

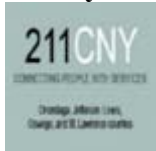
## In This Issue

### Upcoming Events



- Neighborhood Advisor Presentation
- National Driver's Safety Council Course
- Jewish Harvest Celebration Luncheon
- Movie
- Thanksgiving Celebration Luncheon

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

### Upcoming October Events

Oct 1<sup>st</sup> - **CLOSED** – “Shemini Atzeret” (ASP, ECDP & Fitness Open)

Oct 2<sup>nd</sup> - **CLOSED** – “Simchat Torah” (ASP, ECDP & Fitness Open)

Oct 5<sup>th</sup> - Neighborhood Advisor Presentation-  
“**How smell and taste change as we age**”

Oct 7<sup>th</sup> -**National Driver’s Safety Council Course** –   
“**Guss Safety**”  
\$20.00 JCC member- \$25.00 Non-member

Oct 10<sup>th</sup> – 11:00 am to 2:30 pm –“**FLU CLINIC**”  
Most insurances will be accepted. The clinic is being held in conjunction with Wegmans Pharmacy. For more information and to RSVP please call 315-445-2360.  
Sponsored by: “Green Family Foundation”

Oct 19<sup>th</sup> – Jewish Harvest Celebration Luncheon-   
w/Entertainment

Oct 23<sup>rd</sup> – 11 am to 1:30 pm - “**FLU CLINIC**”  
Most insurances will be accepted. The clinic is being held in conjunction with Wegmans Pharmacy. For more information and to RSVP please call 315-445-2360.  
Sponsored by: “Green Family Foundation”

### Upcoming November Events

Nov 2<sup>nd</sup> – Neighborhood Advisor Presentation –  
“**Fatigue in Older Adults**”

Nov 7<sup>th</sup> – MOVIE- “**Hidden Figures**”

Nov 16<sup>th</sup> – Thanksgiving Celebration Luncheon-   
w/Entertainment

Nov 22<sup>nd</sup> & 23<sup>rd</sup> – **CLOSED**–(fitness open)



**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**

**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.

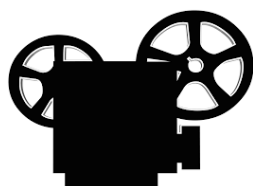
**Nutrition Counseling** is provided by Registered Dietitian, Laurie Zirilli MA RD CDN, Consulting Dietitian for Onondaga County Office for Aging. This service is available by referral and/or request. Whether you have a newly diagnosed illness that requires you to alter your eating habits, or just need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

**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.



“MOVIE” - November 7<sup>th</sup>

## **“Hidden Figures”**

Three brilliant African-American women at NASA -- Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

### **THE JCC FITNESS CENTER ACCEPTS...**



For information and eligibility, contact Nick Finlayson at 315-445-2040 x140 or nfinlayson@jccsy.org.

# JCC Bobbie Epstein Lewis Senior Adult Dining Program

## OCTOBER 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 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
<b>CLOSED</b> <i>Shemini Atzeret</i>	<b>CLOSED</b> <i>Simchat Torah</i>	Spinach Cheese Quiche, Tossed Salad, Dinner Roll & Sugar Cookie.	Crispy Baked Teriyaki Chicken wings, Potato Wedges, Tossed Salad & Seasonal Fresh Fruit.	Orange Glazed Chicken, Israeli Couscous, Mixed Vegetables & Cinnamon Swirl Cake.
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Tomato Basil Soup, Grilled Cheese & Seasonal Fresh Fruit.	Hamburger w/Sautéed Onion, Tossed Salad, Potato Wedges & a Sugar Cookie.	<b><u>FLU CLINIC</u></b> Hot Corned Beef Sandwich w/Russian Dressing on Rye, Potato Salad, Green Beans & Seasonal Fresh Fruit.	Vegetable Lasagna Roll, Tossed Salad & a Chocolate Chip Cookie.	Stuffed Flounder W/Lemon, Mixed Vegetables, Baked Potato & a Brownie.
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Vegetable Soup, Macaroni and Cheese & a Cookie.	Chicken Rollatini, Carrot Coins & Seasonal Fresh Fruit.	Beef Stew Over Egg Noodles, Tossed Salad & Seasonal Fresh Fruit.	Beef Chili, Tossed Salad, Corn Bread & Seasonal Fresh Fruit.	Roast Turkey, Stuffing, Cranberry Sauce, Mixed Vegetable & Apple Cake.
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Split Pea Soup, Turkey Sandwich on Rye w/Lettuce & Tomato and Seasonal Fresh Fruit.	<b><u>FLU CLINIC</u></b> Imitation Crab Cake, Potato Wedges, Mixed Vegetables & Oatmeal Cookie.	Stuffed Cabbage, Carrot Coins & Seasonal Fresh Fruit.	Meatloaf, Mashed Potato, Green Beans & Seasonal Fresh Fruit.	<b><u>BIRTHDAY CELEBRATION!</u></b> Salmon W/Dill, Baked Potato, Peas and Carrots & Marble Cake.
MONDAY 29	TUESDAY 30	WEDNESDAY 31		
Baked Ziti, Dinner Roll, Tossed Salad & a Cookie.	Sweet & Sour Meat Balls over Rice, Carrot Coins & Fruit.	Chicken Fried Rice, Green Beans & Seasonal Fruit.		



