Neighborhood Advisor Presentation
6	7	8	9	10
Bridge 1:00 pm DINNER W/Entertainment -5:00 PM	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Mah Jongg 12:30pm	Shabbat
13	14	15	16	17
Bridge 1:00 pm DINNER W/Entertainment -5:00 PM	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Shabbat Birthday Celebration!
20	21	22	23	24
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
27	28	29	30	31
Bridge 1:00 pm Last Monday 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

SEPTEMBER 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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<i>*Challah Sold Every Friday*</i>				
MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
<u>Labor Day</u> CLOSED	Beef Chili w/Dinner Roll, Mixed Vegetables & Chocolate Crackle Cooke.	Tomato Basil Soup, Grilled Cheese & Seasonal Fresh Fruit.	Meatloaf, Mashed Potatoes, Green Beans & Seasonal Fresh Fruit.	<u>Rosh Hashanah Celebration!</u> Orange Glazed Chicken, Mashed Sweet Potato, Mixed Vegetables & Apple Cake.
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
<u>Rosh Hashanah</u> CLOSED	<u>Rosh Hashanah</u> CLOSED	Split Pea Soup, Hamburger W/Sautéed Onions, Potato Wedges & Seasonal Fruit.	Baked Ziti, Tossed Salad, Garlic Toast & Seasonal Fruit.	<u>Birthday Celebration!</u> Salmon w/Dill, Oven Roasted Butternut Squash, Green Beans & Marble Cake.
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
Beef Stew w/Mixed Vegetables, Egg Noodles, Dinner Roll & Seasonal Fruit.	Spaghetti & Meatballs, Tossed Salad & Sugar Cookie.	<u>Yom Kipper</u> CLOSED	Stuffed Cabbage, Peas & Carrots and Snicker Doodle Cookie.	Marsala Meatballs over Egg Noodles, Peas and Carrots & Cinnamon Swirl Cake.
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
<u>Sukkot</u> CLOSED	<u>Sukkot</u> CLOSED	Chicken Rollatini, Mixed Vegetable & Oatmeal Cookie.	Imitation Crab Cakes, Sweet Potato Wedges, Mixed Vegetables & Seasonal Fruit.	Brisket, Mashed Potatoes, Carrot Coins and Apple Cake.



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<u>Labor Day</u> CLOSED	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Shabbat Rosh Hashanah Celebration!
10	11	12	13	14
<u>Rosh Hashanah</u> CLOSED	<u>Rosh Hashanah</u> CLOSED	Mah Jongg 12:30pm	Mah Jongg 12:30pm	Shabbat Birthday Celebration Neighborhood Advisor Presentation
17	18	19	20	21
Bridge 1:00 pm	Mah Jongg 12:30 pm	<u>Yom Kipper</u> CLOSED	Mah Jongg 12:30pm	Shabbat
24	25	26	27	28
<u>Sukkot</u> CLOSED	<u>Sukkot</u> CLOSED	AARP Drivers Safety Course 9 am -12 noon Mah Jongg 12:30 pm	AARP Drivers Safety Course 9 am -12 noon Mah Jongg 12:30 pm.	Shabbat