

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

AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	5	7
10:00-11:00 Bell Choir and Sing Along	10:00-10:45 Chair Exercise with Sue 10:45 – 11:30 BINGO	10:00-11:30 Mahjong and Games	10:00-10:45 Chair Exercise with Brian	11:30- 2:00 PM LAST LATE FRIDAY! Friday Forum: The Crooners
10	11	12	13	14
10:00–12:30 PM Movie Day at the J Popcorn and Pizza!	10:00-10:45 Chair Exercise with Sue 10:45 – 11:30 BINGO	11:00-1:15 PM Concert at the Mayfield Gazebo: Buckshot Country Band RSVP by Aug 4 6621 Wilson Mills Road	10:00-10:45 Chair Exercise with Brian 10:45 – 11:30 BINGO	10:30- 11:30 Friday Forum: Rosh Chodesh with Cantor Sager
17	18	19	20	21
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: Eddie Majeski Quartet RSVP by Aug 11 25325 Fairmount Blvd	10:00-11:00 Friday Forum: Dr. Terry Webb
24	25	26	27	28
10:00-11:30 Family Feud And Jeopardy	10:00-10:45 Exercise with Sue 10:45 – 11:30 BINGO	10:00-3:00 Cleveland Jewish Bus Trip \$20 refundable deposit (if you attend the program)	10:00-10:45 Chair Exercise with Brian 10:45 – 11:30 BINGO	10:00-11:30 Friday Forum: Siegal Lifelong Learning: The Geese in our Backyards RSVP by Aug 18 Landmark Building 25700 Science Park Dr
31	Sep 1	2	3	4
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	10:00-11:00 Friday Forum: Greg Piscura sings for us!

- 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

August 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
Aug 3	Aug 4	Aug 5	Aug 6	Aug 7
Baked Chicken (4 oz chicken) Three color pasta and Grilled vegetables (1 cup pasta, 1 cup vegetables) Apple sauce 4oz	Chicken Caesar 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 Margarine 1 PC Fruit cup 1 cup	BBQ pulled beef 3 oz Couscous 1 cup Cooked vegetables 1 cup Orange medium Oatmeal cookie 2oz
Aug 10	Aug 11	Aug 12	Aug 13	Aug 14
Chicken leg 4 oz Potato 1 cup Pasta salad 1 cup Apple sauce 4oz Whole wheat bread 2oz	Chickpea salad 1 cup fresh vegetables) Grilled Chicken 2 oz Roasted Yams ½ cup Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 2oz	Beef 3oz ground beef Kasha ½ buckwheat, ½ cup pasta Corn salad 1 cup Apple Medium	Chicken leg 4oz Peas ½ cup Potato Bureka ½ cup potato 3 oz grain Apple sauce 4oz WG flatbread 1oz	Beef Stroganoff 3 oz beef 1 cup pasta Roasted mushroom onion 1 cup Orange medium Oatmeal cookie 2oz
Aug 17	Aug 18	Aug 19	Aug 20	Aug 21
General Tso's chicken 3oz chicken Brown Rice 1 cup Vegetable stir fry 1 cup Fruit cup 1 cup	Bean salad (1 cup beans, 1 cup fresh vegetables) Grilled Chicken 2 oz Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 1oz	Beef lasagna (3oz ground beef, 2oz wheat, ½ cup vegetables) Summer salad (1 cup vegetables) Apple 1 medium	Chicken leg 4 oz Rice (1 cup) Beet salad (1 cup) Apple sauce 4oz WG flatbread 1oz	American Goulash (3oz ground beef, 1 cup pasta, ½ cup cooked vegetables) Bell pepper salad (1 cup) Oatmeal Cookie 2oz Orange medium
Aug 24	Aug 25	Aug 26	Aug 27	Aug 28
Lemon pepper chicken (3oz chicken) Green beans (1cup) Barley (1 cup) Fruit cup 1 cup	Quinoa salad (1/c 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
Aug 31				
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				

