

JUNE, 2019 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9:00 Computer Lab 9:30 ZUMBA with Pat 10:00 Computer Class for Adv. /Russian 10:30 Tai Chi 11:00 Leisure Games 11:30 <u>PRESENTATION by Chabad Women's Organization "Pre-Shavuot"</u> 12:00 Health & Wellness Group 1:00 Bridge Club</p>	<p>4 9:00 Computer Lab 9:30 Silver Sneakers Exercise 10:00 Computer for Beginners / Russian 1/2 10:30 Chi Gung 11:00 Leisure Games 12:00 <u>PRESENTATION by NY Finance "SCRIE" Program for seniors</u> 12:00 CHAIR PILATES & STRETCHING 1:00 Hand-on Culture Club/ 2:00 History of Arts 1:15 Dancing with Star 2:00 <u>PRESENTATION by CHILDREN OF WW II</u></p>	<p>5 12:00 TRIP ON BROADWAY "PRETTY WOMAN MUSICAL" 9:00 Computer Lab 11:00 Leisure Games 1:30 Discussion Group with Alice 2:00 TECH 101/ English 2:30 Social Dance Club/ Roman</p>	<p>6 9:00 Computer Lab 9:30 Chair Exercise 10:30 Social Dance with Nick & Pearl 11:00 Leisure Games 11:00 Blood Pressure Screening 12:00 CHAIR PILATES & STRETCHING</p>	<p>7 9:00 Computer Lab 9:30 ZUMBA All the Way 10:15 Yoga Balance with Andree 10:30 Computer Class/ English 11:00 Leisure Games 11:15 Dancing with Star 12:00 <u>PRESENTATION - DEMO by lee: Watermelo pazpacho"</u> 2:00 TECH 101/ English</p>
<p>10 9:00 Computer Lab 9:30 ZUMBA with Pat 10:00 Computer Class for Adv. /Russian 10:30 Tai Chi 11:00 Leisure Games 12:00 Health & Wellness Group 1:00 Bridge Club</p>	<p>11 9:00 Computer Lab 9:30 Silver Sneakers Exercise 10:00 Computer for Beginners / Russian 1/2 10:30 Chi Gung 11:00 ESL Class for Advance 11:00 Leisure Games 12:00 CHAIR PILATES & STRETCHING 1:00 Hand-on Culture Club 2:00 History of Arts 1:15 Dancing with Star 2:00 <u>PRESENTATION by CHILDREN OF WW II</u></p>	<p>12 9:00 Computer Lab 9:30 AEROBIC with Pat 11:00 Leisure Games 12:00 <u>ENTERTAINMENT - CONCERT by: BBT "DANCING TOGETHER"</u> 1:00 Health & Wellness Group 1:30 Discussion Group with Alice 2:30 Social Dance Club/ Roman</p>	<p>13 9:00 Computer Lab 9:30 Chair Exercise 10:30 Social Dance with Nick & Pear 11:00 Leisure Games 11:00 Blood Pressure Screening 1:00 Health & Wellness Group</p>	<p>14 9:00 Computer Lab 9:30 ZUMBA All the Way 10:15 Yoga Balance with Andree 10:30 Computer Class/ English 11:00 Leisure Games 11:15 Dancing with Star</p>
<p>17 9:00 Computer Lab 9:30 ZUMBA with Pat 10:00 Computer Class for Adv. /Russian 10:30 Tai Chi 11:00 Leisure Games 12:00 Health & Wellness Group 1:00 Bridge Club</p>	<p>18 9:00 Computer Lab 9:30 Silver Sneakers Exercise 10:00 Computer for Beginners / Russian 1/2 10:30 Chi Gung 11:00 ESL Class for Advance 11:00 Leisure Games 1:00 Hand-on Culture Club 2:00 History of Arts 1:15 Dancing with Star 2:00 <u>PRESENTATION by CHILDREN OF WW II</u></p>	<p>19 9:30 TRIP TO: "GOVERNOR'S ISLAND" 9:00 Computer Lab 11:00 Leisure Games 1:30 Discussion Group with Alice 2:30 Social Dance Club/ Roman</p>	<p>20 9:00 Computer Lab 9:30 Chair Exercise 10:30 Social Dance with Nick & Pear 11:00 Leisure Games 11:00 Blood Pressure Screening 12:00 NUTRITION EDUCATION with Elaine " Summer Salads"</p>	<p>21 9:00 Computer Lab 9:30 ZUMBA All the Way 10:15 Yoga Balance with Andree 11:00 Leisure Games 11:15 Dancing with Star 12:00 <u>ENTERTAINMENT SUMMER PARTY WITH HARRY</u> 1:300 Health & Wellness Group</p>
<p>24 9:00 Computer Lab 9:30 ZUMBA with Pat 10:00 Computer Class for Adv. /Russian 10:30 Tai Chi 11:00 Leisure Games 12:00 Health & Wellness Group 1:00 Bridge Club</p>	<p>25 9:00 Computer Lab 9:30 Silver Sneakers Exercise 10:00 Computer for Beginners / Russian 1/2 10:30 Chi Gung 11:00 ESL Class for Advance 1:00 Hand-on Culture Club 2:00 History of Arts 1:15 Dancing with Star 2:00 <u>PRESENTATION by CHILDREN OF WW II</u></p>	<p>26 12 9:00 Computer Lab 9:30 AEROBIC with Pat 11:00 Leisure Games 12:00 Health & Wellness Group 1:30 Discussion Group with Alice 2:30 Social Dance Club/ Roman</p>	<p>27 9:00 Computer Lab 9:30 Chair Exercise 10:30 Social Dance with Nick & Pear 11:00 Leisure Games 11:00 Blood Pressure Screening 12:00 Health & Wellness Group</p>	<p>28 10:30 TRIP TO: LONG ISLAND JUNE LUNCHEON DANCE EXTRAVAGANZA 9:00 Computer Lab 9:30 ZUMBA All the Way 10:15 Yoga Balance with Andree 11:00 Leisure Games 11:15 Dancing with Star 12:00 Health & Wellness Group</p>
<p>30 9:00 Computer Lab 9:30 ZUMBA with Pat 10:00 Computer Class for Adv. /Russian 10:30 Tai Chi 11:00 Leisure Games 12:00 Health & Wellness Group</p>		<p>TRIPS: <u>6/05/19 BROADWAY MUSICAL PRETTY WOMEN</u> <u>6/19/19 GOVERNOR'S ISLAND</u> <u>6/28 LONG ISLAND JUNE LUNCHEON DANCE</u></p>	<p>ENTERTAINMENTS: <u>6/12 Concert by BBT: Dancing Together</u> <u>6/21 Summer Party with Harry</u></p>	

