

June 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3 Nutrition lecture 8:30 Relaxation Music 9:00 Current Events 11:00 Nutrition Lecture 1:00 Aerobics w/ Tommy	4 Pantry Day 12:00 Lunch	5 Walmart Trip 8:30 Relaxation Music 10:00 Healing Arts Class 11:30 Aerobics w/ Tommy 1:00 Bingo	6 8:30 Brain Teasers 10:00 BP Screening 11:30 Zumba	7 8:30 Table Games 9:00 Current Events 10:00 SU-CASA Art Class 1:00 Leisure Bingo
10 8:30 Relaxation Music 9:00 Current Events 11:00 Technology 1:00 Aerobics w/ Tommy	11 Father's Day Party 8:30 Brain Teasers 9:00 Current Events 10:00 SU-CASA Art Class 11:00 DOT Presentation	12 Healing Arts w. Evelyn! 8:30 Relaxation Music 10:00 Healing Arts Class 11:30 Aerobics w/ Tommy 1:00 Bingo	13 8:30 Brain Teasers 10:00 BP Screening 11:30 Zumba	14 8:30 Table Games 9:00 Current Events 10:00 SU-CASA Art Class 11:00 Massages 1:00 Leisure Bingo
17 8:30 Relaxation Music 9:00 Current Events 11:00 Health Management 1:00 Aerobics w/ Tommy	18 Presentation 8:30 Brain Teasers 9:00 Current Events 10:00 SU-CASA Art Class 11:00 Older Adult Fraud	19 Healing Arts w. Evelyn! 8:30 Relaxation Music 10:00 Healing Arts Class 11:30 Aerobics w/ Tommy 1:00 Bingo	20 8:30 Brain Teasers 10:00 BP Screening 11:30 Zumba	21 8:30 Table Games 9:00 Current Events 10:00 SU-CASA Art Class 1:00 Leisure Bingo
24 8:30 Relaxation Music 9:00 Current Events 10:00 Health Management 1:00 Aerobics w/ Tommy	25 Birthday Party 8:30 Brain Teasers 9:00 Current Events 10:00 SU-CASA Art Class 11:00 Self-Defense Class	26 Healing Arts W. Evelyn 8:30 Relaxation Music 10:00 Healing Arts Class 11:30 Aerobics w/ Tommy 1:00 Bingo	27 8:30 Brain Teasers 10:00 BP Screening 11:30 Zumba	28 8:30 Table Games 9:00 Current Events 10:00 SU-CASA Art Class 1:00 Leisure Bingo
We will be open on June 15th, 2019. Estaremos abierto el 15 de Junio, 2019.	Lunch / Almuerzo 12pm-1pm DAILY HABLAMOS ESPAÑOL			



June 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pear BBQ Chicken Legs Baked Mac & Cheese Collard Greens	4 Banana Baked Tilapia Rice Pilaf Broccoli and Red Peppers	5 Orange Stewed Pork Chops Mashed Potatoes Green Bean Sautee	6 Banana Spanish Style Baked Chicken Yellow Rice Carrots	7 Apple Cod Fillet o'Fish Sandwich Sweet Potato Fries Baby Spinach Salad
10 Pear Beef Salisbury Steak w. Mushroom sauce Yellow Rice Carrots	11 Banana Lemon Chicken Egg Noodles Italian Blend Vegetables	12 Apple Fish Cakes Roasted Potatoes Cole Slaw	13 Banana Pork Stir Fry w. Vegetables White Rice Broccoli w. Toasted Garlic	14 Orange Chicken Salad Macaroni Salad Israeli Salad
17 Apple Oven Fried Chicken Baked Mac n Cheese Green Bean Sautee	18 Banana Mango Chutney Pork Roast Baked Potatoes Normandy Blend	19 Apple Arroz Con Pollo (Chicken n Rice) Okra w. Tomatoes	20 Banana Beef and Pepper Pasta Sautee Spinach	21 Orange Fish w. Creole Sauce Black Beans and Rice Lettuce and Tomato
24 Apple Baked Asian Style Honey Chicken Mashed Potatoes Green Bean Sautee	25 Banana BBQ Pork Chops Rice n Beans Normandy Blend	26 Orange Rosemary Chicken Baked Potatoes Baby Carrots n Parsley	27 Banana Baked Breaded Fish Pasta Primavera Steamed Broccoli	28 Apple Turkey Salad Sweet Potato Salad Garden Salad
Please Reserve for lunch by 1PM the day before. Thank You!	Por Favor reserven el almuerzo antes de las 1PM el dia anterior Gracias!	We will be open on June 15th, 2019.	Estaremos abierto el 15 de Junio, 2019.	



JASA Throggs Neck Senior Center

2705 Schley Avenue

Bronx, New York 10465

718 823 1771

www.jasa.org

