

## In This Issue

### Upcoming Events



- Jewish Harvest Celebration Luncheon
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- Drivers Safety Course
- Art Drawing
- Thanksgiving Celebration Luncheon

Dial 211  
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*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 October Events

Oct 1<sup>st</sup> – **CLOSED** – “Rosh Hashanah” (whole JCC)

Oct 9<sup>th</sup> – **CLOSED** – “Yom Kippur” (whole JCC)

Oct 14<sup>th</sup> 15<sup>th</sup> – **CLOSED** – “Sukkot” (ASP, ECDP & Fitness Open)

Oct 18<sup>th</sup> – Jewish Harvest Celebration Luncheon-  
w/Entertainment 


Oct 21<sup>st</sup> – **CLOSED** – “Shemini Atzeret” (ASP, ECDP & Fitness Open)

Oct 22<sup>nd</sup> – **CLOSED** – “Simchat Torah” (ASP, ECDP & Fitness Open)


Oct 23<sup>rd</sup> – **“Second FLU CLINIC”**- 11 am to 3 pm

Most insurances will be accepted. The clinic is being held in conjunction with Wegmans Pharmacy. For more information and to RSVP please call 315-445-2360. Sponsored by: “Wegmans & Green Family Foundation”

## Upcoming November Events

Nov 3<sup>rd</sup> – National Driver’s Safety Council Course –   
“**Guss Safety**”  
Sunday 9am to 4pm  
\$20.00 JCC member- \$25.00 Non-member

Nov 13<sup>th</sup> – Art Drawing & Lunch

Nov 19<sup>th</sup> & 20<sup>th</sup> –  AARP Drivers Safety Course Tues & Weds  
9am to 12pm, \$20.00 JCC member- \$25.00 Non-member

Nov 22<sup>nd</sup> – Thanksgiving Celebration Luncheon w/Entertainment



Nov 28<sup>th</sup> & 29<sup>th</sup> – **CLOSED**– (fitness open)



**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**

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 @ 315-445-2360.

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

cstein@jccsy.org  
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.** 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.

## **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

## OCTOBER 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 \$4.25 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	3	4
	<b>CLOSED</b> "Rosh Hashanah"	Spinach Cheese Quiche, Tossed Salad, Dinner Roll & Sugar Cookie.	Crispy Baked Teriyaki Chicken wings, Potato Wedges, Tossed Salad & Seasonal Fruit.	Orange Glazed Chicken, Israeli Couscous, Mixed Vegetables & Cinnamon Swirl Cake.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	8	9	10	11
Tomato Basil Soup, Grilled Cheese & Seasonal Fresh Fruit.	Veggie Burger w/Sautéed Onion, Tossed Salad, Potato Wedges & a Sugar Cookie.	<b>CLOSED</b> "Yom Kippur"	Vegetable Lasagna Roll, Tossed Salad & a Chocolate Chip Cookie.	Salmon W/Dill, Baked Potato, Peas and Carrots & Marble Cake.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14	15	16	17	18
<b>CLOSED</b> "Sukkot" (ASP, ECOP & Fitness open)	<b>CLOSED</b> "Sukkot" (ASP, ECOP & Fitness open)	Beef Stew Over Egg Noodles, Tossed Salad & Seasonal Fresh Fruit.	Vegetable Soup, Tuna Sandwich on Wheat & an Oatmeal Cookie.	<b>Jewish Harvest Celebration!</b> Roast Turkey, Stuffing, Cranberry Sauce, Mixed Vegetable & Apple Cake.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21	22	23	24	25
<b>CLOSED</b> "Shemini Atzeret" (ASP, ECOP & Fitness open)	<b>CLOSED</b> "Simchat Torah" (ASP, ECOP & Fitness open)	<u>Flu Clinic</u> Stuffed Cabbage, Carrot Coins & Seasonal Fresh Fruit.	Meatloaf, Mashed Potato, Green Beans & Seasonal Fresh Fruit.	<b>BIRTHDAY CELEBRATION!</b> Stuffed Flounder W/Lemon, Mixed Vegetables, Baked Potato & a Brownie.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	
Baked Ziti, Dinner Roll, Tossed Salad & a Cookie.	Sweet & Sour Meat Balls over Rice, Carrot Coins & Fruit.	Crab Cakes, Potato Wedges, Mixed Vegetables & a Cookie.	Chicken Noodle Soup, Egg Salad on Wheat w/Lettuce & Tomato & a Oatmeal Cookie.	



