



J PRIME MONTHLY NEWSLETTER

DEAR J MEMBERS:

Welcome to the **March** 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 going to **the Philadelphia Flower Show** on 3/6, 8:45 AM - 5 PM. Cost is \$48/Member; \$58/Non-Member.
- Lauren from City Fare will be here to speak about **sugar and sensible eating choices** on 3/8, 10 - 11 AM.
- There will be an **un-BBQ Dinner** on 3/13, 5:45 - 7:30 PM, with entertainment from Boxturtle Bob!
- Join Wade Scott from the Elder Law Center for a **Q&A on wills & trusts, HIPAA, asset protection,** and more, 3/15, 11 AM - 12 PM.
- We'll be taking a trip to **Shady Maple Smorgasbord** on 3/20, 8 AM - 1 PM.
- A doctor from Christiana Care will be here to speak about **Heart Disease and Prevention** on 3/26, 11 AM - 12 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, Kitchen Manager, jacquelinrankins@siegeljcc.org

Katie Glazier, Program Director, katieglazier@siegeljcc.org

UPCOMING CAMPUS PROGRAMS:



MIND. BODY.
wine

Mind. Body. Wine.

Saturday, Mar 2, 7 – 9 PM

[Learn more...](#)

un-BBQ
dinners
BRINGING THE FUN INSIDE

un-BBQ Dinner

Wednesday, Mar 13, 5:45 – 7:30 PM

[Learn more...](#)



Brunch
AND
Bubbly

Brunch and Bubbly

Thursday, Mar 14, 7 – 9 PM

[Learn more...](#)



Pour 'Em

Saturday, Mar 16, 6:45 – 9 PM

[Learn more...](#)

DAILY ACTIVITIES:

MONDAYS

- 9 AM – Bridge
- 9:45 AM – Swim / Water Aerobics
- 10:45 AM – Deep Water Aerobics

TUESDAYS

- 10:30 AM – Fitness Class
- 1 PM – Mahjongg

WEDNESDAYS

- 10:30 AM – Joint Health & Conditioning Class for Fluid Movement

THURSDAYS

- 9:45 AM – Swim / Water Aerobics
- 10:30 AM – Faith Brown's *Jewish Lifestyles*
- 10:45 AM – Deep Water Aerobics

FRIDAYS

- 11 AM – Fitness Class
- 1 PM – Mahjongg

UPCOMING OFF CAMPUS TRIPS:



Philadelphia Flower Show

Wed, Mar 6, 8:45 AM – 5 PM

Cost: \$48/member, \$58/public

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



Colonial Jewish Philadelphia

Tues, Apr 9, 9:30 AM – 3 PM

Cost: \$18/member, \$28/public

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



Eastern State Penitentiary

Wed, May 1, 8:30 AM – 4 PM

Cost: \$20/member, \$30/public

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



Grounds for Sculpture

Wed, Jun 5, 8:30 AM – 5 PM

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

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

MARCH 2019 SENIOR CENTER CALENDAR

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
FEB 25 TH		FEB 26 TH		FEB 27 TH		FEB 28 TH		MAR 1 ST	
9 AM – Bridge 9:45 AM – Swim/Water Aerobics 10:45 AM – Deep Water Aerobics		10 AM – Chronic Pain Self-Management 10:30 AM – Fitness 1 PM – Mahjongg		10:30 AM – Joint Health & Conditioning Class 3:30 PM – Trip to the Philadelphia Museum of Art		9:45 AM – Swim/Water Aerobics 10:30 AM – Faith Brown's Jewish Lifestyles 10:45 AM – Deep Water Aerobics		11 AM – Fitness	
MAR 4 TH		MAR 5 TH		MAR 6 TH		MAR 7 TH		MAR 8 TH	
9 AM – Bridge 9:45 AM – Swim/Water Aerobics 10:45 AM – Deep Water Aerobics		10 AM – Chronic Pain Self-Management 10:30 AM – Fitness 1 PM – Mahjongg		8:45 AM – Trip to the Philadelphia Flower Show 10:30 AM – Joint Health & Conditioning Class		9:45 AM – Swim/Water Aerobics 10:30 AM – Faith Brown's Jewish Lifestyles 10:45 AM – Deep Water Aerobics		10 AM – Lauren from City Fare Lecture 11 AM – Fitness	
MAR 11 TH		MAR 12 TH		MAR 13 TH		MAR 14 TH		MAR 15 TH	
9 AM – Bridge 9:45 AM – Swim/Water Aerobics 10:45 AM – Deep Water Aerobics		10 AM – Chronic Pain Self-Management 10:30 AM – Fitness 1 PM – Mahjongg		10:30 AM – Joint Health & Movement 5:45 PM - un-BBQ Dinner		9:45 AM – Swim/Water Aerobics 10:30 AM – Faith Brown's Jewish Lifestyles 10:45 AM – Deep Water Aerobics		11 AM – Fitness 11 AM – Wade Scott Lecture	
MAR 18 TH		MAR 19 TH		MAR 20 TH		MAR 21 ST		MAR 22 ND	
9 AM – Bridge 9:45 AM – Swim/Water Aerobics 10:45 AM – Deep Water Aerobics		10 AM – Chronic Pain Self-Management 10:30 AM – Fitness 1 PM – Mahjongg		10:30 AM – Joint Health & Movement		9:45 AM – Swim/Water Aerobics 10:30 AM – Faith Brown's Jewish Lifestyles 10:45 AM – Deep Water Aerobics		11 AM – Fitness	
MAR 25 TH		MAR 26 TH		MAR 27 TH		MAR 28 TH		MAR 29 TH	
9 AM – Bridge 9:45 AM – Swim/Water Aerobics 10:45 AM – Deep Water Aerobics		10:30 AM – Fitness 11 AM – Heart Disease & Prevention Lecture 1 PM – Mahjongg		10:30 AM – Joint Health & Movement		9:45 AM – Swim/Water Aerobics 10:30 AM – Faith Brown's Jewish Lifestyles 10:45 AM – Deep Water Aerobics		11 AM – Fitness	

MARCH 2019 SENIOR CENTER LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
FEB 25 TH		FEB 26 TH		FEB 27 TH		FEB 28 TH		MAR 1 ST	
Tuna Casserole Glazed Carrots Wheat Bread Tossed Salad Pudding		Butternut Squash Soup & Basil & Mozzarella Flatbread Tossed Salad Fruit		Mac & Cheese w/ Stewed Tomato Roasted Broccoli Tossed Salad & Wheat Roll Fruit		Chicken Noodle Soup Dinner Roll Tossed Salad Fruit		Poached Salmon Noodle Kugel Green Beans Tossed Salad & Challah Fruit	
MAR 4 TH		MAR 5 TH		MAR 6 TH		MAR 7 TH		MAR 8 TH	
Spinach & Tomato Frittata Hash Brown Biscuits Tossed Salad Fruit		French Toast Casserole Scrambled Eggs Yogurt Tossed Salad Fruit		Vegetable Lasanga Antipasto Salad Bread Fruit		Spaghetti with Meat Sauce Garlic Bread Green Beans Tossed Salad Fruit		Baked Chicken Wild Rice Roasted Vegetables Tossed Salad & Challah Fruit	
MAR 11 TH		MAR 12 TH		MAR 13 TH		MAR 14 TH		MAR 15 TH	
Stuffed Cabbage Roasted Potatoes Broccoli Tossed Salad Fruit		Cheese Stuffed Shells Garlic Bread Broccoli Tossed Salad Fruit		unBBQ BBQ Chicken Baked Beans Roasted Veggies Brownies		Beef Stew with Potatoes Dinner Roll Tossed Salad Fruit		Poached Salmon Noodle Kugel Green Beans Tossed Salad & Challah Fruit	
MAR 18 TH		MAR 19 TH		MAR 20 TH		MAR 21 ST		MAR 22 ND	
Grilled Cheese Tomato Soup Tossed Salad Fruit		Beef Stir-Fry Brown Rice Wheat Bread Tossed Salad Fruit		Corned Beef on Rye Cole Slaw Red Skin Potato Salad Tossed Salad Fruit Salad		Tuna Casserole Glazed Carrots Wheat Bread Tossed Salad Cookies		Pulled BBQ Chicken Sandwich Red Skin Potato Salad Cole Slaw Tossed Salad & Challah Fruit	
MAR 25 TH		MAR 26 TH		MAR 27 TH		MAR 28 TH		MAR 29 TH	
Mac & Cheese w/ Stewed Tomato Roasted Broccoli Tossed Salad & Wheat Roll Fruit		Creamy Corn Chowder Fresh Bread & Herb Butter Tossed Salad w/ Walnuts Fruit		Butternut Squash Soup & Basil & Mozzarella Flatbread		Baked Ziti Garlic Bread Green Beans Tossed Salad Fruit		Baked Chicken Roasted Broccoli Mashed Potatoes 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.