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Have a sweet year!



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 August Events

- ❖ August 5th – Dinner w/ Entertainment “Keyna Hora Band”
- ❖ August 12th – Dinner w/ Entertainment “Sonny Farrar”
- ❖ August 19th – Dinner w/ Entertainment “Jeneani Ciancaglini”
- ❖ August 23rd – End of Summer Celebration
- ❖ August 26th – Last Monday night Dinner w/Entertainment

Upcoming September Events

- ❖ September 2nd – Labor Day – **CLOSED**
- ❖ September 11th – Lunch Trivia
- ❖ September 17th & 18th –  AARP Drivers Safety Course Tuesday & Wednesday 9am to 12pm
- ❖ September 18th – Pharmacy Wellness – Wegmans Flu Clinic
- ❖ September 27th – Rosh Hashanah Celebration!
- ❖ September 30th – **CLOSED**

FLU CLINIC

Sept 18th – 12:30 to 3:00

Most insurances accepted. The clinic is being held in conjunction with Wegmans Pharmacy.

NEW THIS YEAR

We will be offering the Pneumonia immunization as well as flu shots. More information to follow.

Coming in November AARP Driver’s Safety Course

Nov 19th & 20th - 9am to 12

\$20.00 AARP- \$25.00 Non-AARP



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
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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.

HAPPY JEWISH NEW YEAR!



Rosh Hashanah is the celebration of the **Jewish New Year**. It's a very important holiday on the Jewish calendar. On Rosh Hashanah, Jews from all over the world celebrate God's creation of the world.

During Rosh Hashanah, Jewish people ask God for forgiveness for the things we've done wrong during the past year. We also remind our-selves not to repeat these mistakes in the coming year. In this way, Rosh Hashanah is an opportunity to improve ourselves. It's a holiday that helps us to become better people and that's a beautiful thing!

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

AUGUST 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	2
			Turkey on Rye, Broccoli Salad & Melon.	Stuffed Flounder, Baked Potato, Mixed Vegetables & Cinnamon Swirl Cake.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	8	9
DINNER Brisket, Mashed Potatoes, Oven Roasted Vegetables & Devil's Food Cake.	Hot Corned Beef Sandwich on Rye w/Russian Dressing, Tossed Salad & Melon.	Spinach Cheese Quiche, Dinner Roll & Peaches.	Chicken Fried Rice, Green Beans & Melon.	Herb Roasted Chicken, Garlic Mashed Potatoes, Carrot Coins & Pineapple Upside Down Cake.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12	13	14	15	16
DINNER Panko Encrusted Honey Mustard Salmon, Herb Rubbed Potato Wedges, Oven Roasted Balsamic Baby Carrots & Fresh Berry Crisp.	Beef Stew Over Egg Noodles, Dinner Roll & Pears.	Baked Ziti, Garlic Bread, Tossed Salad & Melon.	Imitation Crab Cakes w/Lemon Dill Sauce, Peas and Carrots, Potato Wedges & Melon.	Birthday Celebration! Roast Turkey, Stuffing, Cranberry Sauce, Asparagus & Spice Apple Cake.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23
DINNER Orange Glazed, Cornish Hen w/Wild Rice, Green Beans & Strawberry Kabobs Drizzled w/Chocolate.	Spaghetti & Meatballs, Dinner Roll, Tossed Salad & Melon.	Tuna Sandwich w/Sliced Tomato, Potato Salad & Fruit Cocktail.	Beef Chili (Not Spicy), Dinner Roll, Green Beans & Melon.	Salmon w/Dill, Oven Roasted Vegetables and Couscous & Fresh Berry Crisp.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26	27	28	29	30
DINNER Salmon Croquettes, Oven Roasted Vegetables, Rosemary Potatoes & Fresh Seasonal Fruit w/Non-Dairy Whipped Topping.	Hamburgers w/Sautéed Onions & Mushrooms, Corn on the Cob & Snicker Doodle Cookie.	Macaroni & Cheese, Tossed Salad and Melon.	Sweet & Sour Meatballs Over Rice, Carrot Coins and a Sugar Cookie.	Marsala Meatballs Over Rice, Mixed Vegetables & Marble Cake.



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Mah Jongg 12:30 pm	Shabbat
5	6	7	8	9
Bridge 1:00 pm Dinner 5:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Mah Jongg 12:30pm	Shabbat
12	13	14	15	16
Bridge 1:00 pm Dinner 5:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Birthday Celebration! Shabbat
19	20	21	22	23
Bridge 1:00 pm Dinner 5:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	Shabbat End of Summer Celebration!
26	27	28	29	30
Bridge 1:00 pm Last night Dinner 5:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	Shabbat

JCC Bobbie Epstein Lewis Senior Adult Dining Program

SEPTEMBER 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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<i>*Challah Sold Every Friday*</i>				
MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Labor Day CLOSED	Beef Chili w/Dinner Roll, Mixed Vegetables & Chocolate Crackle Cooke.	Tomato Basil Soup, Grilled Cheese & Melon.	Meatloaf, Mashed Potatoes, Green Beans & Melon.	Orange Glazed Chicken, Mashed Sweet Potato, Mixed Vegetables & Apple Cake.
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Cheese Quiche, Tossed Salad & Sliced Peaches.	Herb Roasted Chicken, Baked Potato, String Beans & a Sugar Cookie.	Split Pea Soup, Veggie Burger w/Cheese, Potato Wedges & Sliced Pears,	Imitation Crab Cakes, Sweet Potato Wedges, Mixed Vegetables & Melon.	Birthday Celebration! Salmon w/Dill, Oven Roasted Butternut Squash & Marble Cake.
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Beef Stew w/Mixed Vegetables, Egg Noodles, Dinner Roll & Melon.	Spaghetti & Meatballs, Tossed Salad & Sugar Cookie.	Egg Salad on Wheat w/Lettuce & Tomato & Grapes.	Stuffed Cabbage, Peas & Carrots and Snicker Doodle Cookie.	Marsala Meatballs over Egg Noodles, Peas and Carrots & Cinnamon Swirl Cake.
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Turkey on Wheat w/Lettuce & Tomato & Melon.	Macaroni & Cheese, Tossed Salad and Grapes.	Chicken Rollatini, Mixed Vegetable & Oatmeal Cookie.	Baked Ziti, Tossed Salad, Garlic Toast & Melon.	Rosh Hashanah Celebration! Brisket, Mashed Potatoes, Carrot Coins and Apple Cake.
MONDAY 30	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rosh Hashanah CLOSED				



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Labor Day CLOSED	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Mah Jongg 12:30pm	Shabbat
9	10	11	12	13
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm Lunch Trivia	Mah Jongg 12:30 pm	Shabbat Birthday Celebration!
16	17	18	19	20
Bridge 1:00 pm	AARP Drivers Safety Course 9am to 12pm Mah Jongg 12:30 pm	AARP Drivers Safety Course 9am to 12pm Flu Shots 12:30pm to 3:00pm Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Shabbat
23	24	25	26	27
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm.	Shabbat Rosh Hashanah Celebration!
30				
Rosh Hashanah CLOSED				