

# SENIOR DEPARTMENT

## ADULT & SENIOR STAFF



**Julie Fleck**  
Senior Adult Director

### Mah Jongg League Membership

We are taking orders for the National Mah Jongg League again this year as a fundraiser for the JCC's Senior Adult Department. Membership in the League includes either a standard or a large print card. The cost is \$7.00 for a standard card and \$8.00 for a large print card. We will take orders from now through February 5, 2010 and your card will be mailed directly to your home in April. If you know of others either locally or out of town who play Mah Jongg, let them know that we are more than willing to take their orders as well.



### Our Mission

The JCC Senior Department addresses the needs of people aged 60+ by providing opportunities for socialization, fitness, good nutrition, entertainment, education and assistance. The program will also convey Jewish culture through celebration, fellowship and weekly Shabbat experiences.

### Mah Jongg

There is Mah Jongg is the senior lounge Tuesday, Wednesday & Thursday from 12:30 – 3:30 PM. Call Julie for more information.

### Bridge

We hold bridge every Monday from 12:30 – 3:30 PM and it is open to anyone who is interested. Call Julie for more information.

### Yiddish Group

**Day:** Fridays  
**Time:** 10:00 AM – 11:00 AM  
**Dates:** September 9 – Dec 1  
**Facilitator:** Rose Fox  
**Fee:** Members – Free  
Nonmembers – \$1/week or \$5/Semester

Experience the flavor of the Yiddish language in speech and print. Knowledge of Yiddish is helpful but not necessary. Check your newsletter to see the dates.

### Manicures by Michele

We have one of our very own seniors that donates her time and gives free manicures once or twice a month. She usually plans to come in before a holiday so that all of our nails can look fabulous!!! Please check out our monthly senior newsletter to check dates when she will be here.

### SENIOR ART CLASS

**Instructor – Debbie Abramovsky**



One of our very own seniors will be teaching a new art class to seniors. Debbie has a Bachelors degree in fine arts and a Masters degree in therapeutic recreation. She will be volunteering her time to teach basic art skills. Her class will begin with still life drawing and composition. This class will be held on Tuesday mornings from 10:00 AM – 12:00 PM beginning in November. Please call Julie Fleck to sign up or to get more information.



### Bingo

Enjoy this long loved game with friends twice a month. There is no charge to play and prizes will be given. Check your monthly newsletter for upcoming dates.

### JCC Movie

Come to a movie outing at the JCC each month following our lunch program. Check your monthly newsletter for movie selection and dates.

### Lounge Activities

**Day:** Weekdays  
**Time:** 10:00 AM – 4:00 PM

The Jewish War Veterans Lounge is open for your use. With a television, entertainment center, the daily Post Standard and The Forward (in English) the lounge is a great place to spend some time. Members are also welcome to play card and board games.

### Entertainment Books and Enjoy The City Books

A fundraiser for the Senior Adult Department and ECDP. The Entertainment book is \$30.00 and the Enjoy the City book is \$20.00. Full of coupons for local dining, shopping, travel and more. This is a great idea for gift giving and a way to support both department. The books will be on sale thru December 15, 2009.

## THE BOBBI EPSTEIN LEWIS JCC SENIOR DINING PROGRAM

### The Bobbi Epstein Lewis JCC Senior Dining Program

**Lunch:** Monday – Friday  
**Time:** 12 Noon  
**Cost:** \$2.75 suggested contribution

### Meal Site Gift Certificates

Looking for a gift for a parent, grandparent or friend? Gift certificate booklets make a great gift! Each certificate allows the lucky recipient to enjoy a delicious lunch at the JCC. Booklets of 10 certificates cost \$27.50.

*There is no better place to go for a delicious well-balanced meal in the company of friends. Meals are prepared fresh in our kosher kitchen. To guarantee a spot, reservations should be made a day in advance.*

### Special Holiday Meals:

Look for dates in our newsletter/ and or monthly menu for our Special Holiday Lunches.

