

## In This Issue

### Upcoming Events

- Living well Series
- Father's Day Celebration
- Summer Dinners begin w/Entertainment



- Independence Day Celebration
- "Israeli Scouts" Performance

### The "Wladis Companies" present:

#### **"THE JCC 2019 ANNUAL MEETING & GALA"**

Sunday June 2, 2019, 11:00 am to 2 pm  
Owera Vineyards, Cazenovia

Thank you for your support!

#### **AARP Driver's Safety Course- Fall dates:**

Sept 17<sup>th</sup> & 18<sup>th</sup> - 9am to 12  
Nov 19<sup>th</sup> & 20<sup>th</sup> - 9am to 12

**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 June Events

- ❖ June 5<sup>th</sup> – "Living Well Series"
- ❖ June 10<sup>th</sup> – CLOSED (Shavuot)
- ❖ June 14<sup>th</sup> – Father's Day Celebration w/Entertainment



- ❖ June 17<sup>th</sup> – **Summer Monday Night Dinner's begin**  
"Joe Henneberry" Entertainment
- ❖ June 21<sup>st</sup> – Birthday Celebration
- ❖ June 24<sup>th</sup> – Dinner – "Jeneane Ciancaglini" Entertainment

## Upcoming July Events

- ❖ July 1<sup>st</sup> – Dinner – "Sonny Farrar" Entertainment

#### **July 4<sup>th</sup> – CLOSED**

- ❖ July 5<sup>th</sup> – Independence Day Celebration Luncheon



- ❖ July 8<sup>th</sup> – Dinner – "Dewitt Chroaliers" Entertainment
- ❖ July 15<sup>th</sup> – Dinner – "Syd & Brad" Entertainment
- ❖ July 19<sup>th</sup> – Lunch & Learn Presentation on Hearing loss
- ❖ July 22<sup>nd</sup> – Dinner – "Jeneane Ciancaglini" Entertainment
- ❖ July 26<sup>th</sup> – Birthday Celebration
- ❖ July 29<sup>th</sup> – Dinner – "Howie Bartolo" Entertainment
- ❖ July 31<sup>st</sup> – Performance by "Israeli Scouts"



**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**

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 @ 315-435-2362.

Contact us at:  
315-445-2360 ext. 104

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



### **JCC's Senior Kosher Dinners starting up again June 17<sup>th</sup>**

The JCC is a great place for seniors to enjoy a hot, nutritious and well-balanced kosher meal on Monday evenings all summer long. The weekly dinners will be held on Mondays at 5 pm. A variety of live entertainment will be included each week as part of the dinner program. The JCC summertime tradition this year will run through August 26<sup>th</sup>.

The JCC's summer dinners, open to seniors age 60 and older, are offered for a suggested contribution of \$5.00 per person. **RSVP is required by the Wednesday before each dinner by calling 315-445-2360.**

The weekday senior lunches at the JCC will continue at noon Tuesdays through Fridays during those weeks the summer dinners are held. The lunch program offers seniors age 60 and over a nutritious and well-balanced kosher meal for a \$4.00 suggested contribution.

### **Summer Dinner Guidelines**

- Everyone needs a reservation to enter the auditorium
- When we are full, we will start a wait list. Cancellations will be given to people on the waiting list in the order they are received. No reservations can be transferred.
- Containers are available for 25 cents, given once food/dessert are given out.
- Everyone is expected to clean up after themselves.

