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- Neighborhood Advisor Presentation
- Trivia Tuesday
- Hanukkah Celebration!
- New Year's Eve Celebration w/ Entertainment
- "Tom DeFrancisco" – Line Dancing

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 December Events

- ❖ 1st – Birthday Celebration & Neighborhood Advisor Presentation
“10 Brain Exercise’s that boost memory”
- ❖ 5th – Trivia Tuesday
- ❖ 8th – **Hanukkah Celebration w/Entertainment**
- ❖ 25th – **CLOSED – Holiday - (Fitness Open)**
- ❖ 29th – **New Year’s Eve Celebration w/Entertainment**



Upcoming January Events

- ❖ 1st – **CLOSED - New Year’s Day - (Fitness Open)**
- ❖ 5th – Neighborhood Advisor Presentation
“Aging in place” – What does aging in place really mean?
- ❖ 12th – Birthday Celebration
- ❖ 19th – **“Tom DeFrancisco” - Line Dancing**



Coming Soon AARP Driver’s Safety Course

AARP member \$20.00 Non-AARP member \$25.00

Sunday, Feb 18th, 9:30 am to 3:30 pm

Tues & Weds, April 10th & 11th,

9 am to 12 noon

Tues & Weds, May 15th & 16th,

9 am to 12 noon



**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@jccsyr.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@jccsyr.org
jpaul@jccsyr.org
skiefferjccsyr.org**



**Order your
Mah Jongg cards!
A fundraiser to benefit the
JCC Senior Program!**

**Place your order today! Deadline: January
12, 2018**

When you order your 2018 Mah Jongg cards through the JCC of Syracuse, the National Mah Jongg League makes a donation to the JCC's Senior Program.

- \$8 – Standard Print Card
- \$9 – Large Print Card

Mah Jongg players meet at the JCC on Tuesdays, Wednesdays and Thursdays at 12:30 pm. Come enjoy some fun and friendship. New players are always welcome!

Questions? Contact Cindy Stein at 315-445-2040, ext. 104, or cstein@jccsyr.org.



Tom DeFrancisco, Line Dance Instructor at the JCC, will bring his class to perform at the JCC Senior Lunch on Friday, January 19th. Classes are held every week on Mondays and Tuesdays (check fitness schedule for times) and range from beginner to advanced. It's a fun way to get some exercise, while dancing to all kinds of great music! Come check us out and have a great lunch!

JCC Bobbie Epstein Lewis Senior Adult Dining Program DECEMBER 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 |
| | | | | <u>BIRTHDAY CELEBRATION!</u> Orange Glazed Chicken, Israeli Couscous, Mixed Vegetables & Cinnamon Swirl Cake. |
| MONDAY 4 | TUESDAY 5 | WEDNESDAY 6 | THURSDAY 7 | FRIDAY 8 |
| Spinach Cheese Quiche, Tossed Salad & Seasonal Fruit. | Spaghetti & Meatballs, Italian Bread and Seasonal Fruit. | Imitation Crab Cakes, Sweet Potato Wedges, Mixed Vegetables & Seasonal Fruit. | Chicken Fried Rice, Green Beans & Seasonal Fruit. | <u>HANUKKAH CELEBRATION!</u> Fresh Salmon w/ Dill, Wild Rice, Green Beans & Pineapple Upside Down Cake. |
| MONDAY 11 | TUESDAY 12 | WEDNESDAY 13 | THURSDAY 14 | FRIDAY 15 |
| Vegetable Soup, Tuna Salad on Rye & Seasonal Fruit. | Baked Ziti, Garlic Toast, Tossed Salad & Seasonal Fruit. | Chicken Rollatini, Mixed Vegetables & Seasonal Fresh Fruit. | Meatloaf, Green Beans, Mashed Potatoes & Seasonal Fruit. | Turkey, Stuffing, Cranberry Sauce, Mixed Vegetables & Lemon Cake. |
| MONDAY 18 | TUESDAY 19 | WEDNESDAY 20 | THURSDAY 21 | FRIDAY 22 |
| Tomato Basil Soup, Grilled Cheese & Seasonal Fruit. | Hawaiian Chicken over Rice, Peas and Carrots & Sugar Cookie. | Mac & Cheese, Tossed Salad & Seasonal Fruit. | Stuffed Cabbage, Carrot Coins & Oatmeal Cookie. | Brisket, Potato Latkes, Green Beans and & Jelly Donut. |
| MONDAY 25 | TUESDAY 26 | WEDNESDAY 27 | THURSDAY 28 | FRIDAY 29 |
| CLOSED | Teriyaki Crispy Baked Chicken Wings, Potato Wedges & Tossed Salad and Seasonal Fresh Fruit | Hot Corned Beef Sandwich w/Russian Dressing on Rye Bread, Potato Wedges, Green Beans & Seasonal Fruit. | Split Pea Soup, Hamburger with Sautéed Onion, Pickle Spear & Seasonal Fruit. | <u>NEW YEAR'S EVE CELEBRATION!</u> Honey Glazed Cornish Hen, Mashed Sweet Potatoes, Mixed Vegetables and Apple & Pear Cobbler. |



