



**June 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b>                      10:00 Literary Club (L.3)                      10:00 ESL beginner(L.4)                      11:10 Body in movement (GYM)                      11:30 Active forever (L.R)                      1:00 Belly Dancing (GYM)</p>	<p><b>4</b>                      10:00 ESL (L.4)                      10:30 Exercise(GYM)  <b>11:45 Shavuot Program (L.R.)</b>                      1:00 Intern. Song (L.3)                      1:00 Zumba (GYM)</p>	<p><b>5</b>                      10:00 ESL (L.3)                      10:00 ESL beginner (L.4)                      11:00 Ballroom Dancing(GYM.)                      1:00 Yoga Class (GYM)</p>	<p><b>6</b>                      10:00 ESL (L.3)                      10:30 Exercise (GYM)  <b>11:30 Lecture w/Jean(L.R.)</b>                      1:00 Computer Class (L.3)                      1:15 Latin Dancing (GYM)</p> <hr/> <p style="text-align: center;"><b>TRIP</b>  <b>Slice of Broklyn: Chocolate tour</b>  <b>At 9.00 a.m.</b></p>	<p><b>7</b>                      10:00 ESL (L.4)                      11:15 Israeli dancing(GYM)                      12:30 BellyDancing(GYM)                      12:45 Hebrew Class (L.3)</p>
<p><b>10</b>  <b>JASA is closed</b>  <b>2<sup>nd</sup> Day Shavuot</b></p>	<p><b>11</b>                      10:00 ESL (L.4)                      10:30 Exercise(GYM)                      1:00 Intern. Song (L.3)                      1:00 Zumba (GYM)</p>	<p><b>12</b>                      10:00 ESL (L.3)                      10:00 ESL beginner (L.4)                      11:00 Ballroom                      Dancing(GYM.)                      1:00 Yoga Class (GYM)</p>	<p><b>13</b>                      10:00 ESL (L.3)                      10:30 Exercise (GYM)  <b>11:45 “Know Your Benefits”</b>  <b>Presentation (L.R.)</b>                      1:00 Computer Class (L.3)                      1:15 Latin Dancing (GYM)</p>	<p><b>14</b>                      10:00 ESL (L.4)                      10:00 Citizenship Class (L.3)  <b>Flag Day Activities (L.R.)</b>                      11:15 Israeli dancing(GYM)                      12:30 Belly Dancing(GYM)                      12:45 Hebrew Class (L.3)</p>
<p><b>17</b>                      10:00 Literary Club (L.3)                      10:00 ESL beginner(L.4)  <b>11:00 Father’s Day Movie</b>  <b>“Pursuit of Happiness” (L.R.)</b>                      11:10 Body in movement (GYM)                      11:30 Active forever (L.R)                      1:00 Belly Dancing (GYM)</p>	<p><b>18</b>                      10:00 ESL (L.4)                      10:00 Citizenship                      Class (L.3)                      10:30 Exercise(GYM)                      1:00 Intern. Song (L.3)                      1:00 Zumba (GYM)</p>	<p><b>19</b>                      10:00 ESL (L.3)                      10:00 ESL beginner (L.4)                      11:00 Ballroom                      Dancing(GYM)  <b>11:45 “Safety” presented by</b>  <b>NYPD (L.R.)</b>                      12:45 Art Class (L.3)                      1:00 Yoga Class (GYM)</p>	<p><b>20</b>                      10:00 ESL (L.3)                      10:30 Exercise (GYM)  <b>11:30 Lecture</b>  <b>w/Jean(L.R.)</b>                      1:00 Computer Class (L.3)                      1:15 Latin Dancing (GYM)</p>	<p><b>21</b>                      10:00 ESL (L.4)                      10:00 Citizenship Class (L.3)                      11:15 Israeli dancing(GYM)                      12:30 Belly Dancing(GYM)  <b>11:30 June’s Birthday Party</b>  <b>(L.R.)</b>                      12:45 Hebrew Class (L.3)</p> <hr/> <p style="text-align: center;"><b>TRIP</b>  <b>1p.m. on Sunday, June 23, 2019</b>  <b>Broadway Show</b>  <b>The Lion King</b></p>
<p><b>24</b>                      10:00 Literary Club (L.3)                      10:00 ESL beginner(L.4)                      11:10 Body in movement (GYM)                      11:30 Active forever (L.R)                      1:00 Belly Dancing (GYM)</p>	<p><b>25</b>                      10:00 ESL (L.4)                      10:00 Citizenship                      Class (L.3)                      10:30 Exercise(GYM)                      1:00 Intern. Song (L.3)                      1:00 Zumba (GYM)</p>	<p><b>26</b>                      10:00 ESL (L.3)                      10:00 ESL beginner (L.4)                      11:00 Ballroom Dancing(GYM.)  <b>11:45 “Be Sun Smart”</b>  <b>Presentation (L.R.)</b>                      12:45 Art Class (L.3)                      1:00 Yoga Class (GYM)</p>	<p><b>27</b>                      10:00 ESL (L.3)                      10:30 Exercise (GYM)  <b>11:30 Lecture w/Jean(L.R.)</b>                      1:00 Computer Class (L.3)                      1:15 Latin Dancing (GYM)</p>	<p><b>28</b>                      10:00 ESL (L.4)                      10:00 Citizenship Class (L.3)                      11:15 Israeli dancing(GYM)                      12:30 Belly Dancing(GYM)  <b>11:45 Workshop: Poison</b>  <b>Prevention in your Home (L.R.)</b>                      12:45 Hebrew Class (L.3)</p>

