LUNCHPLUS Activities Calendar

Mandel Jewish Community Center

SENIOR ADULT PROGRAMMING

ALL LUNCHES ARE FROM 11:45 AM – 12:30 PM UNLESS NOTED OTHERWISE

JUNE



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:00—11:30 Bell Choir	10:00-10:45 Video Exercise	10:00-11:30 Mahjong and Games	10:00-10:45 Chair Exercise with Brian	11:30-3:00 PM Beachwood Library: Debbie Darling Music of WWII
8	9	10	11	12
10:00-10:45 Video Exercise	10:00-11:30 Great Institutes of Cleveland: Jewish Organizations Zoom Presentation at the JCC	10:00—3:00 PM Jewish Cleveland Bus Tour Including kosher lunch $20 refundable deposit due Friday May 29 Space is limited!	10:00-10:45 Chair Exercise with Brian	11:30-2:00 PM Rosh Chodesh with Cantor Sager
15	16	17	18	19
10:00-11:30 Short Story Club	10:00-10:45 Chair Exercise with Sue 10:45 – 11:30 BINGO	10:00 – 11:30 Mahjong and Games	10:00-10:45 Exercise with Brian 12:00-2:00 PM Beachwood Community Center Lunch: Stomping Jacksons RSVP by June 9 25325 Fairmount Blvd	NO PROGRAM 
22	23	24	25	26
10:00-11:30 Tech Tips	10:00-10:45 Exercise with Sue 10:45 – 11:30 BINGO	11:00-1:15 PM Concert at the Mayfield Gazebo: Disco Express RSVP by June 16 6621 Wilson Mills Road	10:00-10:45 Chair Exercise with Brian	11:30- 2:00 PM National Chocolate Pudding Day! Nutrition information, too!
29	30	July 1	2	3
10:00-11:30 BINGO TOURNAMENT	10:00-10:45 Chair Exercise with Sue 10:45 BINGO	10:00 – 11:30 Mahjong and Games	10:00-10:45 Chair Exercise with Brian 10:45 BINGO	NO PROGRAM 

- All program and class schedules are subject to change or cancellation.
- All program classes, transportation & lunch must be registered by Tuesday for the following week, unless otherwise noted.
- Free transportation is available for LunchPlus registered participants.
- LunchPlus is held in the Ante Room (near Stonehill Auditorium).
- Participants must be registered through LunchPlus to join programs.
- LunchPlus is free with a suggested donation of $2
- Cancel with STC at 216-265-1489 and with ACE Taxi at 216-361-4700

For information, contact **LYNNE YULISH** at **216-593-6246** or **lyulish@mandeljcc.org**
if you need to cancel please contact Lynne and STC at **(216) 265-1489** • 26001 S. Woodland Road, Beachwood, OH 44122 • **mandeljcc.org**

