



MAY 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		1 11:00 Color your stress away 1:00 Aerobics w/loury 1:30 TECHNOLOGY CLASS 2:00 Crochet Class 4:00 Dinner 4:30 Women's Club in Russian	2 10:00 KEEP ON TRACK BLOOD PRESSURE SCREENING 10:00 Leisure Games 11:00 Library/Book Discussion 1:00 Leisure Bingo 3:00 Ballroom Dance Class CANCELLED 4:00 Dinner 4:00 ESL	3 11:00 Computer Lab Practice 11:30 Stretch & Strength Chair Exercise (on Video) 12:30 Afternoon Movie w/ Pop-corn & Soda 1:30 TECHNOLOGY IN CLASS 2:00 ESL for Beginners 2:00 MULTUCULTURAL DANCES 4:00 Dinner
6 10:00 KEEP ON TRACK BLOOD PRESSURE SCREENING 11:00 CERAMIC ARTS PROGRAM 11:30 MULTUCULTURAL DANCES 1:00 Leisure Bingo 4:00 Dinner 4:15 CULTURE CLUB in Russian	7 10:30 Art & Crafts w/ Lara 11:30 Jewelry Design Class 1:15 Fitness Class w/Lisa 2:45 CINCO DE MAYO CELEBRATION 3:00 Stamp Class 4:00 Dinner	8 11:00 Color your stress away 1:00 Aerobics w/loury 1:30 TECHNOLOGY IN CLASS 2:00 Crochet Class 4:00 Dinner 4:30 Women's Club in Russian	9 10:00 KEEP ON TRACK BLOOD PRESSURE SCREENING 10:00 Leisure Games 11:00 Library/Book Discussion 1:00 Leisure Bingo 2:45 VICTORY DAY CONCERT 4:00 Dinner 4:00 ESL	10 11:00 Computer Lab Practice 11:30 Stretch & Strength Chair Exercise (on Video) 12:30 Afternoon Movie w/ Pop-corn & Soda 1:30 TECHNOLOGY IN CLASS 2:00 ESL for Beginners 2:00 MULTUCULTURAL DANCES 4:00 Dinner
13 10:00 KEEP ON TRACK BLOOD PRESSURE SCREENING 11:00 CERAMIC ARTS PROGRAM 11:30 MULTUCULTURAL DANCES 1:00 Leisure Bingo 4:00 Dinner	14 10:30 Art & Crafts w/ Lara 11:30 Jewelry Design Class 1:15 Fitness Class w/Lisa 2:30 COOKING DEMO W/LEE 3:00 Stamp Class 4:00 Dinner	15 11:00 Crochet Class 11:00 Color your stress away 1:00 Aerobics w/loury 1:30 TECHNOLOGY IN CLASS 2:00 AFRICAN ART W/AVA 4:00 Dinner 4:30 Women's Club in Russian	16 10:00 KEEP ON TRACK BLOOD PRESSURE SCREENING 10:00 Leisure Games 11:00 Library/Book Discussion 1:00 Leisure Bingo 3:00 MOTHER'S DAY CELEBRATION W/PEARL & NICK 4:00 Dinner 4:00 ESL	17 11:00 Computer Lab Practice 11:30 Stretch & Strength Chair Exercise (on Video) 12:30 Afternoon Movie w/ Pop-Corn & Soda 1:30 TECHNOLOGY IN CLASS 2:00 ESL for Beginners 2:00 AFRICAN ART W/AVA 2:00 MULTUCULTURAL DANCES 4:00 Dinner
20 10:00 KEEP ON TRACK BLOOD PRESSURE SCREENING 11:00 CERAMIC ARTS PROGRAM 11:30 MULTUCULTURAL DANCES 1:00 Leisure Bingo 4:00 Dinner	21 10:30 Art & Crafts w/ Lara 11:30 Jewelry Design Class 1:15 Fitness Class w/Lisa 2:45 CONCERT 3:00 Stamp Class 4:00 Dinner	22 11:00 Crochet Class 11:00 Color your stress away 1:00 Aerobics w/loury 1:30 TECHNOLOGY IN CLASS 2:00 Crochet Class 2:00 AFRICAN ART W/AVA 4:00 Dinner 4:30 Women's Club in Russian	23 10:00 KEEP ON TRACK BLOOD PRESSURE SCREENING 10:00 Leisure Games 11:00 Library/Book Discussion 1:00 Leisure Bingo 3:00 Ballroom Dance Class 4:00 Dinner 4:00 ESL	24 11:00 Computer Lab Practice 11:30 Stretch & Strength Chair Exercise (on Video) 12:30 Afternoon Movie w/ Pop-Corn & Soda 1:30 TECHNOLOGY IN CLASS 2:00 ESL for Beginners 2:00 MULTUCULTURAL DANCES 4:00 Dinner
27 JASA CLOSED FOR MEMORIAL DAY	28 10:30 Art & Crafts w/ Lara 11:30 Jewelry Design Class 1:15 Fitness Class w/Lisa 3:00 Stamp Class 4:00Dinner	29 11:00 Color your stress away 1:00 Aerobics w/loury 1:30 TECHNOLOGY IN CLASS 2:00 Crochet Class CANCELLED 2:00 AFRICAN ART W/AVA 4:00 Dinner 4:30 Women's Club in Russian	30 10:00 KEEP ON TRACK BLOOD PRESSURE SCREENING 10:00 Leisure Games 11:00 Library/Book Discussion 1:00 Leisure Bingo 3:00 Ballroom Dance Class 4:00 Dinner 4:00 ESL	31 11:00 Computer Lab Practice 11:30 Stretch & Strength Chair Exercise (on Video) 12:30 Afternoon Movie w/ Pop-Corn & Soda 1:30 TECHNOLOGY IN CLASS 2:00 ESL for Beginners 2:00 MULTUCULTURAL DANCES 4:00 Dinner



