

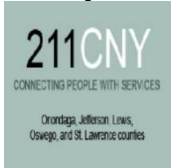
In This Issue

Upcoming Events



- Movie
- Neighborhood Adviser Presentation
- AARP Drivers Safety Course
- Jewish Harvest Celebration
- Tuesday Trivia
- Thanksgiving Celebration w/Entertainment
- **Coming Soon** – 2nd Flu Shot Clinic
**Date to be announced

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 October Events

- ❖ 4th – Movie-“**The Ford 50th Anniversary Show**”
- ❖ 5th & 6th –**CLOSED**-“Sukkot” (Fitness Open)
- ❖ 10th & 11th , 9 am to 12-
‘**AARP Drivers Safety Course**’
AARP members \$20.00 Non-members \$25.00
- ❖ 12th –**CLOSED** – “Shemini Atzeret” (Fitness Open)
- ❖ 13th – **CLOSED** – “Simchat Torah” (Fitness Open)
- ❖ 20th – Jewish Harvest Celebration!
- ❖ 27th Presentation – “Medicare”

Upcoming November Events

- ❖ 3rd –Neighborhood Adviser Presents
“**Home Safety Tips**”
- ❖ 7th – Tuesday Trivia
- ❖ 14th & 15th , 9am to 12-
“**AARP Drivers Safety Course**”
AARP members: \$20.00 Non-members: \$25.00
- ❖ 22nd – Thanksgiving Celebration with Entertainment!
- ❖ 23rd & 24th – **CLOSED** – Thanksgiving (Fitness Open)



FLU SHOTS



The JCC of Syracuse will host a 2nd Flu Shot Clinic in the fall of 2017, the dates will be announced. Most insurances will be accepted. For more information and to RSVP please call 315-445-2360.

AARP Drivers Safety Course. Please call 315-445-2360 and RSVP with Tammy or Debbie



**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**

***Small Mah Jongg Cards Limited Availability at
the JCC Front Desk**

The JCC Fitness Center accepts...



For details contact
Nick Finlayson at 315-445-2040 x140 or
nfinlayson@jccsy.org.

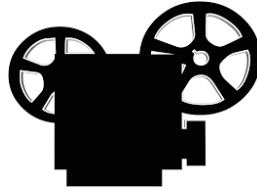


Do you or someone you know need help with Social Security benefits, SNAP (food stamps), Home Energy Assistance Program (HEAP) benefits, transportation or other services? The JCC's Neighborhood Advisor can help.

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
jpaul@jccsy.org
skiefferjccsy.org



“MOVIE” - Oct 4th

Mary Martin and Ethel Merman: Their Legendary Appearance on the “Ford 50th Anniversary Show”

The famed 1953 television special celebrating the Ford Motor Company's 50th anniversary brought together two of the greatest leading ladies Broadway has ever known. The highlight of the program is Merman and Martin's 13-minute duet medley, where they sing the songs that made them famous, plus much more. On their own, Merman sings “Alexander's Ragtime Band” and “Mademoiselle from Armentieres” and Martin performs a brilliantly comic routine about changes in fashion over the first half of the 20th century.

ARE YOU NEW TO MEDICARE OR SOON TO BE ON MEDICARE?



Are you confused about your options?
Come to a free Seminar at the JCC
Wednesday October 27TH @ 12:20 pm to 1:20 pm

Topics Include:

- Medicare Parts A & B
- Medicare Advantage plans (Part C)
- Medicare Prescription Drug plans (Part D)
- Medigap Supplemental plans
- EPIC (Elderly Pharmaceutical Insurance Program)
- Subsidy Assistance
- And more.....



Sponsored by:

Presented by HIICAP

*(Health Insurance Information, Counseling and Assistance Program)
Onondaga County Department of Adult & Long Term Care Services
Office for Aging*

JCC Bobbie Epstein Lewis Senior Adult Dining Program

OCTOBER 2017 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 445-2360.

Challah Sold Every Friday

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Crispy Baked Teriyaki Chicken wings, Potato Wedges, Tossed Salad & Seasonal Fruit	Spinach Cheese Quiche, Tossed Salad, Dinner Roll & Seasonal Fruit	Orange Glazed Chicken, Israeli Couscous, Mixed Vegetables & Apple Cake	CLOSED <i>Sukkot</i>	CLOSED <i>Sukkot</i>
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Tomato Basil Soup, Grilled Cheese & Seasonal Fresh Fruit	Chicken Fried Rice, Green Beans & Seasonal Fruit	Beef Stew Over Egg Noodles, Tossed Salad & Fresh Fruit w/Topping	CLOSED <i>Shemini Atzeret</i>	CLOSED <i>Simchat Torah</i>
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Vegetable Soup, Macaroni and Cheese & Seasonal Fruit	Chicken Rollatini, Carrot Coins & Seasonal Fruit	Hot Corned Beef Sandwich w/Russian Dressing on Rye, Potato Salad, Green Beans & Fresh Fruit	Stuffed Flounder W/Lemon, Mixed Vegetables, Baked Potato & Seasonal Fruit	Jewish Harvest Celebration! Roast Turkey, Stuffing, Cranberry Sauce, Asparagus & Apple Cake
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Split Pea Soup, Turkey Sandwich on Rye w/Lettuce & Tomato and Seasonal Fruit	Imitation Crab Cake, Potato Wedges, Mixed Vegetables & Seasonal Fruit	Stuffed Cabbage, Mixed Vegetables & Seasonal Fresh Fruit	Meatloaf, Mashed Potato, Tossed Salad & Seasonal Fruit	BIRTHDAY CELEBRATION! Salmon W/Dill, Baked Potato, Green Beans & Marble Cake
MONDAY 30	TUESDAY 31	WEDNESDAY	THURSDAY	FRIDAY
Baked Ziti, Dinner Roll, Tossed Salad & Vanilla Ice Cream	Sweet & Sour Meat Balls over Rice, Carrot Coins & Sugar Cookie			



