

# J



## J PRIME MONTHLY NEWSLETTER

DEAR J MEMBERS:

Welcome to the **May edition** of the **J Prime Monthly Newsletter!**

In this newsletter, you will find information on **lectures, discussion groups, programs, trips, adventures, and daily programming for adults of all ages.** Also included is the daily **lunch menu.**

We have some **special activities** this month:

- We are having a **Senior BBQ lunch** on 5/2 in the **Kehillah Lounge** (*new & improved Senior Lounge!*).
- Lauren from City Fare will join us to talk about **sodium** on 5/7, 11 AM - 12 PM.
- On 5/10, 11 AM - 12 PM, we will have our monthly visit from JFS to hear about various topics regarding the **challenges that come with age**, as well as the **services that are available** to you.
- Gina Schoenberg will visit on 5/14, 11 AM - 12 PM, to talk about **protecting yourself from scams** and the **latest issues facing seniors.**
- On 5/15, we are taking a trip to **historic New Castle to tour the Courthouse and Underground Railroad exhibit.** We will leave at 9:45 AM and return at 2 PM. The cost is \$10/member, \$15/non-member. Lunch will be on your own at one of the local restaurants following the tour.
- St. Francis will be joining us on 5/24, 11 AM - 12 PM, to kick off **monthly blood pressure monitoring.**
- Register by 5/20 for New Castle County's **platinum picnic** (Las Vegas theme). The picnic will be held on 6/5. The cost to attend is \$10, including food & transportation.
- Don't forget to register for the next **Matter of Balance** workshop, 6/18-8/6. Call Kate Rasulova with Delaware Health & Social Services at (302) 255-9690 to sign up.

Please also save the date for:

- Senior Talk & Gallery Tour of the Loper Legacy in the ArtSpace: 6/11, 11 AM
- Bus Trip to the Delaware Art Museum to see The Loper Tradition, 7/31, 12:30 - 3 PM

Lunch is served Monday through Friday at 12 PM in the Senior Lounge. Please sign up by 9 AM of each day you would like lunch. A donation of \$2.25 is requested.

Transportation is available to and from the J on Tuesdays, Thursdays, and Fridays. Please sign up the day before you need a ride. The ride costs \$2 roundtrip.

Best wishes,

**Jackie Rankins**, Senior Center Coordinator, [jacquelinrankins@siegeljcc.org](mailto:jacquelinrankins@siegeljcc.org)

**Katie Glazier**, Program Director, [katieglazier@siegeljcc.org](mailto:katieglazier@siegeljcc.org)

#### UPCOMING CAMPUS PROGRAMS:



##### Challah Shabbat

Fri, May 3, 4:45 - 6 PM

[Learn more and register...](#)



##### Sports Classic

Mon, June 3

[Learn more and register...](#)

#### UPCOMING OFF CAMPUS TRIPS:



##### Grounds for Sculpture

Wed, Jun 5, 8:30 AM – 5 PM

Cost: \$32/member, \$42/public

[Learn more & register...](#)



##### Barnes Foundation

Wed, Jul 17, 10:30 AM – 4 PM

Cost: \$40/member, \$50/public

[Learn more & register...](#)