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>CLOSED</b> "Rosh Hashanah"	<b>Mah Jongg</b> <b>12:30pm</b>	<b>Mah Jongg</b> <b>12:30 pm</b>	<b>Shabbat</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Bridge 1:00 pm</b>	<b>Mah Jongg</b> <b>12:30 pm</b>	<b>CLOSED</b> "Yom Kippur"	<b>Mah Jongg 12:30pm</b>	<b>Shabbat</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>CLOSED</b> "Sukkot" (ASP, ECDP & Fitness open)	<b>CLOSED</b> "Sukkot" (ASP, ECDP & Fitness open)	<b>900 AM – 12:00 PM</b>	<b>Mah Jongg 12:30pm</b>	<b>Shabbat</b> <b>Jewish Harvest</b> <b>Celebration</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>CLOSED</b> "Shemini Atzeret" (ASP, ECDP & Fitness open)	<b>CLOSED</b> "Simchat Torah" (ASP, ECDP & Fitness open)	<b>Mah Jongg</b> <b>12:30 pm</b> <b>Flu Clinic</b>	<b>Mah Jongg</b> <b>12:30 pm.</b>	<b>Shabbat</b> <b>Birthday Celebration</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	<b>Mah Jongg</b> <b>12:30 pm</b>	<b>Mah Jongg</b> <b>12:30 pm</b>	<b>Mah Jongg</b> <b>12:30 pm.</b>	

# JCC Bobbie Epstein Lewis Senior Adult Dining Program

## NOVEMBER 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 \$4.25 suggested contribution for seniors, \$5.00 under age 60.

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*\*Challah Sold Every Friday\**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
				Brisket, Baked Potato, Green Beans & Baked Apples.
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
Tomato Basil Soup, Grilled Cheese & Grapes.	Spaghetti & Meatballs w/Dinner Roll, Salad & a Oatmeal Cookie.	Beef Stew Over Egg Noodles, Tossed Salad & Sliced Pears.	Chicken Rollatini, Carrot Coins & a Clementine.	Stuffed Flounder Couscous W/Lemon, Mixed Vegetables & Lemon Cake.
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Split Pea Soup, Turkey Sandwich on Wheat & Grapes.	Crispy Teriyaki Chicken Wings, Sweet Potato Wedges, Tossed Salad & Pineapple.	Vegetable Soup, Tuna Sandwich on Wheat w/Lettuce & Sugar Cookie.	Spinach Cheese Quiche, Tossed Salad & Sliced Peaches.	<b><u>Birthday Celebration!</u></b> Salmon w/Dill, Baked Potato, Oven Roast Brussel Sprouts & Confetti Cake.
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Vegetable Soup, Mac & Cheese and Sliced Pears.	Imitation Crab Cake, Green Beans, Oven Roasted Potatoes & a Clementine.	Herbed Rubbed Chicken, Mashed Sweet Potato, Mixed Vegetables & Brownies.	Veggie Burger w/Cheese, Potato Wedges & a Oatmeal Cookie.	<b><u>Thanksgiving Celebration!</u></b> Roast Turkey, Stuffing, Cranberry Sauce, Carrot Coins & Apple Cobbler.
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Baked Ziti, Dinner Roll, Tossed Salad & Fruit Cocktail.	Sweet & Sour Meat Balls over Rice, Carrot Coins and a Clementine.	Chicken Noodle Soup, Egg Salad on Country White Bread & Grapes.	<b>CLOSED</b> "Thanksgiving" (Fitness open)	<b>CLOSED</b> "Thanksgiving" (Fitness open)



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				<b>Shabbat</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Bridge 1:00 pm</b>	<b>Mah Jongg 12:30 pm</b>	<b>Mah Jongg 12:30pm</b>	<b>Mah Jongg 12:30pm</b>	<b>Shabbat</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Bridge 1:00 pm</b>	<b>Mah Jongg 12:30 pm</b>	<b>Mah Jongg 12:30 pm</b>	<b>Mah Jongg 12:30pm</b>	<b>Shabbat Birthday Celebration</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Bridge 1:00 pm</b>	<b>AARP Driver's safety Course 9am to 12:00pm Mah Jongg 12:30 pm</b>	<b>AARP Driver's safety Course 9am to 12:00pm Mah Jongg 12:30 pm</b>	<b>Mah Jongg 12:30 pm.</b>	<b>Shabbat Thanksgiving Celebration</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Bridge 1:00 pm</b>	<b>Mah Jongg 12:30 pm</b>	<b>Mah Jongg 12:30 pm</b>	<b>CLOSED</b> "Thanksgiving" (Fitness open)	<b>CLOSED</b> "Thanksgiving" (Fitness open)