

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

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

- 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

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

**ALL LUNCHESES 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

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



October Kosher Congregate Meals Menu

Menu written by: Dan Kaminski Menu Approval: *Alex 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 flatbread21oz 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