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 |
| | | | | Shabbat Birthday Celebration! Neighborhood Advisor Presentation |
| 4 | 5 | 6 | 7 | 8 |
| Bridge 1:00 pm | Mah Jongg 12:30 pm Tuesday Trivia | Mah Jongg 12:30pm | Mah Jongg 12:30pm | Shabbat Hanukkah Celebration w/ Entertainment |
| 11 | 12 | 13 | 14 | 15 |
| Bridge 1:00 pm | Mah Jongg 12:30 pm | Mah Jongg 12:30 pm | Mah Jongg 12:30pm | Shabbat |
| 18 | 19 | 20 | 21 | 22 |
| Bridge 1:00 pm | Mah Jongg 12:30 pm | Mah Jongg 12:30 pm | Mah Jongg 12:30 pm. | Shabbat |
| 25 | 26 | 27 | 28 | 29 |
| CLOSED (Fitness open) | Mah Jongg 12:30 pm | Mah Jongg 12:30 pm | Mah Jongg 12:30 pm | Shabbat New Year's Eve Celebration! |

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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

JANUARY 2018 MENU

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| <i>*Challah Sold Every Friday*</i> | | | | |
|---|---|---|--|--|
| MONDAY 1 | TUESDAY 2 | WEDNESDAY 3 | THURSDAY 4 | FRIDAY 5 |
| CLOSED | Chicken Fried Rice, Sugar Snap Peas & Sugar Cookie | Cheese Quiche, Dinner Roll, Tossed Salad & Seasonal Fruit. | Hamburger w/Sautéed Onion, Cole Slaw, Sweet Potato Wedges & Seasonal Fruit. | Fresh Salmon w/Dill, Baked Potato, Carrot & Cinnamon Swirl Cake. |
| MONDAY 8 | TUESDAY 9 | WEDNESDAY 10 | THURSDAY 11 | FRIDAY 12 |
| Hawaiian Chicken Over Rice & Oatmeal Cookie. | Vegetable Soup, Turkey Sandwich w/Mayo, Lettuce & Tomato and Sugar Cookie. | Chicken Rollatini, Green Beans & Seasonal Fruit. | Sweet & Sour Meatballs Over Egg Noodles, Mixed Vegetables & Seasonal Fruit. | <u>Birthday Celebration!</u> Apricot Glazed Chicken, Baked Potato, Green Beans & Pineapple Upside |
| MONDAY 15 | TUESDAY 16 | WEDNESDAY 17 | THURSDAY 18 | FRIDAY 19 |
| Beef Stew over Egg Noodles, Dinner Roll & Seasonal Fruit. | Meatloaf, Mashed Potatoes, Green Beans & Seasonal Fruit. | Imitation Crab Cakes w/ Tartar Sauce, Potato Wedges, Mixed Vegetables & Seasonal | Stuffed Flounder, Green Beans, Mashed Potatoes & Seasonal Fruit. | Brisket, Mashed Potatoes, Green Beans & Marble Cake. |
| MONDAY 22 | TUESDAY 23 | WEDNESDAY 24 | THURSDAY 25 | FRIDAY 26 |
| Baked Ziti, Italian Bread, Tossed Salad & Seasonal Fresh Fruit. | Baked Herb Chicken, Carrots & Peas, Dinner Roll & Sugar Cookie. | Tuna Salad on Rye, Chicken Noodle Soup & Seasonal Fruit. | Tomato Basil Soup, Grilled Cheese & Seasonal Fruit. | Roasted Turkey, Dressing, Dinner Roll Mixed Vegetables, Cranberry Sauce & Spice Apple Cake. |
| MONDAY 29 | TUESDAY 30 | WEDNESDAY 31 | THURSDAY | FRIDAY |
| Stuffed Cabbage, Carrot Coins & Snickerdoodle Cookie. | Crispy Teriyaki Chicken Wings, Sweet Potato Wedges & Seasonal Fruit. | Hot Corned Beef on Rye w/ Russian Dressing, Potato Salad & Seasonal Fruit. | | |



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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|-----------------------|-----------------------|------------------------|---|
| 1 | 2 | 3 | 4 | 5 |
| CLOSED (fitness open) | Mah Jongg 12:30 pm | Mah Jongg 12:30pm | Mah Jongg 12:30 pm | Shabbat Neighborhood Advisor Presentation |
| 8 | 9 | 10 | 11 | 12 |
| Bridge 1:00 pm | Mah Jongg 12:30 pm | Mah Jongg 12:30pm | Mah Jongg 12:30pm | Shabbat Birthday Celebration! |
| 15 | 16 | 17 | 18 | 19 |
| Bridge 1:00 pm | Mah Jongg 12:30 pm | Mah Jongg 12:30 pm | Mah Jongg 12:30pm | Shabbat Tom Defrancisco Line Dancing |
| 22 | 23 | 24 | 25 | 26 |
| Bridge 1:00 pm | Mah Jongg 12:30 pm | Mah Jongg 12:30 pm | Mah Jongg 12:30 pm. | Shabbat |
| 29 | 30 | 31 | | |
| Bridge 1:00 pm | Mah Jongg 12:30 pm | Mah Jongg 12:30 pm | | |

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