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Visiting Neighborhood Advisor

Kathleen A. Boccio – Coming to the JCC, the 3rd Friday of every Month. She can be reached for questions or scheduling an appointment @ 315-478-8634.

Dial 211
211cny.com



*Connecting people with services in Central and Northern New York
24-hour health and human services information and referral*

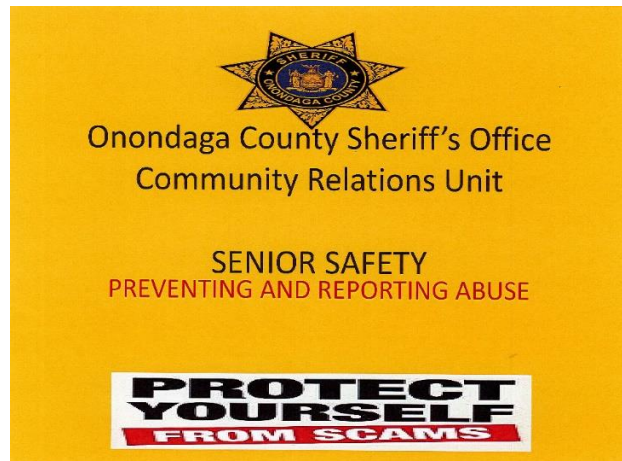
Contact us at:
315-445-2360
ext. 104
cstein@jccsyr.org
jpaul@jccsyr.org

Upcoming February Events

- ❖ 4th - **Art & Drawing**
- ❖ 11th & 12th - **AARP Drivers Safety Course**
AARP member: \$20.00, Non-AARP member: \$25.00
Tues & Weds, 9:00 am to 12 pm
- ❖ 21st - **Neighborhood Advisor Presentation**

Upcoming March Events

- ❖ 6th - **Purim Celebration Luncheon w/ Entertainment**
- ❖ 8th - **JCC Purim Carnival - Volunteers Needed**
- ❖ 10th - **Trivia**
- ❖ 18th - **Lunch & Learn – “Senior Safety”**
Sponsored by: *The Green Family Foundation*



- ❖ 20th - **Neighborhood Advisor Presentation**

Coming Soon



AARP
AARP member: \$20.00, Non-AARP member: \$25.00
Tues & Weds, May 12th & 13th. 9 am to 12 pm



Calling all Bridge Players!
Mondays @ 1:00 P.M.



Mah Jongg



Every Tuesday, Wednesday and Thursday
@ 12:30 P.M.

“My Younger Days”

By: Maya Angelou

When I was in my younger days,
I weighed a few pounds less,
I needn't hold my tummy in
to wear a belted dress.

But now that I am older,
I've set my body free;
There's the comfort of elastic
Where once my waist would be.

Inventor of those high-heeled shoes
My feet have not forgiven;
I have to wear a nine now,
But used to wear a seven.

And how about those panty hose,
They're sized by weight, you see,
So how come when I put them on
The crotch is at my knee?

I need to wear these glasses
As the print's been getting smaller;
And it wasn't very long ago
I know that I was taller

Though my hair has turned to gray
And my skin no longer fits,
On the inside, I'm the same old me,
It's the outside's changed a bit.

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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@jccsyr.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's ANNUAL
PURIM CARNIVAL
AT THE JEWISH COMMUNITY CENTER OF SYRACUSE

Sunday, March 8, 2020

Volunteers needed!

Shift 1: 11:45 am – 2 pm
Shift 2: 1:45 – 4 pm

For information on volunteering,
contact Amy Bisnett at 315-445-2040, ext. 122.

THE JCC FITNESS CENTER ACCEPTS...



HEALTHWAYS
Silver Sneakers
FITNESS



RenewActive
by UnitedHealthcare



Silver&Fit

For information and eligibility, contact Nick Finlayson at 315-445-2040 x140 or nfinlayson@jccsyr.org.

JCC Bobbie Epstein Lewis Senior Adult Dining Program

FEBRUARY 2020 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.