**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

## JUNE 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>				
<b>MONDAY</b> 3	<b>TUESDAY</b> 4	<b>WEDNESDAY</b> 5	<b>THURSDAY</b> 6	<b>FRIDAY</b> 7
Tomato Basil Soup, Grilled Cheese on Wheat & Fresh Strawberries.	Stuffed Cabbage, Carrot Coins & Chocolate Chip Cookie.	<u>LIVING WELL SERIES</u> Roasted herbed Chicken, Baked Potato, Green Beans & Grapes.	Kosher Italian Sausage and Peppers w/ Rosemary Potatoes & Peaches.	Fresh Salmon w/Dill, Baked Potato, Asparagus & Fresh Strawberries.
<b>MONDAY</b> 10	<b>TUESDAY</b> 11	<b>WEDNESDAY</b> 12	<b>THURSDAY</b> 13	<b>FRIDAY</b> 14
<b>Shavuot</b> <b>CLOSED</b>	Tuna Sandwich on Wheat w/Lettuce and Tomato, Macaroni Salad & Water Melon.	Imitation Crab Cakes, Potato Wedges, Cucumber & Tomato Salad and Fresh Strawberries & Cantaloupe.	Beef Stroganoff Over Egg Noodles, Tossed Salad & Grapes.	<u>FATHER'S DAY CELEBRATION</u> Sweet and Sour Brisket, Mashed Potatoes, Green Beans & Strawberry Shortcake.
<b>MONDAY</b> 17	<b>TUESDAY</b> 18	<b>WEDNESDAY</b> 19	<b>THURSDAY</b> 20	<b>FRIDAY</b> 21
<u>DINNER</u> Salmon Croquettes, Baked Potato, Oven Roasted Vegetables and Sliced Strawberries & Cream.	Egg Salad on Wheat, Tossed Salad & a Sugar Cookie.	Baked Ziti, Dinner Roll, Tossed Salad & Sliced Pears.	Chicken Rollatini, Mixed Vegetables & Sliced Peaches.	Honey Mustard Chicken Breast, Oven Roasted Potatoes, Green Beans & Strawberry Shortcake.
<b>MONDAY</b> 24	<b>TUESDAY</b> 25	<b>WEDNESDAY</b> 26	<b>THURSDAY</b> 27	<b>FRIDAY</b> 28
<u>DINNER</u> Sweet & Sour Brisket, Mashed Potatoes, Fresh Green Beans and Mixed Berry Cobbler.	Beef Stew Over Egg Noodles, Dinner Roll, Tossed Salad & Fruit Cocktail.	Veggie Burger w/Cheese on a Bun and Portobello Mushrooms Caps & Watermelon.	Crispy Baked Teriyaki Chicken Wings, Knish, Tossed Salad & Pineapple Chunks.	<u>BIRTHDAY CELEBRATION</u> Apricot Glazed Chicken, Fresh Oven Roasted Vegetables, Mashed Potatoes & Marble Cake.



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm Living Well Series	Mah Jongg 12:30 pm	Shabbat
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Shavuot <b>CLOSED</b>	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Mah Jongg 12:30pm	Father's Day Celebration w/Entertainment! Shabbat
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Bridge 1:00 pm Dinner Begins 5:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Shabbat
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Bridge 1:00 pm Dinner 5:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	Birthday Celebration! Shabbat

