


JUNE 2019 ACTIVITIES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <p>SU CASA funded by NYC DFTA, and grants secured by the Honorable NYC Councilmen Mark Treyger and Chaim Deutsch</p>  | | | | |
| <p>3 10am -12pm Keep on Track Blood Pressure screening 10:00am Yoga 11am Health lecture 1:00pm Computer class 1:00 Multi-media art</p> | <p>4 10am Aerobics 11am ESL Bead Jewelry 12:30pm Walking with Ease Club 1pm Creative Writing</p> | <p>5 10am-12pm Blood Pressure Screening 11am Tai Chi 10:00am to 3:30pm Leisure games</p> | <p>6 10am Bead design 11am Belly dancing 12:30pm Dance class</p> | <p>7 10:00am Alert & Alive 10:30am Blood Pressure 10:30am Zumba 10:00am to 3:30pm Leisure Games</p> |
| <p>10 10:00am Keep on Track Blood Pressure screening 10:00am Yoga 11am Health Lecture 1:00pm Computer class Multi-media art</p> | <p>11 10am Aerobics 11am BELLY DANCING PERFORMANCE 12:30pm Walking 1pm Creative Writing</p> | <p>12 10am-12pm Blood Pressure Screening 11am- Tai Chi 10am to 3:30pm Leisure Games</p> | <p>13 10:30am Nail Salon With Sharon</p> | <p>14 10:00am Alert & Alive 10:30am Blood Pressure 10:30am Zumba 10:00am to 3:30pm Leisure Games</p> |
| <p>17 10am-12pm- Blood Pressure 10am Yoga 11am Health Lecture 1pm Computer class Multi-media art</p> | <p>18 10:00am Aerobics 11:00am ESL & Jewelry 12:30 Walk 1pm Creative Writing</p> | <p>19 10am-12pm- Blood Pressure 11am Tai Chi 10am-3:30pm Leisure games</p> | <p>20 10:30am Nail Salon 12:30pm Dance Class</p> | <p>21 10:00am Alert & Alive 10:30am Blood Pressure 10:30am Zumba 10:00am to 3:30pm Leisure Games</p> |
| <p>24 10am Blood Pressure screening 10am Yoga 1pm Computer and multi-media classes</p> | <p>25 10:00am Aerobics 11:00am PARTY 12:30pm Walking Club 1pm Creative Writing</p> | <p>26 10am -12pm Blood Pressure 11am Tai Chi 10am- 3:30pm Leisure games</p> | <p>27 10:30am Nail Salon 1pm Karaoke with Kelly</p> | <p>28 10am Alert and Alive 10:30am Blood Pressure Zumba 10am to 3:30pm Leisure Games</p> |



JUNE 2019 MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 3 Hot: Stuffed Peppers Cold: Tuna Fish Salad | 4 Hot: Shake and Bake Chicken Cold: Egg Salad | 5 Hot: Beef Hamburger Cold: Salmon Salad | 6 Hot: Baked Salmon Cold: Curried Chicken Salad | 7 Hot: Roast Chicken Cold: Gefilte fish |
| 10 Hot: Turkey w/ gravy Cold: Egg Salad | 11 Hot: Sweet and Sour Meatballs Cold: Salmon Salad | 12 Hot: Chicken Fahitas Cold: Tuna Salad w/eggs | 13 Hot: Breaded Pollock Cold: Chicken salad | 14 Hot: Hawaiian Chicken Cold: Gefilte Fish |
| 17 Hot: Turkey Burger w/ BBQ sauce Cold: Tuna Salad | 18 Hot: Chicken Franciase Cold: Egg Salad | 19 Hot: Beef Lasagna Cold: Salmon Salad | 20 Hot: Poached Salmon Cold: Turkey Salad | 21 Hot Menu: Rosemary Chicken Cold Menu: Gelfite Fish |
| 24 Hot Menu: Turkey Meatloaf Cold Menu: | 25 Hot Menu: Chicken Shwarma Cold Menu: | 26 Hot Menu: Stuffed Cabbage w/beef Cold Menu: Egg Salad | 27 Hot Menu: Salmon Burger Cold Menu: Turkey Salad | 28 Hot Menu: Roasted Chicken Cold Menu: Gelfite Fish |



JASA Luna Park Senior Center Program Name

2880 West 12 Street

Brooklyn, N.Y. 11224

718-996-6666

www.jasa.org

8am to 4pm

*Movie Matinees

*Lectures

*Parties

*Games

*Health screenings

*Exercise classes

*Karaoke

- Belly dancing and bead design with the Brighton Ballet Company funded by a grant from SU CASA *funded by NYC DFTA, and grants secured by the Honorable NYC Councilmen Mark Treyger and Chaim Deutsch*