MAY 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Fajitas Pita Halves Garden Salad Or Tuna Salad with Egg	2 Breaded Pollock Fish Fillet Corn and Red Peppers Coleslaw Or Chicken Salad	3 Hawaiian Chicken Legs California Blend Vegetables Mashed Potatoes Or Gefilte Fish
6 Turkey Burger Spiced Sweet Potatoes Green Beans Or Tuna Salad	7 Chicken Francaise Orzo w/ vegetables California Blend Vegetables Or Egg Salad	8 Beef Lasagna Tossed Salad with Dressing Or Salmon Salad	9 Poached Salmon Cucumber Salad Barley, Corn and Black Bean Salad Or Turkey Salad	10 Rosemary Chicken Noodle Kugel Steamed Carrots Or Gefilte Fish
13 California Turkey Meatloaf Homemade Mashed Potatoes Steamed Carrots and Green Beans Or Tuna Salad	14 Chicken Shawarma Pita Halves Israeli Salad Or Baked Falafel Patties	15 Stuffed Cabbage with beef California Vegetables Pasta Or Salmon Salad	16 Salmon Burger Home Fries with Peppers and Onions Cucumber Dill Salad Or Curried Chicken Salad	17 Roasted Chicken Kasha Varnishkes Spinach Soufflé Or Gefilte Fish
20 Pepper Steak Chinese Style Spaghetti Cabbage with shredded carrots Or Tuna Salad	21 Spanish Style Roast Chicken Brown Rice with Black Beans Green Beans Or Salmon Salad	22 Shepherd Pie Tossed Salad w/ dressing Or Egg Salad	23 Breaded Sole Fish Filet Creamy Spinach Bulgur Salad Or Turkey Salad	24 Grilled Caribbean Chicken Breast Noodle Kugel Beet Salad Or Gefilte Fish
27 <p style="text-align: center;">JASA CLOSED FOR MEMORIAL DAY</p>	28 Garlic Chicken Meatballs Pasta Winter Blend Vegetables Or Salmon Salad	29 Beef Moussaka Garden salad Or Tuna Salad	30 Tilapia Fish Francaise Rice A Roni Israeli Salad Or Chicken Salad	31 Honey-Apricot Glazed Chicken Kasha Varnishkes Broccoli Soufflé Or Gefilte Fish

МАЙ 2019 МЕНЮ

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Фаджита из Курицы Рис Салат Пита или Салат из Туны	2 Рыба в Сухарях Овощи Капустный Салат или Куриный Салат	3 Курица по-Гавайски Овощи Картофельное Пюре или Фаршированная Рыба
6 Курица в Соусе Барбекью Сладкий Картофель Стручковая Фасоль или Салат из Туны	7 Курица Макароны с Овощами Овощи или Яичный Салат	8 Лозанья из Говядины Салат или Салат из Салмона	9 Салмон Макароны с Овощами Салат из Огурцов или Индюшиный Салат	10 Курица Бабка из Лапши Тушеная Морковь или Фаршированная Рыба
13 Индюшиная Запеканка Картофельное Пюре Тушеные Овощи или Салат из Туны	14 Шварма из Курицы Израильский Салат Пита Хумус или Фалафель	15 Голубцы из Говядины Макароны Овощи или Салат из Салмона	16 Котлета из Салмона Картофель по Домашнему Салат из Огурцов или Куриный Салат	17 Курица Макароны с Гречкой Суфле из Шпината или Рыба Фаршированная
20 Говяжий Тушеная Спагетти-по Китайски Капустный Салат или Салат из Туны	21 Курица по-испански Рис с фасолью Стручковая Фасоль или Салат из Салмона	22 Индюшино-Говяжья Запеканка с Картофельным Пюре Салат из Свежих Овощей или Яичный Салат	23 Рыба в Сухарях Перловка Шпинат или Индюшиный Салат	24 Куриная Грудка на Гриле Бабка из Лапши Салат из Свёклы или Фаршированная Рыба
27 Центр Закрыт	28 Куриные Тефтели Макароны Салат из Овощей или Салат из Салмона	29 Запеканка из Говядины с Овощами Салат из Свежих Овощей или Салт из Туны	30 Тилапия в Кляре Рис Израильский Салат или Куриный Салат	31 Курица Макароны с Гречкой Суфле из Брокколи Салат из Моркови с Изюмом



SCHEUER HOUSE OF CI SENIOR CENTER

**3601 SURF AVE
BROOKLYN, NY, 11224
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www.jasa.org**

**Hours of Operation
Monday-Friday
10am-6:00pm**

**5/7 Cinco De Mayo Celebration, 2:45PM
5/9 Victory Day Celebration, 2:45PM
5/14 Cooking Demo w/Lee, 2:30PM
5/15, 17, 22, 29 African Art w/Ava, 2:PM
5/16 Mother's Day Celebration
w/Pearl & Nick, 3:00PM
5/21 Concert, 2:45PM**

