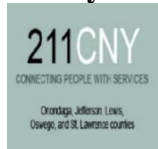


## In This Issue

### Upcoming Events

- Passover Celebration
- Living Well Series Presentation
- Presentation on Senior Nutrition
- AARP Drivers Safety Course
- Mother's Day Celebration
- Presentation by: Lauri Zirilli
- Memorial Day

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 April Events

- ❖ April 3<sup>rd</sup> – “Living Well Series Presentation”  
Sponsored by: “The Green Family Foundation”
- ❖ April 12<sup>th</sup> – Passover Celebration w/Rabbi Shore
- ❖ April 17<sup>th</sup> – Presentation on Senior Nutrition  
Given by: Laurie Zirilli, MA RD CDN, Consulting Dietitian for Onondaga County Office for Aging.
- ❖ April 19<sup>th</sup> through April 26<sup>th</sup> –  
**Passover Observed- Senior Lunch Closed** – (Fitness Opened)
- ❖ April 19<sup>th</sup> – 21<sup>st</sup> – **Closed** –Passover – (Fitness Open)
- ❖ April 26<sup>th</sup> - **Closed**-Passover- (ASP, ECDP & Fitness open)
- ❖ April 27<sup>th</sup>- **Closed**-Passover- (Fitness Open)

## Upcoming May Events

- ❖ May 7<sup>th</sup> & 8<sup>th</sup> –  **AARP Drivers Safety Course**  
Tues & Weds, 9am to 12pm  
AARP member: \$20.00, Non-AARP member: \$25.00
- ❖ May 10<sup>th</sup> – Mother's Day Celebration w/Entertainment
- ❖ May 15<sup>th</sup> – Living Well Presentation – “Benefits of Hydration”  
Given by: Laurie Zirilli, MA RD CDN, Consulting Dietitian for Onondaga County Office for Aging.  
Sponsored by: “The Green Family Foundation”
- ❖ May 27 – Closed for Memorial Day

## *Coming Soon:*



## Summer

**\$5.00 Monday Night Dinners w/Entertainment**  
**More information to come!**



**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](mailto:cstein@jccsy.org)  
[jpaul@jccsy.org](mailto:jpaul@jccsy.org)  
[skieffer@jccsy.org](mailto: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](mailto: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.



**Passover is a celebration** of spring, of birth and rebirth, of a journey from slavery to freedom, and of taking responsibility for yourself, the community, and the world. ... The Torah states that Jews are to observe **Passover** for seven days, beginning on the 15th of the Jewish month Nisan (usually in April).

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



For information and eligibility, contact Nick Finlayson at 315-445-2040 x140 or [nfinlayson@jccsy.org](mailto:nfinlayson@jccsy.org).

# JCC Bobbie Epstein Lewis Senior Adult Dining Program

## APRIL 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\***

<b>MONDAY</b> 1	<b>TUESDAY</b> 2	<b>WEDNESDAY</b> 3	<b>THURSDAY</b> 4	<b>FRIDAY</b> 5
Tomato Basil Soup, Grilled Cheese & Seasonal Fruit.	Tuna Salad on Wheat, Chicken Noodle Soup & Seasonal Fruit.	<b>"LIVING WELL SERIES"</b> Honey Mustard Boneless Chicken, Rosemary Oven Brown Potatoes, Oven Roasted Asparagus & Seasonal Fruit.	Stuffed Cabbage, Carrot Coins & Oatmeal Cookie.	<b>BIRTHDAY CELEBRATION</b> Turkey, Stuffing, Cranberry Sauce, Mixed Vegetables & Brownies.
<b>MONDAY</b> 8	<b>TUESDAY</b> 9	<b>WEDNESDAY</b> 10	<b>THURSDAY</b> 11	<b>FRIDAY</b> 12
Teriyaki Crispy Baked Chicken Wings, Potato Wedges, Tossed Salad & Seasonal Fruit.	Spinach Cheese Quiche, Tossed Salad & Seasonal Fruit.	Imitation Crab Cakes, Potato Wedges, Mixed Vegetables & Seasonal Fruit.	Spaghetti & Meatballs, Garlic Toast, Tossed Salad & Snicker Doodle Cookie.	<b>PASSOVER CELEBRATION</b> Apricot Glazed Chicken, Rosemary Oven Roast Potatoes, Roasted Asparagus & Apple Cake.
<b>MONDAY</b> 15	<b>TUESDAY</b> 16	<b>WEDNESDAY</b> 17	<b>THURSDAY</b> 18	<b>FRIDAY</b> 19
Beef Stew w/ Noodles, Dinner Roll & Seasonal Fruit.	Chicken Rollatini, Mixed Vegetables & Seasonal Fruit.	Egg Salad on Wheat, Tossed Salad & Seasonal Fruit.	Meatloaf, Green Beans, Mashed Potatoes & Seasonal Fruit.	<b>CLOSED FOR PASSOVER</b>
<b>MONDAY</b> 22	<b>TUESDAY</b> 23	<b>WEDNESDAY</b> 24	<b>THURSDAY</b> 25	<b>FRIDAY</b> 26
<b>CLOSED FOR PASSOVER</b>	<b>CLOSED FOR PASSOVER</b>	<b>CLOSED FOR PASSOVER</b>	<b>CLOSED FOR PASSOVER</b>	<b>CLOSED FOR PASSOVER</b>
<b>MONDAY</b> 29	<b>TUESDAY</b> 30			
Baked Ziti, Dinner Roll, Tossed Salad & Seasonal Fruit.	Hawaiian Chicken w/Rice, Tossed Salad & Seasonal Fruit.			



