

JASA WILLIAMSBURG SENIOR CENTER * 202 Graham Ave Brooklyn, NY 11206 * 718-388-6865
JUNE 2019 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
	*Calendar is subject to change			
3. 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1PM-Karaoke Hour 2:00-3:00P.M.-Leisure Bingo	4. 10:00 A.M.-12PM Movie 12:00 P.M.-Lunch 1:00 P.M.- Red Cross Presentation 2:00-3:00 P.M.-Leisure Bingo	5. 11:00AM-Café & Music 12:00 P.M.-Lunch 1PM-Tai Chi 2:00-3:00 P.M.-Leisure Bingo	6. 11:00 A.M.- BP 12:00 P.M.-Lunch 1:00 P.M.- Nintendo Wii 2:00-3:00 P.M.-Leisure Bingo	7. 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo
10. 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Color your stress 2:00-3:00 P.M.-Leisure Bingo	11. 9:30 A.M. Plant Hero 11:30 A.M. Nutrition Presentation 12:00 P.M.-Lunch 1:00 P.M.- Nintendo Wii 2:00-3:00 P.M.-Leisure Bingo	12. PARTY 11:00AM-Café & Music 12:00 P.M.-Lunch 1:00 P.M.- 3:00 P.M. - PARTY	13. 11:00 A.M.- BP 11:00 A.M.- Computers w/Jess 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:00 P.M.-Leisure Bingo	14. 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo
17. 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Color your stress 2:00-3:00 P.M.-Leisure Bingo	18. 10:00 A.M.-12PM-Storytelling 12:00 P.M.-Lunch 1:00 P.M.- Tai-chi 2:00-3:00 P.M.-Leisure Bingo	19. 11:00AM-Café & Music 12:00 P.M.-Lunch 1PM-Nintendo Wii 2:00-3:00 P.M.-Leisure Bingo	20. 11:00 A.M.- BP 11:00 A.M.- Computers w/Jess 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:00 P.M.-Leisure Bingo	21. 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo
24. 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Advisory board meeting 2:00-3:00P.M.-Leisure Bingo	25. SPECIAL ELECTIONS LUNCH TO GO 12PM-1PM	26. 11:00AM-Café & Music 12:00 P.M.-Lunch 1PM-Nintendo Wii 2:00-3:00 P.M.-Leisure Bingo	27. 10:00 A.M.-12PM-Storytelling 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:00 P.M.-Leisure Bingo	28. 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo

Partly funded by a special legislative grant from councilmember, Antonio Reynoso

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JUNE 2019 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	*Menu is subject to change			
3. Orange Juice BBQ Chicken Legs Macaroni & Cheese Collard Greens Pear	4. Apple Juice Baked Tilapia Rice Pilaf Broccoli & Red Peppers WW Bread Banana	5. Grape Juice Stewed Pork Chops Green Bean Sauté Mashed Potatoes WW Bread Orange	6. Apple Juice Spanish Style Baked Chicken Yellow Rice Carrots WW Bread Banana	7. Grape Juice Cod Fillet O'Fish Sandwich Roasted Sweet Potato Fries Spinach Apple
10. Orange Juice Beef Salisbury Steak w /Mushroom Sauce Yellow Rice Carrots Pear	11. Apple Juice Lemon Chicken Egg Noodles Italian Blend Vegetables WW Bread Banana	12. Orange Juice Fish Cake Roasted Potatoes Cole Slaw WW Bread Apple	13. Apple Juice Pork Stir Fry w/ Vegetables White Rice Broccoli w/ Toasted Garlic WW Bread Banana	14. Grape Juice Chicken Salad Macaroni Salad Israeli Salad Pita Halves Orange
17. Orange Juice Oven Fried Chicken Macaroni & Cheese Green Bean Sauté Apple	18. Apple Juice Mango Chutney Pork Roast Baked Potatoes Normandy Blend Vegetables WW Bread Banana	19. Orange Juice Chicken w/ Rice Okra w/ Tomatoes WW Bread Apple	20. Grape Juice Beef & Pepper Pasta Spinach WW Bread Banana	21. Apple Juice Fish w/ Creole Sauce Black Beans & Rice Lettuce & Tomato Orange
24. Orange Juice Baked Asian Style Honey Chicken Green Bean Sauté Smashed Red Potatoes WW Bread Apple	25. Apple Juice BBQ Pork Chops Rice & Beans Normandy Blend Vegetables Banana	26. Grape Juice Rosemary Chicken Carrots w/ Parsley Baked Potatoes WW Bread Orange	27. Apple Juice Baked Breaded Fish Pasta Primavera Steamed Broccoli WW Bread Banana	28. Grape Juice Turkey Salad Garden Salad Sweet Potato Salad WW Bread Apple

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Jasa Williamsburg Senior Center

**202 Graham Ave
Brooklyn, NY 11206
718-388-6865
www.jasa.org**

**Monday-Friday
8am-4pm**

1. Diabetes self-management program has been pushed until further notice
2. Red cross emergency preparedness presentation 06/04 at 1pm
3. Nutrition demo with Dr Jensen 06/11 at 11:30am
4. Monthly Party June 12 with DJ Woody
5. Elections June 25, no activities, lunch to go 12-1pm

