

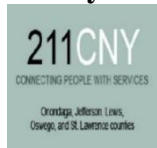
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- Purim Celebration Luncheon
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Dial 211
211cny.com



*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 February Events

- ❖ 1st – **Neighborhood Advisor Presentation**
- ❖ 12th & 13th – **AARP Drivers Safety Course**
AARP member: \$20.00, Non-AARP member: \$25.00
Tues & Weds, 9:00 am to 12 pm
- ❖ 15th – **Mid-Winter Lunch Celebration w/Entertainment**
- ❖ 17th – **National Driver’s Safety Course**
JCC member: \$20.00, Non-JCC member: \$25.00
Sunday, 9:30 am to 4:00 pm
- ❖ 17th – **Klezmer performance**
2 pm to 4 pm
- ❖ 27th – **Green Family Foundation Presents**
Lunch and Learn, “Living Well Series”

Upcoming March Events

- ❖ 1st – **Neighborhood Advisor Presentation**
- ❖ 6th – **Green Family Foundation Presents**
Lunch and learn, “Living Well Series”
- ❖ 15th – **Purim Celebration Luncheon**
- ❖ 24th – **JCC Purim Carnival - Volunteers Needed**

Coming Soon



AARP
AARP member: \$20.00, Non-AARP member: \$25.00
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.**

**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.

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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.

Jammin' Klezmer Sundays coming to the JCC February 17th

The free musical event will be held on Sunday, February 17th, from 2-4 pm, in the Anne and Hy Miller Family Auditorium at the JCC, 5655 Thompson Rd., Dewitt. The local "Keyna Hora Klezmer band" will be the program's host band. The performances are open to the public, individual members of the community and independent Jewish musical groups are invited to be a part of the performances.

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

FEBRUARY 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.

Jewish Community Center 5655 Thompson Road Dewitt NY. For Reservations call Tammy or Debbie at 315-445-2360.

Challah Sold Every Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
				Fresh Salmon w/Dill, Baked Potato, Carrot Coins & Cinnamon Swirl Cake.
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Vegetable Soup, Spinach Cheese Quiche, Tossed Salad & Seasonal Fruit.	Spaghetti & Meatballs, Roll, Tossed Salad & Snicker Doodle Cookie.	Imitation Crab Cakes, Chicken Noodle Soup, Sweet Potato Wedges, Mixed Vegetables & Seasonal Fruit.	Beef Stew over Egg Noodles and Seasonal Fruit.	<u>BIRTHDAY CELEBRATION!</u> Stuffed Flounder, Wild Rice, Mixed Vegetables & Yellow Cake.
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Chicken Noodle Soup, Tuna Salad on Wheat & Seasonal Fruit.	Baked Ziti, Dinner Roll, Tossed Salad & Seasonal Fruit.	Chicken Rollatini, Mixed Vegetables & Seasonal Fresh Fruit.	Meatloaf, Green Beans, Mashed Potatoes & Seasonal Fruit.	Brisket, Mashed Potatoes, Green Beans and Cinnamon Swirl Cake.
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Tomato Basil Soup, Grilled Cheese & Seasonal Fruit.	Hawaiian Chicken, Brown Rice, peas and carrots & Sugar Cookie.	Hot Corned Beef Sandwich w/Russian Dressing on Rye Bread, Potato Wedges, Tossed Salad & Seasonal Fruit.	Stuffed Cabbage, Carrot Coins & Oatmeal Cookie.	Turkey, Stuffing, Cranberry Sauce, Mixed Vegetables & Brownies.
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	
Teriyaki Crispy Baked Chicken Wings, Sweet Potato Wedges & Tossed Salad and Seasonal Fruit.	Beef Brisket, Sauce over Rigatoni, Tossed Salad, Roll & Seasonal Fruit.	Salmon w/Lemon Honey Sesame Drizzle, Mushroom Barley Soup, Tomato toast w/Chives & Berry Crisp.	Mac & Cheese, Tossed Salad and Seasonal Fruit.	



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 12:30 pm	Shabbat Birthday Celebration
11	12	13	14	15
Bridge 1:00 pm	AARP Drivers Safety Course 9 am-12 pm Mah Jongg 12:30 pm	AARP Drivers Safety Course 9 am-12 pm Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Shabbat Mid-Winter Luncheon Celebration
18	19	20	21	22
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	Shabbat
25	26	27	28	
Bridge 1:00 pm	Mah Jongg 12:30 pm	Lunch & Learn “Living Well Series” 12:00 pm Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	

JCC Bobbie Epstein Lewis Senior Adult Dining Program

MARCH 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.

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
				Orange Glazed Chicken, Baked Potato, Mixed Vegetables & Marble Cake.
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Hawaiian Chicken Over Rice, Green Beans & Oatmeal Cookie.	Vegetable Soup, Turkey Sandwich w/Mayo, Lettuce & Tomato and Sugar Cookie.	Roasted Herb Rubbed Chicken w/Roasted Bell Peppers, Lemon & Tyme Oven Roasted Brussel Sprouts, Mashed Baked Sweet Potatoes & Baked Apple.	Cheese Quiche, Dinner Roll, Tossed Salad & Seasonal Fruit.	<u>PURIUM CELEBRATION</u> Apricot Glazed Chicken, Baked Potato, Green Beans & Devil's Food Cake.
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Tomato Basil Soup, Grilled Cheese & Seasonal Fruit.	Meatloaf, Mashed Potatoes, Tossed Salad & Seasonal Fruit.	Imitation Crab Cakes, Potato Wedges, Mixed Vegetables & Seasonal Fruit.	Spaghetti & Meatballs, Tossed Salad, Dinner Roll and Sugar Cookie.	Roasted Turkey, Dressing, Dinner Roll Mixed Vegetables, Cranberry Sauce & Spice Apple Cake.
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Baked Ziti, Italian Bread, Tossed Salad & Seasonal Fresh Fruit.	Baked Herb Chicken, Wild Rice, Carrots & Peas and Sugar Cookie.	Tuna Salad on Rye, Chicken Noodle Soup & Seasonal Fruit.	Beef Stew over Egg Noodles, Dinner Roll & Seasonal Fruit.	<u>BIRTHDAY CELEBRATION!</u> Brisket, Mashed Potatoes, Peas & Carrots and Marble Cake.
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Stuffed Cabbage, Carrot Coins & Snickerdoodle Cookie.	Hot Corned Beef on Rye w/ Russian Dressing, Potato Wedges & Seasonal Fruit.	Beef Chili w/Dinner Roll, Tossed Salad & Seasonal Fruit.	Chicken Rollatini, Mixed Vegetables & Seasonal Fruit.	Stuffed Flounder, Baked Potato, Mixed Vegetables & Seasonal Fruit.



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Shabbat Neighborhood Advisor Presentation
4 Bridge 1:00 pm	5 Mah Jongg 12:30 pm	6 Lunch & Learn “Living Well Series” 12:00 pm Mah Jongg 12:30pm	7 Mah Jongg 12:30pm	8 Shabbat
11 Bridge 1:00 pm	12 Mah Jongg 12:30 pm	13 Mah Jongg 12:30 pm	14 Mah Jongg 12:30pm	15 Shabbat Purim Celebration Luncheon 12:00 pm
18 Bridge 1:00 pm	19 Mah Jongg 12:30 pm	20 Mah Jongg 12:30 pm	21 Mah Jongg 12:30pm	22 Shabbat Birthday Celebration!
25 Bridge 1:00 pm	26 Mah Jongg 12:30 pm	27 Mah Jongg 12:30 pm	28 Mah Jongg 12:30 pm.	29 Shabbat