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- Hanukkah Celebration! w/Entertainment
- Neighborhood Advisor Presentation
- Medicare Presentation
- New Year's Eve Celebration w/Entertainment
- Trivia Wednesday

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 December Events

- ❖ December 7th – **Hanukkah Celebration w/ Entertainment**
“Keyna Hora Band”
- ❖ December 14th – Neighborhood Advisor Presentation
“Winter Safety Tips for Seniors”
- ❖ December 21st – “Medicare Presentation” by Myrna Koldin
Presented by HIICAP
(Health Insurance Information, Counseling and Assistance Program)
Onondaga County Department of Adult & Long Term Care Services
Office for Aging.

Sponsored by:  GREEN FAMILY FOUNDATION

- ❖ December 25th – CLOSED – HOLIDAY “Fitness open”
- ❖ December 28th – **New Year’s Celebration w/Entertainment**



Upcoming January Events

- ❖ January 1st – CLOSED “New Year’s Day”
- ❖ January 4th - Neighborhood Advisor Presentation
“Pain”-You can get help
- ❖ January 23rd – Trivia Wednesday

Coming Soon



National Driver’s Safety Course
JCC member: \$20.00, Non-JCC member: \$25.00
Sunday, Feb 17th, 9:30 am to 4:00 pm
AARP
AARP member: \$20.00, Non-AARP member: \$25.00
Tues & Weds, Feb. 12th & 13th 9:00 am to 12 pm
Tues & Weds, May 7th & 8th 9 am to 12 pm



**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:
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**cstein@jccsy.org
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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.



Place your order today! Deadline: January 11th, 2019

When you order your 2019 Mah Jongg cards through the JCC of Syracuse, the National Mah Jongg League makes a donation to the JCC's Senior Program.

- \$8 – Standard Print Card
- \$9 – Large Print Card

Mah Jongg players meet at the JCC on Tuesdays, Wednesdays and Thursdays at 12:30 pm. Come enjoy some fun and friendship. New players are always welcome!

Questions? Contact Cindy Stein at 315-445-2040, ext. 104, or cstein@jccsy.org.

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

DECEMBER 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 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Spinach Cheese Quiche, Tossed Salad & Seasonal Fruit.	Spaghetti & Meatballs, Italian Bread and Seasonal Fruit.	Imitation Crab Cakes, Sweet Potato Wedges, Mixed Vegetables & Seasonal Fruit.	Hot Corned Beef Sandwich w/Russian Dressing on Rye Bread, Potato Wedges, Green Beans & Seasonal Fruit.	HANUKKAH CELEBRATION! Brisket, Latkes, Green Beans & Jelly Donuts.
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Vegetable Soup, Tuna Salad on Rye & Seasonal Fruit.	Baked Ziti, Garlic Toast, Tossed Salad & Seasonal Fruit.	Chicken Rollatini, Mixed Vegetables & Seasonal Fruit.	Meatloaf, Green Beans, Mashed Potatoes & Seasonal Fruit.	BIRTHDAY CELEBRATION! Turkey, Stuffing, Cranberry Sauce, Mixed Vegetables & Lemon Cake.
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
Tomato Basil Soup, Grilled Cheese & Seasonal Fruit.	Hawaiian Chicken over Rice, Peas and Carrots & Sugar Cookie.	Mac & Cheese, Tossed Salad & Seasonal Fruit.	Stuffed Cabbage, Carrot Coins & Oatmeal Cookie.	Fresh Salmon w/Dill, Wild Rice, Green Beans and & Apple Crisp.
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
Teriyaki Crispy Baked Chicken Wings, Potato Wedges & Tossed Salad and Seasonal Fresh Fruit	CLOSED	Chicken Fried Rice, Green Beans & Seasonal Fruit.	Split Pea Soup, Hamburger with Sautéed Onion, Pickle Spear & Seasonal Fruit	NEW YEAR'S CELEBRATION! Honey Glazed Chicken, Mashed Sweet Potatoes, Mixed Vegetables and Apple & Pear Cobbler.
MONDAY 31				
Vegetable Lasagna, Tossed Salad & Seasonal Fruit.				



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Mah Jongg 12:30 pm	Shabbat Hanukkah Celebration w/Entertainment
10	11	12	13	14
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Mah Jongg 12:30 pm	Shabbat Birthday Celebration Neighborhood Adviser Presentation
17	18	19	20	21
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Shabbat Medicare Presentation
24	25	26	27	28
Bridge 1:00 pm	CLOSED (Fitness open)	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	Shabbat New Year's Celebration w/ Entertainment
31				
Bridge 1:00 pm				

JCC Bobbie Epstein Lewis Senior Adult Dining Program

JANUARY 2019 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	FRIDAY
	1	2	3	4
	CLOSED "New Year's Day"	Cheese Quiche, Dinner Roll, Tossed Salad & Seasonal Fruit.	Hamburger w/Sautéed Onion, Cole Slaw, Sweet Potato Wedges & Seasonal Fruit.	Fresh Salmon w/Dill, Baked Potato, Carrot & Cinnamon Swirl Cake.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	8	9	10	11
Sweet & Sour Meatballs Over Egg Noodles, Mixed Vegetables & Seasonal Fruit.	Chicken Rollatini, Green Beans & Seasonal Fruit.	Vegetable Soup, Turkey Sandwich w/Mayo, Lettuce & Tomato and Sugar Cookie.	Hawaiian Chicken Over Rice & Oatmeal Cookie.	<u>Birthday Celebration!</u> Apricot Glazed Chicken, Baked Potato, Green Beans & Pineapple Upside Down Cake.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14	15	16	17	18
Beef Stew over Egg Noodles, Dinner Roll & Seasonal Fruit.	Tuna Salad on Rye, Chicken Noodle Soup & Seasonal Fruit.	Tomato Basil Soup, Grilled Cheese & Seasonal Fruit.	Stuffed Flounder, Green Beans, Mashed Potatoes & Seasonal Fruit.	Brisket, Mashed Potatoes, Green Beans & Marble Cake.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21	22	23	24	25
Stuffed Cabbage, Carrot Coins & Snickerdoodle Cookie.	Baked Herb Chicken, Carrots & Peas, Dinner Roll & Sugar Cookie.	Meatloaf, Mashed Potatoes, Green Beans & Seasonal Fruit.	Imitation Crab Cakes w/ Tartar Sauce, Potato Wedges, Mixed Vegetables & Seasonal Fruit.	<u>BIRTHDAY CELEBRATION!</u> Roasted Turkey, Dressing, Dinner Roll Mixed Vegetables, Cranberry Sauce & Spice Apple Cake.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
28	29	30	31	
Baked Ziti, Italian Bread, Tossed Salad & Seasonal Fresh Fruit.	Crispy Teriyaki Chicken Wings, Sweet Potato Wedges & Seasonal Fruit.	Hot Corned Beef on Rye w/ Russian Dressing, Potato Salad & Seasonal Fruit.	Beef Barley Soup, Egg Salad Sandwich & Seasonal Fruit.	



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	CLOSED "New Year's Day"	Mah Jongg 12:30pm	Mah Jongg 12:30pm	Shabbat Neighborhood Advisor Presentation
7	8	9	10	11
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Mah Jongg 12:30pm	Shabbat
14	15	16	17	18
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Shabbat
21	22	23	24	25
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Shabbat Birthday Celebration!
28	29	30	31	
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	