**June 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> Stuffed Peppers with Turkey Roasted Vegetable Couscous Whole Wheat Bread Green Beans</p> <hr/> <p><b>Cold - Tuna Fish Salad</b></p>	<p><b>4</b> Shake &amp; Bake Chicken Succotash Salad Whole Wheat Bread Winter Blend Vegetables</p> <hr/> <p><b>Cold - Egg Salad</b></p>	<p><b>5</b> Beef Hamburger Hamburger Bun, plain Potato Salad Coleslaw with Olive Oil and Vinegar</p> <hr/> <p><b>Cold - Salmon Salad</b></p>	<p><b>6</b> Baked Salmon with Cilantro Citrus Sauce Brown Rice with Mushrooms Whole Wheat Bread Baby Carrots with Parsley</p> <hr/> <p><b>Cold - Curried Chicken Salad</b></p>	<p><b>7</b> Brown Gravy Roasted Chicken Challah Bread Potato Kugel Creamy Spinach (Dairy-Free)</p> <hr/> <p><b>Cold - Gelfite Fish</b></p>
<p><b>10</b>  <b>JASA is closed</b></p>	<p><b>11</b> Sweet and Sour Meatballs Kasha Whole Wheat Bread Green Beans</p> <hr/> <p><b>Cold - Salmon Salad</b></p>	<p><b>12</b> Chicken Fajitas Pita Halves White Rice Garden Salad</p> <hr/> <p><b>Cold - Tuna Salad with Eggs</b></p>	<p><b>13</b> Breaded Pollock Fish Fillet Corn and Red Peppers Whole Wheat Bread Coleslaw</p> <hr/> <p><b>Cold - Chicken Salad</b></p>	<p><b>14</b> Hawaiian Chicken Legs Challah Bread California Blend Vegetables Mashed Potatoes, 4 oz</p> <hr/> <p><b>Cold - Gelfite Fish</b></p>
<p><b>17</b> BBQ Sauce Turkey Burger Hamburger Bun, plain Spiced Sweet Potatoes Green Beans Wax Beans</p> <hr/> <p><b>Cold - Tuna Salad</b></p>	<p><b>18</b> Chicken Francaise Orzo with Vegetables Whole Wheat Bread California Blend Vegetables</p> <hr/> <p><b>Cold - Egg Salad</b></p>	<p><b>19</b> Beef Lasagna Whole Wheat Bread Tossed Salad with Dressing</p> <hr/> <p><b>Cold -- Salmon Salad</b></p>	<p><b>20</b> Poached Salmon Barley, Corn and Black Bean Salad Whole Wheat Bread</p> <hr/> <p><b>Cold - Turkey Salad</b></p>	<p><b>21</b> Rosemary Chicken Challah Bread Noodle Kugel Steamed Carrots</p> <hr/> <p><b>Cold - Gelfite Fish</b></p>
<p><b>24</b> California Turkey Meatloaf Whole Wheat Bread Homemade Mashed Potatoes Steamed Carrots and Green Beans</p> <hr/> <p><b>Cold - Tuna Salad</b></p>	<p><b>25</b> Chicken Shawarma (OvenRoasted) Pita Halves Israeli Salad</p> <hr/> <p><b>Cold - Baked Falafel Patties</b></p>	<p><b>26</b> Stuffed Cabbage with Beef Pasta (1/2 cup) - OR - Whole Wheat Bread California Blend Vegetables</p> <hr/> <p><b>Cold - Salmon Salad</b></p>	<p><b>27</b> Salmon Burger Hamburger Bun, plain Home Fries with Peppers and Onions Cucumber Dill Salad</p> <hr/> <p><b>Cold - Curried Chicken Salad</b></p>	<p><b>28</b> Roasted Chicken Challah Bread Kasha Varnishkes Spinach Souffle</p> <hr/> <p><b>Cold - Gelfite Fish</b></p>



## **Shorefront Senior Center**

**3300 Coney Island Ave**

**Brooklyn NY 11235**

**929-346-3120**

**Olha Medytska, Program Director**

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**Open Monday- Friday**

**8:30am-4:30pm**

- **Literary Club**
- **ESL beginners and citizenship Classes**
- **Exercise, Zumba, and Yoga**
- **International Singing Class**
- **Art Class**
- **Computer Class**
- **Hebrew**
- **Ballroom, Latin, Israeli, and Belly Dancing**
- **Lectures, presentations**
- **Party**
- **Trips**