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

ALL LUNCHESES ARE FROM
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SEPTEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
Aug 31	1	2	3	4
10:00-11:30 BINGO Tournament	10:00-10:45 Chair Exercise with Sue 10:45 – 11:30 BINGO	10:00-11:30 Mahjong and Games	10:00-10:45 Chair Exercise with Brian	10:00-11:00 Friday Forum: Greg Piscura sings for us!
7	8	9	10	11
NO PROGRAM LABOR DAY 	10:00-10:45 Chair Exercise with Sue 10:45 – 11:30 BINGO	10:00–12:30 PM Movie Day at the J Popcorn and Pizza!	10:00-10:45 Chair Exercise with Brian 10:45 – 11:30 BINGO	10:00- 11:00 Friday Forum: Dr. Terry Webb Erev Rosh HaShana 
14	15	16	17	18
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: Debbie Darling Duo RSVP by Sep 8 25325 Fairmount Blvd	10:00-11:00 Friday Forum: “Days of Awe”
21	22	23	24	25
NO PROGRAM YOM KIPPUR 	10:00-10:45 Exercise with Sue 10:45 – 11:30 BINGO	10:00-11:15 AM Mishkan Or Art talk “Anatoly Kaplan” RSVP by Sep 15 26000 Shaker Blvd	10:00-10:45 Video Exercise 10:45 – 11:30 BINGO	10:00-11:30 Friday Forum: Rachel Krasnow Speech Pathologist
28	29	30	Oct 1	2
10:00-12:30 Classic Cinema At the JCC	10:00-10:45 Chair Exercise with Sue 10:45 BINGO	10:00 – 11:30 BINGO TOURNAMENT	10:00-10:45 Video Exercise 10:45 BINGO	10:00-11:00 Friday Forum: TBA

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September 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
	Sep 1	Sep 2	Sep 3	Sep 4
	Cobb Salad 1 cup spring mix, 1 cup fresh vegetables, 2 oz chicken Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 2oz	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 Margarine 1 PC Fruit cup 1 cup	Stuffed pepper ½ medium pepper, ½ cup rice, 3oz ground beef Cucumber salad 1 cup Orange medium Oatmeal cookie 2oz
Sep 7	Sep 8	Sep 9	Sep 10	Sep 11
BBQ Chicken 3oz Brown 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	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 Honey cake 2oz
Sep 14	Sep 15	Sep 16	Sep 17	Sep 18
Baked Chicken (4 oz chicken) 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 Margarine 1 PC Fruit cup 1 cup	BBQ pulled beef 3 oz Couscous 1 cup Cooked vegetables 1 cup Orange medium Oatmeal cookie 2oz
Sep 21	Sep 22	Sep 23	Sep 24	Sep 25
NO SERVICE YOM KIPPUR	Chickpea salad 1 cup fresh vegetables) Grilled Chicken 2 oz Roasted Yams ½ cup Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 2oz	Beef 3oz ground beef Kasha ½ buckwheat, ½ cup pasta Corn salad 1 cup Apple Medium	Chicken leg 4oz Peas ½ cup Potato Bureka ½ cup potato 3 oz grain Apple sauce 4oz WG flatbread 1oz	Beef Stroganoff 3 oz beef 1 cup pasta Roasted mushroom onion 1 cup Orange medium Oatmeal cookie 2oz
Sep 28	Sep 29	Sep 30		
General Tso's chicken 3oz chicken Brown Rice 1 cup Vegetable stir fry 1 cup Fruit cup 1 cup	Bean salad (1 cup beans, 1 cup fresh vegetables) Grilled Chicken 2 oz Salad Dressing 1 pc Fruit Juice 4oz Whole wheat bread 1oz	Beef lasagna (3oz ground beef, 2oz wheat, ½ cup vegetables) Summer salad (1 cup vegetables) Apple 1 medium WG flatbread 1oz		

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