# MAY 2019 SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>APR 29<sup>TH</sup></b>	<b>APR 30<sup>TH</sup></b>	<b>MAY 1<sup>ST</sup></b>	<b>MAY 2<sup>ND</sup></b>	<b>MAY 3<sup>RD</sup></b>
Tuna Casserole Broccoli Wheat Bread Tossed Salad Fruit	Spaghetti with Meat Sauce Garlic Bread Green Beans Tossed Salad Fruit	Butternut Squash Soup & Basil & Mozzarella Flatbread Tossed Salad Fruit	Senior BBQ Lunch Hamburgers, Hotdogs, Baked Beans, Corn, Potato Salad, Tossed Salad, Brownie	Baked Chicken Seasoned Rice Broccoli Tossed Salad & Challah Fruit
<b>MAY 6<sup>TH</sup></b>	<b>MAY 7<sup>TH</sup></b>	<b>MAY 8<sup>TH</sup></b>	<b>MAY 9<sup>TH</sup></b>	<b>MAY 10<sup>TH</sup></b>
Spinach & Tomato Frittata Hash Brown Biscuits Tossed Salad Fruit	Chicken Tortilla Soup Tortilla Chips Tossed Salad Fruit	Vegetable Lasagna Antipasto Salad Bread Pudding	Israeli Salad Falafel Pita Hummus Babka	Baked Chicken Wild Rice Roasted Vegetables Tossed Salad & Challah Fruit
<b>MAY 13<sup>TH</sup></b>	<b>MAY 14<sup>TH</sup></b>	<b>MAY 15<sup>TH</sup></b>	<b>MAY 16<sup>TH</sup></b>	<b>MAY 17<sup>TH</sup></b>
Cheese Stuffed Shells Garlic Bread Green Beans Tossed Salad Pudding	Eggplant Parmesan Risotto Broccoli Rabe Tossed Salad Fruit	Tuna Salad Sandwich Potato Chips 3 Bean Salad Tossed Salad Cookies	Meatball Sandwich Tater Tots Pasta Salad Tossed Salad Cookies	Pulled BBQ Chicken Red Skin Potato Salad Cole Slaw Tossed Salad Fruit
<b>MAY 20<sup>TH</sup></b>	<b>MAY 21<sup>ST</sup></b>	<b>MAY 22<sup>ND</sup></b>	<b>MAY 23<sup>RD</sup></b>	<b>MAY 24<sup>TH</sup></b>
Vegetable Pizza Carrot Sticks w/ Ranch Tossed Salad Fruit	French Toast Casserole Scrambled Eggs Yogurt Tossed Salad Fruit	Stuffed Zucchini Glazed Carrots Wheat Bread Tossed Salad Fruit	Beef Stir-Fry Brown Rice Wheat Bread Tossed Salad Fruit	Oven Fried Chicken Roasted Potatoes Roasted Vegetables Tossed Salad & Challah Cookies
<b>MAY 27<sup>TH</sup></b>	<b>MAY 28<sup>TH</sup></b>	<b>MAY 29<sup>TH</sup></b>	<b>MAY 30<sup>TH</sup></b>	<b>MAY 31<sup>ST</sup></b>
<b>CLOSED</b>	Roasted Steak & Potatoes Asparagus Tossed Salad Fruit	Stuffed Mushrooms Roasted Broccoli Wheat Bread Tossed Salad Fruit	Chicken Salad Sandwich Coleslaw Potato Salad Tossed Salad Fruit	Poached Salmon Noodle Kugel Green Beans Tossed Salad & Challah Fruit

Lunch is co-sponsored by the JCC and NCC with the Federal Title 111C Nutrition program. A donation of \$2.25 per meal is requested. Calcium-fortified orange juice, whole wheat bread, salad, and fruit are served with each meal. Menu is subject to change.

# MAY 2019 SENIOR CENTER CALENDAR

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>APR 29<sup>TH</sup></b>		<b>APR 30<sup>TH</sup></b>		<b>MAY 1<sup>ST</sup></b>		<b>MAY 2<sup>ND</sup></b>		<b>MAY 3<sup>RD</sup></b>	
9 AM – <b>Bridge</b> 9:45 AM – <b>Swim/Water Aerobics</b> 10:45 AM – <b>Deep Water Aerobics</b> 1:30 PM – <b>Beginner Mahjongg</b>		10:30 AM – <b>Fitness</b> 1 PM – <b>Mahjongg</b>		10:30 AM – <b>Joint Health &amp; Conditioning Class</b>		9:45 AM – <b>Swim/Water Aerobics</b> 10:30 AM – <b>Faith Brown's Jewish Lifestyles</b> 10:45 AM – <b>Deep Water Aerobics</b> 12 PM – <b>Senior BBQ Lunch</b>		11 AM – <b>Fitness</b> 1 PM – <b>Mahjongg</b>	
<b>MAY 6<sup>TH</sup></b>		<b>MAY 7<sup>TH</sup></b>		<b>MAY 8<sup>TH</sup></b>		<b>MAY 9<sup>TH</sup></b>		<b>MAY 10<sup>TH</sup></b>	
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<b>MAY 13<sup>TH</sup></b>		<b>MAY 14<sup>TH</sup></b>		<b>MAY 15<sup>TH</sup></b>		<b>MAY 16<sup>TH</sup></b>		<b>MAY 17<sup>TH</sup></b>	
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<b>MAY 27<sup>TH</sup></b>		<b>MAY 28<sup>TH</sup></b>		<b>MAY 29<sup>TH</sup></b>		<b>MAY 30<sup>TH</sup></b>		<b>MAY 31<sup>ST</sup></b>	
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