**Thanksgiving Lunch –**  
Thursday, November, 19, 2009

**Hanukkah Lunch –**  
Thursday, December 17, 2009

**Noon Year's Eve Lunch –**  
Thursday, December 31, 2009

Entertainment by Keyna Hora Klezmer Band.

*The nutrition program is funded by a grant from the Onondaga County Department of Aging and Youth and the New York State Office for Aging and United Way of Central New York with additional funds provided by the JCC.*



# SENIOR DEPARTMENT

## NEIGHBORHOOD ADVISOR SERVICE

**Linda Stone 445-2040 ext. 128**

**FREE and CONFIDENTIAL Help in Any Area to Adults 60 Years or Older**

**Offers Free and Confidential Help in any area to adults 60 years and older**

Offers FREE & CONFIDENTIAL SERVICES—in any area to adults 60 years or older or to their friends or relatives to help this individual or couple. The person does not need to be Jewish or a member of the JCC to receive this assistance. This help can be done by mail, the phone, in person or a combination of them. She can research your concerns or problems, obtain and complete applications or other forms, stretch your household income with programs, or locate needed services. Examples: health care, transportation, socialization, health aides, legal advice, housing, nutrition & exercise, medicare savings program Food Stamps, Medicare or Medicaid questions and forms, telephone numbers and the list goes on and on.



**Linda Stone**  
Neighborhood Advisor Service

The Neighborhood Advisor has been trained each month for the last 18 years to know all about all agencies in the county, state and federal government to assist you. Her knowledge covers from A to Z in all kinds of assistance. She represents Onondaga County Dept. of Aging & Youth here at the JCC. This program is funded by the Onondaga County Dept. of Aging & Youth, the New York State Office for the Aging and the Jewish Community Center of Syracuse.

## SENIOR CLASSES

Designed for the mature adult, these classes are low-impact, and focus primarily on cardiovascular fitness for overall health and well being. Occasionally, we receive grants from the Onondaga Department of Aging and Youth, which makes Wednesday and Friday classes free for seniors. When these grants run out, there will be a fee for non-fitness members to attend these classes. Please check with the fitness center front desk for times.

### Neurological Movement Therapy

**Day:** Mondays, Wednesdays and Fridays  
**Time:** 12:30 – 1:30 PM  
**Fee:** \$50 per month, \$6.00 per session

The JCC's certified Strength and Conditioning Specialist developed this 60-minute program to help enhance the quality of life for individuals coping with the aftereffects of neurological disorders including strokes, Parkinson's Disease, Multiple Sclerosis and Muscular Dystrophy. Participants work with the instructor to execute various strength, balance and resistance exercises.

### Senior Fit Course Level: Basic

**Day:** Mondays  
**Fee:** Free

The Onondaga Department of Aging and Youth offers this class. It provides a low impact workout that will help improve participant's strength and balance. The course is open to all senior citizens in the community.



### Senior Fit Course Level: Basic Endurance and Strength

**Fee:** Full Fitness Members – Free  
Non Fitness Members – \$5  
Non-Members – \$10

This class is designed to get senior adults moving. Set to big band and oldies music, participants will dance and execute chair exercises that are less strenuous on the body.

*\*From January 6 through March 31 this class is FREE for both members and non-members thanks to a grant from the Onondaga Department of Aging and Youth.*

### Senior Fit Course Level: Basic Balance and Flexibility

**Day:** Fridays  
**Fee:** Full Fitness Members – Free  
Non Fitness Members – \$5  
Non-Members – \$10

This class focuses on daily living skills for seniors including developing functional strength, balance and flexibility. These skills provide for a more rewarding lifestyle.

*\*From January 6 through March 31 this class is FREE for both members and non-members thanks to a grant from the Onondaga Department of Aging and Youth.*

# Give the Gift of Fitness for the Holidays!



Gift Certificates Available for:

Personal Training ■ Massage

Nutritional Counseling ■ Mind/Body Classes

(Yoga, NIA, & Pilates)



The JCC Neulander Family

**Sports & Fitness Center**  
at the JCC of Syracuse

**Call the Fitness Desk at 315-234-4522**