LUNCHPLUS Activities Calendar

Mandel Jewish Community Center

SENIOR ADULT PROGRAMMING

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

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			10:00-10:45 Video Exercise 10:45 – 11:30 BINGO	10:00-11:00 Friday Forum: Brian Orlovsky "History of Moscow"
5	6	7	8	9
10:00-11:30 Siegal Lifelong Learning: Lost Shtetl in Lithuania RSVP by Sep 29 Landmark Building 25700 Science Park Dr	10:00-10:45 Chair Exercise with Sue 10:45 – 11:30 BINGO	10:00 – 11:30 October 7 Remembrance Mahjong and Games	10:00-10:45 Chair Exercise with Brian 10:45 – 11:30 BINGO	11:00 – 1:00 PM Friday Forum: "Ethan Bloom" at the Cedar Lee Theater RSVP by Sep 29 2163 Lee Rd Cleveland Hts 44118
12	13	14	15	16
Columbus Day No Program  	10:00-10:45 Chair Exercise with Sue 10:45 – 11:30 BINGO	10:00 – 11:30 Mahjong and Games With Donna Smallwood Activities Center members	10:00-10:45 Exercise with Brian 12:00-2:00 PM Beachwood Community Center Lunch: Radio on the Lake Theater RSVP by Oct 6 25325 Fairmount Blvd	11:30 -3:00 PM Friday Forum: Debbie Darling
19	20	21	22	23
10:00-11:30 Short Story Club	10:00-10:45 Exercise with Sue 10:45 – 11:30 BINGO	10:00- 3:00 PM Covered Bridge Tour RSVP by Oct 6 $20 refundable deposit if you attend	10:00-10:45 Video Exercise 10:45 – 11:30 BINGO	10:00-11:30 Friday Forum: Rosh Chodesh with Cantor Sager
26	27	28	29	30
10:00-12:30 Classic Cinema At the JCC	10:00-10:45 Chair Exercise with Sue 10:45 BINGO	10:00—12:30 PM Movie Day at the J Popcorn and Pizza!	10:00-10:45 Video Exercise 10:45 BINGO	10:00-11:00 Friday Forum: Dr. Terry Webb: Finding Purpose in Retirement

- **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**

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**

- **Cancel with STC at 216-265-1489 and with ACE Taxi at 216-361-4700**

Western Reserve
Area Agency on Aging

AROVA
Shawarma & Falafel

October 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
			October 1	**October 2**
			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
October 5	**October 6**	**October 7**	**October 8**	**October 9**
Lemon pepper chicken (3oz chicken) **Green beans** (1cup) **Barley** (1 cup) **Fruit cup** 1 cup	**Lentil salad** (1 cup lentils, 1 cup fresh vegetables) **Grilled Chicken** 2 oz **Salad Dressing** 1 pc **Fruit Juice** 4oz **Whole wheat bread** 2oz	**Roasted Beef** (3oz beef) **Mashed potato** (1/2 cup) **Pickled cabbage** (1/2 cup) **WG flatbread21**oz **Apple** 1 medium	**Chicken and vegetables stew** (3oz chicken, ½ cup vegetables) **Pasta salad** (1/2 cup past ½ cup canned vegetables) **Apple sauce** 4oz **Whole wheat bread** 1oz	**Moussaka** (3oz beef, 1 cup roasted eggplant and tomato) **Oatmeal Cookie** 2oz **Orange** medium
October 12	**October 13**	**October 14**	**October 15**	**October 16**
Tuna (3oz) **Rice with vegetables** (1 cup brown rice, ½ cup vegetables) **Israeli salad** 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
October 19	**October 20**	**October 21**	**October 22**	**October 23**
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, 2 oz chicken, 1 egg **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
October 26	**October 27**	**October 28**	**October 29**	**October 30**
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 **Oatmeal cookie** 2oz

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

LUNCHPLUS Activities Calendar

Mandel Jewish Community Center

SENIOR ADULT PROGRAMMING

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NOVEMBER




Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:00 – 11:30 Gratitude Project	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 10:45 – 11:30 BINGO	10:00-11:30 Siegal Lifelong Learning: Brain Organoids RSVP by Oct 27 Landmark Building 25700 Science Park Dr
9	10	11	12	13
10:30 – 11:30 Cantor Sager Rosh Chodesh	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: How to Deal with Mental Illness
16	17	18	19	20
10:00-11:30 Short Story Club	10:00-10:45 Chair Exercise with Sue 10:45 – 11:30 BINGO	10:30– 11:30 Greg Piscura Sings for us	10:00-10:45 Exercise with Brian 12:00-2:00 PM Beachwood Community Center Lunch: Tischler Klezmer Orchestra RSVP by Nov 10 25325 Fairmount Blvd	9:30 – 12:00 Friday Forum: Cleveland Orchestra Matinee Concert at Severance Hall 12:45 pm Lunch at the JCC RSVP by Nov 3
23	24	25	26	27
10:00-12:30 Classic Cinema At the JCC	10:00-10:45 Exercise with Sue 10:45 – 11:30 BINGO	10:00- 11:30 PM Mahjong and Games	Happy Thanksgiving!  (before)	Happy Thanksgiving!  (after)
30	Dec 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 – 11:30 BINGO	10:00-11:30 Siegal Lifelong Learning: Yaacov Agam RSVP by Nov 24 Landmark Building 25700 Science Park Dr

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Western Reserve Area Agency on Aging

AROVA Shawarma & Falafel

November 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
November 2	**November 3**	**November 4**	**November 5**	**November 6**
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) **Zucchini Salad** 1 cup **Apple** medium **Whole wheat bread** 2oz **Margarine** 1pc	**Chicken leg** 4 oz **Potato** 1 cup **Winter salad** (1 cup) **Apple sauce** 4oz **Whole wheat flatbread** 2oz	**BBQ pulled beef** 3 oz **Couscous** 1 cup **Cooked vegetables** 1 cup **Orange** medium **Oatmeal cookie** 2oz
November 9	**November 10**	**November 11**	**November 12**	**November 13**
Crispy chicken 3oz **Quinoa salad** ½ cup quinoa 1 cup veggies (cooked) **Whole wheat bread** 1 oz **Margarine** 1 PC **Fruit cup** 1 cup	**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
November 16	**November 17**	**November 18**	**November 19**	**November 20**
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
November 23	**November 24**	**November 25**	**November 26**	**November 27**
Lemon pepper chicken (3oz chicken) **Green beans** (1cup) **Barley** (1 cup) **Fruit cup** 1 cup	**Lentil salad** (1 cup lentils, 1 cup fresh vegetables) **Grilled Chicken** 2 oz **Salad Dressing** 1 pc **Fruit Juice** 4oz **Whole wheat bread** 2oz	**Roasted Beef** (3oz beef) **Mashed potato** (1/2 cup) **Pickled cabbage** (1/2 cup) **WG flatbread** 2oz **Apple** 1 medium	**Chicken and vegetables stew** (3oz chicken, ½ cup vegetables) **Pasta salad** (1/2 cup past ½ cup canned vegetables) **Apple sauce** 4oz **Whole wheat bread** 1oz	**Moussaka** (3oz beef, 1 cup roasted eggplant and tomato) **Oatmeal Cookie** 2oz **Orange** medium
November 30				
Tuna (3oz) **Rice with vegetables** (1 cup brown rice, ½ cup vegetables) **Israeli salad** 1 cup **Fruit cup** 1 cup				

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