Challah Sold Every Friday

| MONDAY 3 | TUESDAY 4 | WEDNESDAY 5 | THURSDAY 6 | FRIDAY 7 |
|---|--|---|--|---|
| Vegetable Soup, Spinach Cheese Quiche, Tossed Salad & Peaches. | Spaghetti & Meatballs, Roll, Tossed Salad & Snicker Doodle Cookie. | Imitation Crab Cakes, Sweet Potato Wedges, Mixed Vegetables & an Orange. | Beef Stew over Egg Noodles, Dinner Roll & Pineapple. | Honey Mustard Chicken, Mixed Vegetables, Mashed Sweet Potatoes & Brownies. |
| MONDAY 10 | TUESDAY 11 | WEDNESDAY 12 | THURSDAY 13 | FRIDAY 14 |
| Chicken Noodle Soup, Tuna Salad on Wheat & an Orange. | Baked Ziti, Dinner Roll, Tossed Salad & Pears. | Glazed Orange Chicken, Baked Potatoes, Mixed Vegetables & a Oatmeal Cookie. | Meatloaf, Green Beans, Mashed Potatoes & Peaches. | <u>BIRTHDAY CELEBRATION!</u> Stuffed Flounder, Wild Rice, Mixed Vegetables & Yellow Cake. |
| MONDAY 17 | TUESDAY 18 | WEDNESDAY 19 | THURSDAY 20 | FRIDAY 21 |
| Tomato Basil Soup, Grilled Cheese & a Clementine. | Stuffed Cabbage, Carrot Coins & Oatmeal Cookie. | Hot Pastrami Sandwich on Rye Bread, Potato Wedges, Cole Slaw, Salad & an Apple. | Pita Bread Veggie Pizza, Tossed Salad & Fruit Cocktail. | Chicken Rollatini, Mixed Vegetables & Cinnamon Swirl Cake. |
| MONDAY 24 | TUESDAY 25 | WEDNESDAY 26 | THURSDAY 27 | FRIDAY 28 |
| Teriyaki Crispy Baked Chicken Wings, Sweet Potato Wedges & Tossed Salad and Red Grapes. | Thanksgiving Sandwich, Tossed Salad & an Orange. | Mac & Cheese, Broccoli Salad and a Pear. | Oven Roasted Heb Chicken, Fruited Rice, Green Beans, Orange Slices & a Sugar Cookie. | Saratoga Trout, Baked Potato, Oven Roasted Butternut Squash & Lemon Cake. |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|---|--|-----------------------------------|--|
| 3 Bridge 1:00 pm | 4 Mah Jongg 12:30pm Art & Drawing | 5 Mah Jongg 12:30pm | 6 Mah Jongg 12:30pm | 7 Shabbat |
| 10 Bridge 1:00 pm | 11 Driver's Safety Course 9am to 12pm Mah Jongg 12:30 pm Trivia | 12 Driver's Safety Course 9am to 12pm Mah Jongg 12:30pm | 13 Mah Jongg 12:30pm | 14 Shabbat Birthday Celebration! |
| 17 Bridge 1:00 pm | 18 Mah Jongg 12:30 pm | 19 Mah Jongg 12:30 pm Lunch and Learn | 20 Mah Jongg 12:30pm | 21 Shabbat Neighborhood Advisor Presentation |
| 24 Bridge 1:00 pm | 25 Mah Jongg 12:30 pm | 26 Mah Jongg 12:30 pm | 27 Mah Jongg 12:30pm | 28 Shabbat |

JCC Bobbie Epstein Lewis Senior Adult Dining Program

MARCH 2020 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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| <i>*Challah Sold Every Friday*</i> | | | | |
|--|--|---|---|--|
| MONDAY 2 | TUESDAY 3 | WEDNESDAY 4 | THURSDAY 5 | FRIDAY 6 |
| Cheese Quiche, Dinner Roll, Tossed Salad & Pear. | Sweet & Sour Meatballs over Rice, Mixed Veg & an Orange. | Hot Pastrami on Rye, Pickle Spear, Knish, Cole Slaw & a Sugar Cookie. | Mac & Cheese, Tossed Salad and an Apple. | PURIUM CELEBRATION! Hoisin Salmon, Baked Potato, Broccoli & Lemon Cake. |
| MONDAY 9 | TUESDAY 10 | WEDNESDAY 11 | THURSDAY 12 | FRIDAY 13 |
| Vegetable Soup, Tuna Salad on Wheat & Oatmeal Cookie. | Beef Barley Soup, Mild Italian Sausage & Peppers, Dinner Roll & Fruit Cocktail. | Meatloaf, Mashed Potatoes, Tossed Salad & Peaches. | Vegetable Pita Pizza, Tossed Salad & a Banana. | Honey Mustard Chicken, Over Roasted Asparagus, Fruited Rice & Brownies. |
| MONDAY 16 | TUESDAY 17 | WEDNESDAY 18 | THURSDAY 19 | FRIDAY 20 |
| Stuffed Cabbage, Mixed Vegetables & a Snicker Doodle Cookie. | Imitation Crab Cakes, Potatoes Wedges, Cauliflower & Peaches. | Lunch & Learn Roasted Chicken, Mashed Sweet Potatoes, String Beans & Pears. | Baked Zita, Dinner Roll, Tossed Salad & Fresh Strawberries. | Stuffed Flounder, Wild Rice, Mixed Vegetables & Marble Cake. |
| MONDAY 23 | TUESDAY 24 | WEDNESDAY 25 | THURSDAY 26 | FRIDAY 27 |
| Tomato Basil Soup, Grilled Cheese & Fresh Berries. | Beef Stew over Egg Noodles, Dinner Roll, Tomato and Cucumber Salad & Fresh Strawberries. | Vegetable Lasagna, Dinner Roll, Tossed Salad, & Fruit Cocktail. | Teriyaki Crispy baked Chicken Wings, Potato Wedges, Mixed Vegetables & an Orange. | BIRTHDAY CELEBRATION! Chicken Rollatini over Roasted Carrots, & Yellow Cake. |
| MONDAY 30 | TUESDAY 31 | | | |
| Thanksgiving Sandwich, Broccoli Salad & Oranges. | Spaghetti & Meatballs, Tossed Salad, Dinner Roll & a Sugar Cookie. | | | |



| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|--|---|-----------------------------------|--|
| 2 Bridge 1:00 pm | 3 Mah Jongg 12:30pm | 4 Mah Jongg 12:30pm | 5 Mah Jongg 12:30pm | 6 Shabbat Purim Celebration! |
| 9 Bridge 1:00 pm | 10 Mah Jongg 12:30 pm Trivia | 11 Mah Jongg 12:30pm | 12 Mah Jongg 12:30pm | 13 Shabbat |
| 16 Bridge 1:00 pm | 17 Mah Jongg 12:30 pm | 18 Mah Jongg 12:30 pm Lunch and Learn | 19 Mah Jongg 12:30pm | 20 Shabbat |
| 23 Bridge 1:00 pm | 24 Mah Jongg 12:30 pm | 25 Mah Jongg 12:30 pm | 26 Mah Jongg 12:30pm | 27 Shabbat Birthday Celebration! |
| 30 Bridge 1:00 pm | 31 Mah Jongg 12:30 pm | | | |