1909 E. Fayette, St. Syracuse, 13210 (315) 472-5291

Thank you, Marty & Elaine Birnbaum and Joel Friedman for your continued monthly sponsorship!



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Bridge 1:00 pm	Mah Jongg 12:30pm Neighborhood Advisor presents	Mah Jongg 12:30pm Movie	<i>Sukkot</i> CLOSED (Fitness open)	<i>Sukkot</i> CLOSED (Fitness open)
9	10	11	12	13
Bridge 1:00 pm	9am-12 pm Driver's Safety Course Mah Jongg 12:30 pm	9am-12 pm Driver's Safety Course Mah Jongg 12:30 pm	<i>Shemini Atzeret</i> CLOSED (Fitness open)	<i>Simchat Torah</i> CLOSED (Fitness open)
16	17	18	19	20
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Shabbat Jewish Harvest Celebration!
23	24	25	26	27
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Shabbat Birthday Celebration!
30	31			
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Shabbat

Sisskind
Funeral Service LLC

Entrusting a most sensitive time into compassionate hands

3175 E. Genesee Street - Syracuse, NY 13224
315-446-4848



Thank you to Steven Sisskind for sponsoring our entertainment!

JCC Bobbie Epstein Lewis Senior Adult Dining Program

NOVEMBER 2017 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 445-2360.

<i>*Challah Sold Every Friday*</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Vegetable Soup Egg Salad on Rye & Seasonal Fruit	Spinach Cheese Quiche, Tossed Salad & Fresh Fruit	Brisket, Mashed Potatoes, Green Beans & Cinnamon Swirl Cake
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
Tomato Basil Soup, Grilled Cheese & Fresh Fruit	Chicken Fried Rice, Green Beans & Seasonal Fruit	Beef Stew Over Egg Noodles, Tossed Salad & Fresh Fruit	Chicken Rollatini, Carrot Coins & Seasonal Fruit	Stuffed Flounder W/Lemon, Mixed Vegetables & Lemon Cake
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13	14	15	16	17
Vegetable Soup, Mac & Cheese and Seasonal Fruit	Crispy Teriyaki Chicken Wings, Sweet Potato Wedges, Tossed Salad & Seasonal Fruit	Hot Corned Beef Sandwich w/Russian Dressing on Rye, Potato Salad, Carrot Coins & Fresh Fruit	Meatloaf, Mashed Potatoes, Green Beans & Seasonal Fruit	<u>Birthday Celebration!</u> Herbed Rubbed Chicken, Mashed Sweet Potato, Mixed Vegetables & Spice Cake
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20	21	22	23	24
Split Pea Soup, Turkey Sandwich on Rye & Sugar Cookie.	Imitation Crab Cake, Potato Wedges, Mixed Vegetables & Seasonal Fruit	<u>Thanksgiving Celebration!</u> Roast Turkey, Stuffing, Cranberry Sauce, Carrot Coins & Apple Cake	CLOSED	CLOSED
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	
Baked Ziti, Dinner Roll, Tossed Salad & Seasonal Fruit	Sweet & Sour Meat Balls over Rice, Carrot Coins & Fresh Fruit	Chicken Noodle Soup, Tuna on Rye & Seasonal Fruit	Hamburgers with Sautéed Onions, Potato Wedges & Oatmeal Cookie	



1909 E. Fayette, St. Syracuse, 13210 (315) 472-5291

**Thank you, Marty & Elaine Birnbaum and
Joel Friedman for your continued monthly
sponsorship!**



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Mah Jongg 12:30pm	Mah Jongg 12:30pm	Shabbat Neighborhood Advisor Presents
6	7	8	9	10
Bridge 1:00 pm	Mah Jongg 12:30 pm Tuesday Trivia	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Shabbat
13	14	15	16	17
Bridge 1:00 pm	9am-12 pm Driver's Safety Course Mah Jongg 12:30 pm	9am-12 pm Driver's Safety Course Mah Jongg 12:30 pm	Mah Jongg 12:30pm	Shabbat Birthday Celebration!
20	21	22	23	24
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm Thanksgiving Celebration w/ Entertainment!	CLOSED Thanksgiving (Fitness open)	CLOSED Thanksgiving (Fitness open)
27	28	29	30	
Bridge 1:00 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30 pm	Mah Jongg 12:30pm	

Sisskind
Funeral Service LLC

Entrusting a most sensitive time into compassionate hands

3175 E. Genesee Street - Syracuse, NY 13224
315-446-4848



Thank you to Steven Sisskind for sponsoring our entertainment!