JUNE, 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Stuffed Peppers Roasted Veg Couscous Green Beans Orange Juice Applesauce <u>COLD - Tuna Salad</u></p>	<p>4 Shake & Bake Chicken Succotash Salad Veg Apple Juice Canned pears <u>COLD -Egg Salad</u></p>	<p>5 Beef Hamburger Potato Salad Coleslaw Orange-Pineapple Juice Apple <u>COLD - Salmon Salad</u></p>	<p>6 Baked Salmon Brown Rice Carrots Orange Juice Banana <u>ALT - Spanish Omlet</u></p>	<p>7 Roasted Chicken Potato Kugel Creamy Spinach Apple Juice Orange <u>COLD - Gelfite fish</u></p>
<p>10 Turkey Mashed Sweet Potato Broccoli Souffle Orange Juice Orange <u>COLD -Egg Salad</u></p>	<p>11 Sweet and Sour Meatballs Kasha Green Beans Apple Juice Canned Pineapple</p>	<p>12 Chicken Fajitas White Rice Garden Salad Orange-Pineapple Juice Apple <u>COLD - Tuna w/Eggs Salad</u></p>	<p>13 Breaded Pollock Fish Corn Red Pepper Coleslaw Orange Juice Banana <u>COLD -Chicken Salad</u></p>	<p>14 Hawaiian Chicken Vegetables Mashed Potatoes Apple Juice Tangerine <u>COLD - Gefilte Fish</u></p>
<p>17 Turkey Burger Spices Sweet Potatoes Green Beans Orange Juice Applesauce <u>COLD - Tuna Salad</u></p>	<p>18 Chicken Francaise Orzo w/Veg Apple Juice Orange <u>COLD -Egg Salad</u></p>	<p>19 Beef Lasagna Salad Orane-Pineapple Juice Fruit Cocktail <u>COLD - Salmon Salad</u></p>	<p>20 Poached Salmon Barley Corn Bl Bean Salad Cucumber Salad Orange Juice Apple <u>COLD- Turkey Salad</u></p>	<p>21 Roasted Chicken Noodle Kugel Steamed Carrots Apple Juice Banana <u>COLD - Gelfite Fish</u></p>
<p>24 Turkey Meatloaf Mashed Potatoes Steamed Carrots Orange Juice Apple <u>COLD - Tuna Salad</u></p>	<p>25 Chicken Shawarma Israeli Salad Orange Juice Apple <u>COLD - Baked Falafel</u></p>	<p>26 Stuffed Cabbage Pasta California Blend Veg Canned Pears <u>COLD - Salmon Salad</u></p>	<p>27 Salmon Burger Home fries Cucumber Dill Salad Orange Juice Banana <u>COLD - Curried Chicken Salad</u></p>	<p>28 Roasted Chicken Kasha Varnishkes Spinach Soufflé Orange-Pineapple Juice Applesauce <u>COLD - Gefilte Fish</u></p>



Senior Alliance Senior Center

**161 Corbin Place
Brooklyn, NY 11235
718-646-4100
www.jasa.org**

**Hours of Operation
Monday-Friday
9am-5pm**

TRIPS

Partially funded by a special grant from Councilman Chaim Deutsch, Assemblyman Steven Cymbrowitz