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		Mah Jongg 12:30pm Presentation	Mah Jongg 12:30pm	Shabbat
<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	Mah Jongg 12:30 pm	Shabbat Passover Celebration w/Rabbi Shore
<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	<b>Passover Observed Senior lunch Closed</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Bridge 1:00 pm <b>Passover Observed Senior lunch Closed</b>	Mah Jongg 12:30 pm <b>Passover Observed Senior lunch Closed</b>	Mah Jongg 12:30 pm <b>Passover Observed Senior lunch Closed</b>	Mah Jongg 12:30 pm. <b>Passover Observed Senior lunch Closed</b>	Shabbat <b>Passover Observed Senior lunch &amp; Office Closed (ASP, ECDP &amp; Fitness open)</b>
<b>29</b>	<b>30</b>			
Bridge 1:00 pm	Mah Jongg 12:30 pm			

# JCC Bobbie Epstein Lewis Senior Adult Dining Program

## MAY 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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<b>*Challah Sold Every Friday*</b>				
		<b>WEDNESDAY</b> 1	<b>THURSDAY</b> 2	<b>FRIDAY</b> 3
		Beef Stew over Egg Noodles, Dinner Roll, Tossed Salad & Seasonal Fruit.	Chicken Salad on Wheat, Macaroni Salad, Carrots & Seasonal Fruit.	Fresh Salmon w/Dill, Seasonal Oven Roasted Vegetables, Wild Rice & Fresh Berry Crisp.
<b>MONDAY</b> 6	<b>TUESDAY</b> 7	<b>WEDNESDAY</b> 8	<b>THURSDAY</b> 9	<b>FRIDAY</b> 10
Stuffed Cabbage, Carrot Coins & Seasonal Fruit.	Turkey on Wheat, w/Lettuce & Tomato, Vegetable Soup and Sugar Cookie.	Imitation Crab Cakes, Peas and Carrots, Sweet Potato Fries & Seasonal Fruit.	Meatloaf, Mashed Potatoes, Green Beans & Seasonal Fruit	<b><i>Mother's Day Celebration!</i></b> Brisket, Garlic Mashed Potatoes, Oven Roasted Asparagus & Lemon Cake.
<b>MONDAY</b> 13	<b>TUESDAY</b> 14	<b>WEDNESDAY</b> 15	<b>THURSDAY</b> 16	<b>FRIDAY</b> 17
Tuna Salad on Wheat w/Lettuce & Tomato, vegetable soup and a Chocolate Chip Cookie.	Beef Chili, Dinner Roll, Tossed Salad & Seasonal Fruit.	Baked Chicken, Oven Roasted Vegetables, Mashed Sweet Potatoes & Watermelon.	Mac & Cheese, Tossed Salad and Seasonal Fruit.	<b><i>Birthday Celebration!</i></b> Turkey, Stuffing, Cranberry Sauce, Mixed Vegetables & Brownies.
<b>MONDAY</b> 20	<b>TUESDAY</b> 21	<b>WEDNESDAY</b> 22	<b>THURSDAY</b> 23	<b>FRIDAY</b> 24
Spaghetti & Meatballs, Italian bread, Tossed Salad and Sugar Cookie.	Baked Crispy Teriyaki Chicken Wings, Potato Wedges, Cole Slaw & Seasonal Fruit.	Spinach Cheese Quiche, Tossed Salad & Seasonal Fruit.	Egg Salad on Wheat, Pickle Spear, Tomato and Cucumber Salad & Seasonal Fruit.	Honey Glazed Baked Chicken, Mixed Vegetables, Baked Potato & Marble Cake.
<b>MONDAY</b> 27	<b>TUESDAY</b> 28	<b>WEDNESDAY</b> 29	<b>THURSDAY</b> 30	<b>FRIDAY</b> 31
<b>Memorial Day CLOSED</b>	Honey Mustard Chicken Breasts, Mashed Sweet Potatoes, Mixed Vegetables & Seasonal Fruit.	Tomato Basil Soup, Grilled Cheese Sandwich, Tossed Salad & an Oatmeal Cookie.	Baked Ziti w/Dinner Roll and Seasonal Fruit.	Stuffed Flounder, Oven Roasted Asparagus, Baked Potato & Strawberry Shortcake.



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		<b>1</b> Mah Jongg 12:30pm	<b>2</b> Mah Jongg 12:30pm	<b>3</b> Shabbat
<b>6</b> Bridge 1:00 pm	<b>7</b> AARP Drivers Safety Course 9am to 12pm Mah Jongg 12:30 pm	<b>8</b> AARP Drivers Safety Course 9am to 12pm Mah Jongg 12:30pm	<b>9</b> Mah Jongg 12:30pm	<b>10</b> Shabbat Mother's Day Celebration w/Entertainment
<b>13</b> Bridge 1:00 pm	<b>14</b> Mah Jongg 12:30 pm	<b>15</b> Mah Jongg 12:30 pm Living Well Presentation	<b>16</b> Mah Jongg 12:30pm	<b>17</b> Shabbat
<b>20</b> Bridge 1:00 pm	<b>21</b> Mah Jongg 12:30 pm	<b>22</b> Mah Jongg 12:30 pm	<b>23</b> Mah Jongg 12:30pm	<b>24</b> Shabbat
<b>27</b> <b>Closed Memorial Day</b>	<b>28</b> Mah Jongg 12:30 pm	<b>29</b> Mah Jongg 12:30 pm	<b>30</b> Mah Jongg 12:30 pm.	<b>31</b> Shabbat