Western Reserve
Area Agency on Aging

AROVA
Shawarma & Falafel

June Kosher Congregate Meals Menu

Menu written by: Dan Kaminski Menu Approval: *Ann Stahlheber, MS, RDN, LD*

Each meal is served with 8 oz Non Dairy Milk Alternative

Monday	Tuesday	Wednesday	Thursday	Friday
Jun 1	**Jun 2**	**Jun 3**	**Jun 4**	**Jun 5**
Chicken leg (Boneless) 3oz **Peas** ½ cup **Potato Bureka** ½ cup potato, 3 oz grain **Apple sauce** 4oz **WG flatbread** 1oz	**Quinoa salad** (1/2 cup quinoa, 1 cup spring mix, 1 cup fresh vegetables) **Grilled Chicken** 2 oz **Salad Dressing** 1 pc **Fruit Juice** 4oz **Whole wheat bread** 1oz	**Chili** Ground beef 3oz, beans 1/2 cup, ½ peppers, onion carrots **Wild rice** 1 cup **Apple** 1 medium	**Falafel** 4 oz protein equivalent **Pita** 3 oz **Israeli salad** 1/2 cup **Hummus** ½ cup **Fruit cup** 1 cup	**Beef with buckwheat and vegetables** (3oz beef, ½ cup vegetables, ½ buckwheat) **Green salad** 1 cup **Salad Dressing** 1 pc **Cookie** 1oz **Orange** medium
Jun 8	**Jun 9**	**Jun 10**	**Jun 11**	**Jun 12**
Grilled chicken 3oz **Israeli couscous** 1 cup **Eggplant in tomato sauce** ½ cup eggplant ½ cup tomato sauce **Apple sauce** 4oz **Whole wheat bread** 2oz **Margarine** 1pc	**Cobb Salad** 1 cup spring mix, 1 cup fresh vegetables, **Grilled Chicken** 2 oz **Salad Dressing** 1 pc **Fruit Juice** 4oz **Whole wheat bread** 2oz **Jam** 1pc	**Spaghetti and meatballs** 1 cup pasta whole wheat, 3oz meatballs, ½ cup marinara **Cabbage salad** 1 cup **Apple** medium	**Crispy chicken** 3oz **Buckwheat and vegetables** ½ cup buckwheat 1 cup veggies **Whole wheat bread** 2oz **Fruit cup** 1 cup	**Stuffed pepper** ½ medium pepper, ½ cup rice, 3oz ground beef **Cucumber salad** 1 cup **Orange** medium **Oatmeal cookie** 2oz
Jun 15	**June 16**	**Jun 17**	**Jun 18**	**Jun 19**
BBQ Chicken 3oz **Whole Rice with carrot** (1 cup rice, ½ cup carrot) **Fattoush** 1 cup **Apple sauce** 4oz	**Grilled chicken salad** (1 cup spring mix, 1 cup fresh vegetables, 3 oz chicken) **Salad Dressing** 1 pc **Fruit Juice** 4oz **Whole wheat bread** 2oz **Margarine** 1pc	**Arrais** 3oz ground beef, 2oz whole wheat pita, ½ cup veggies **Carrot salad** 1 cup **Apple** 1 medium	**Chicken cacciatore** 3oz chicken, ½ cup veggies **Majadra** ½ cup rice ½ cup lentil **Whole wheat bread** 2oz **Fruit cup** 1 cup	**Stewed cabbage** 3oz beef, 1 cup cabbage **Tomato salad** ½ cup **Orange** medium **Oatmeal cookie** 2oz
Jun 22	**June 23**	**Jun 24**	**Jun 25**	**Jun 26**
Baked Chicken 3oz **Three color pasta and Grilled vegetables** (1 cup pasta, 1 cup vegetables) **Apple sauce** 4oz	**Chicken Ceasar Salad** 1 cup spring mix, 1 cup fresh vegetables, 2 oz WG croutons, 3oz chicken **Salad Dressing** 1 pc **Fruit Juice** 4oz	**Plov** (3 oz beef, ½ cup rice, ½ cup vegetables) **Israeli salad** 1 cup **Apple** medium **Whole wheat bread** 2oz **Margarine** 1pc	**Crispy chicken** (3oz) **Quinoa salad** ½ cup quinoa 1 cup veggies (cooked) **Whole Wheat bread**, 1 oz **Margaine** 1 PC **Fruit cup** 1 cup	**Beef Stroganoff** 3 oz beef 1 cup pasta **Roasted mushroom onion** 1 cup **Orange** medium **Oatmeal cookie** 2oz
June 29	**June 30**			
Chicken 3 oz **Potato** 1 cup **Pasta salad** 1 cup **Apple sauce** 4oz **Whole wheat bread** 2oz **Margarine** 1pc	**Chickpea salad** (2.5 oz protein equivalent, 1 cup fresh vegetables) **Grilled Chicken** 2 oz **Roasted Yams** ½ cup **Salad Dressing** 1 pc **Fruit Juice** (4oz) **Whole wheat bread** 2oz **Jam** 1pc			

Alternate Meal available daily: **Falafel** (3 oz), **Pita** 2 oz, 1 cup **spring mix salad**, ½ c **hummus**, 1 **fruit**, and **milk** 8 oz