# JCC Bobbie Epstein Lewis Senior Adult Dining Program

## JULY 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.

<b>*Challah Sold Every Friday*</b>				
<b>MONDAY</b> 1	<b>TUESDAY</b> 2	<b>WEDNESDAY</b> 3	<b>THURSDAY</b> 4	<b>FRIDAY</b> 5
<b>DINNER</b> Stuffed Flounder, Baked Potato, Oven Roasted Asparagus & Mixed Fresh Fruit w/Whipped Topping.	Grilled Cheese on Wheat, Tomato Basil Soup & Sliced Pears.	Imitation Crab Cakes, Potato Wedges, Mixed Vegetables & a Sugar Cookie.	Independence Day  <b>CLOSED</b>	<b>July 4<sup>th</sup> Celebration</b> Teriyaki Salmon, Baked Potato, Mixed Vegetables & Chocolate Chip Cookie.
<b>MONDAY</b> 8	<b>TUESDAY</b> 9	<b>WEDNESDAY</b> 10	<b>THURSDAY</b> 11	<b>FRIDAY</b> 12
<b>DINNER</b> Oven Roasted Turkey Breast, Sweet Mashed Potatoes, Fresh Oven Roasted Vegetables and Peaches & Cream.	Turkey Sandwich on Wheat w/ Lettuce and Tomato, Chicken Noodle Soup & Fresh Grapes.	Spinach Cheese Quiche, Tossed Salad, Dinner Roll & Water Melon.	Meatloaf, Peas & Carrots, Mashed Potatoes & a Oatmeal Cookie.	Chicken w/Baharat, Fruited Rice, Fresh Green Beans & Devil's Food Cake.
<b>MONDAY</b> 15	<b>TUESDAY</b> 16	<b>WEDNESDAY</b> 17	<b>THURSDAY</b> 18	<b>FRIDAY</b> 19
<b>DINNER</b> Trout Saratoga, Wild Rice, Fresh Oven Roasted Vegetables & Berry Crisp.	Baked Ziti, Dinner Roll, Tossed Salad & Fruit Cocktail.	Egg Salad on Wheat, Tossed Salad & Baked Apples.	Grilled Chicken Sandwich on a Bun w/Lettuce, Potato Wedges & Tomato & Fresh Grapes.	Sweet and Sour Brisket, Mashed Potatoes, Fresh Green Beans & Peach Shortcake.
<b>MONDAY</b> 22	<b>TUESDAY</b> 23	<b>WEDNESDAY</b> 24	<b>THURSDAY</b> 25	<b>FRIDAY</b> 26
<b>DINNER</b> Panko Encrusted Honey Mustard Chicken Breast, Israeli Couscous, Roasted Asparagus & Peach Cobbler.	Tuna on Wheat w/Lettuce and Tomato, Macaroni Salad & Fresh Strawberries & Cantaloupe.	Vegetable Lasagna, Tossed Salad & Water Melon.	Chicken Rollatini, Mixed Vegetables & Sliced Peaches.	<b>BIRTHDAY CELEBRATION!</b> Honey Glazed Roasted Chicken, Fresh String Beans, Baked Potato & Lemon Cake.
<b>MONDAY</b> 29	<b>TUESDAY</b> 30	<b>WEDNESDAY</b> 31		
<b>DINNER</b> Salmon w/ Hoisin Glaze, Wild Rice, Fresh Oven Roasted Vegetables & Strawberry Shortcake.	Kosher Italian Sausage w/Peppers, Rosemary Potatoes & Strawberries.	<b>Israeli Scouts Performance</b> Roasted Herb Chicken, Oven Roasted Rosemary Potatoes, Mixed Vegetables & Watermelon.		



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b> Bridge 1:00 pm Dinner 5:00 pm	<b>2</b> Mah Jongg 12:30 pm	<b>3</b> Mah Jongg 12:30pm	<b>4</b>  <b>closed</b>	<b>5</b> Shabbat July 4 <sup>th</sup> Celebration
<b>8</b> Bridge 1:00 pm Dinner 5:00 pm	<b>9</b> Mah Jongg 12:30 pm	<b>10</b> Mah Jongg 12:30pm	<b>11</b> Mah Jongg 12:30 pm	<b>12</b> Shabbat
<b>15</b> Bridge 1:00 pm Dinner 5:00 pm	<b>16</b> Mah Jongg 12:30 pm	<b>17</b> Mah Jongg 12:30 pm	<b>18</b> Mah Jongg 12:30 pm	<b>19</b> Shabbat
<b>22</b> Bridge 1:00 pm Dinner 5:00 pm	<b>23</b> Mah Jongg 12:30 pm	<b>24</b> Mah Jongg 12:30 pm	<b>25</b> Mah Jongg 12:30 pm.	<b>26</b> Shabbat Birthday Celebration
<b>29</b> Bridge 1:00 pm	<b>30</b> Mah Jongg 12:30 pm	<b>31</b> Mah Jongg 12:30 pm 12:15 Israeli Scouts Performance		