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>CLOSED</b> <i>Shemini Atzeret</i>	<b>CLOSED</b> <i>Simchat Torah</i>	Mah Jongg 12:30pm	Mah Jongg 12:30 pm	Shabbat Neighborhood Advisor Presentation
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm Flu Clinic- 11:00 am to 2:30 pm	Mah Jongg 12:30 pm	Shabbat
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Shabbat
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Bridge 1:00 pm	Mah Jongg 12:30 pm Flu Clinic- 11:00 am to 1:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	Shabbat Birthday Celebration!
<b>29</b>	<b>30</b>	<b>31</b>		
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm		

# JCC Bobbie Epstein Lewis Senior Adult Dining Program

## NOVEMBER 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	TUESDAY	WEDNESDAY	THURSDAY 1	FRIDAY 2
			Meatloaf, Mashed Potatoes, Green Beans & Seasonal Fruit.	Brisket, Baked Potato, Green Beans & Seasonal Fruit.
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
Tomato Basil Soup, Grilled Cheese & Seasonal Fruit.	Spaghetti & Meatballs w/Dinner Roll, Salad & a Cookie.	Beef Stew Over Egg Noodles, Tossed Salad & Seasonal Fruit.	Chicken Rollatini, Carrot Coins & Seasonal Fruit.	Stuffed Flounder W/Lemon, Mixed Vegetables & Lemon Cake.
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
Split Pea Soup, Turkey Sandwich on Rye & Seasonal Fruit.	Crispy Teriyaki Chicken Wings, Sweet Potato Wedges, Tossed Salad & Seasonal Fruit.	Hot Corned Beef Sandwich w/Russian Dressing on Rye, Potato Salad, Carrot Coins & Seasonal Fruit.	Spinach Cheese Quiche, Tossed Salad & Seasonal Fruit.	<b>Thanksgiving Celebration!</b> Roast Turkey, Stuffing, Cranberry Sauce, Carrot Coins & Apple Cobbler.
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Vegetable Soup, Mac & Cheese and Seasonal Fruit.	Imitation Crab Cake, Green Beans, Oven Roasted Potatoes & Seasonal Fruit.	Herbed Rubbed Chicken, Mashed Sweet Potato, Mixed Vegetables & Brownies.	<b>"Thanksgiving"</b> <b>CLOSED</b> (fitness open)	<b>"Thanksgiving"</b> <b>CLOSED</b> (fitness open)
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
Baked Ziti, Dinner Roll, Tossed Salad & Seasonal Fruit.	Sweet & Sour Meat Balls over Rice, Carrot Coins and Seasonal Fruit.	Chicken Noodle Soup, Egg Salad on Country White Bread & Seasonal Fruit.	Hamburgers with Sautéed Onions, Potato Wedges & Oatmeal Cookie.	<b>Birthday Celebration!</b> Salmon w/Dill, Baked Potato, Oven Roast Brussel Sprouts & Confetti Cake.



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			Mah Jongg 12:30pm	Shabbat Neighborhood Advisor Presentation
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Mah Jongg 12:30pm	Shabbat
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Shabbat Thanksgiving Celebration!
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	“Thanksgiving” <b>CLOSED</b> (fitness open)	“Thanksgiving” <b>CLOSED</b> (fitness open)
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	Shabbat Birthday Celebration!