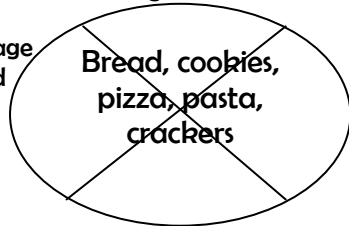


• Passover Dietary Guidelines

Certain additional dietary regulations will be in effect this week **Thursday** and **Friday**. We recognize that sending lunches these days will require some creativity and cooperation from everyone. As a guideline, please keep in mind that any legumes that are fermented or food containing leavening CANNOT be brought into the JCC during Passover. To aide you we suggest the following types of food: yogurt, jelly, cheese, cottage cheese, potato chips, tuna or egg salad, fruits and veggies, and sandwiches made on Matzo.



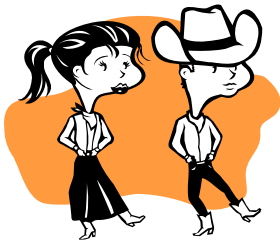
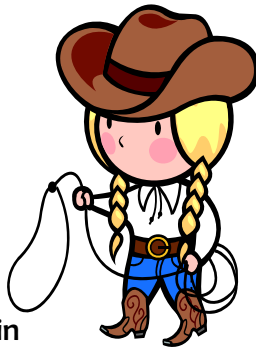
Monday, March 29, 2010

1/2 Day Option

Wild Wild West Day!

AM: Make your own cowboy hat, become a sheriff playing some old fashioned capture the flag, cactus painting.

PM: We will have a hoedown with square dancing and the Cotton Eyed Joe. Play Cow Pen and Sheep Round-Up in the gym, tumbleweed artwork and more!!



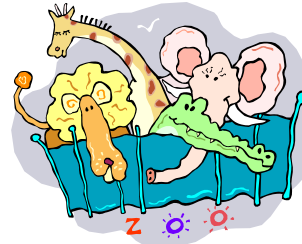
Thursday, April 1, 2010

• **Special dietary restrictions**

No 1/2 Day Option

Animal Extravaganza @ The Rosamond Gifford Zoo

Field Trip to Rosamond Gifford Zoo for an animal adventure inside and out! We will tour the zoo and have an animal scavenger hunt!



**** Please dress appropriately and bring a bagged lunch****

Friday, April 2, 2010

• **Special dietary restrictions**



No 1/2 Day Option

Music Mania with the Syracuse Opera!

Come to this fun musical day. We will have karaoke, a dance party, make our own musical instruments, musical chairs, music tag and more! The Syracuse Opera will stop by to perform *Operamania! Opera for Kids* featuring everyone's favorite children's songs.



JCC VACATION CAMP

Passover Break



Monday, March 29th,
Thursday April 1st – Friday April 2nd

The JCC's Children's Department is excited to present five days of Vacation Camp fun for your school-age children, grades K – 6. We'll be having a blast during break with activities like arts-n-crafts and computer games, field trips, sports, and more.

The daily program runs from 9:00 am to 4:00 pm with extended care starting at 7:30 am and running to 6:00 pm. Half days, when available, are from 9:00 am to 12:00 noon or 1:00 pm to 4:00 pm.

All campers should bring appropriate clothing including, sneakers for the gym, and jackets and hats, as we will go outside most days. Campers should also bring a Passover-style non-meat lunch for each vacation camp day.* A snack will be provided in the afternoon. No glass containers are permitted.

***Additional dietary restrictions apply for Passover**

(see details inside)

Submit the registration with payment by 3/22 to avoid late fees and guarantee participation.



5655 Thompson Road
DeWitt, NY 13214
315-445-2360
Fax: 315-449-4539
www.jccsyr.org