

## May Activities 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Special events:</b>  <b>ART EXHIBITION</b>  <b>Shorefront Senior Center Art Class led by Judith Frydman Presents their work</b>                      ( Artwork will be display in the Lunch Room during the day).</p>	<p><b>*May 5 Sunday TRIP</b>  <b>Brooklyn Museum</b>  <b>At 10:30 a.m.</b></p>	<p><b>1</b>                      10:00 ESL (L.3)                      10:00 ESL beginner (L.4)                      11:00 Ballroom Dancing(GYM.)                      12:15 Art Class (L.3)                      1:00 Yoga Class (GYM)  <b>1:00 Chess Club(L.R)</b>  <b>Presentation: Beauty Must –Have at 11am (L. R.)</b></p>	<p><b>2</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)  <b>1:00 Chess Club(L.R)</b>                      1:15 Latin Dancing (GYM)</p>	<p><b>3</b>                      10:00 ESL (L.4)                      10:00 Citizenship (L.3)                      11:15 Israeli dancing(GYM)  <b>11:45 NYPD presents: Scam Alert (L.R.)</b>                      12:45 Hebrew Class (L.3)</p>
<p><b>6</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)                      12:15 Art Class (L.3)</p>	<p><b>7</b>                      10:00 ESL (L.4)                      10:00 Citizenship Class (L.3)                      10:30 Exercise(GYM)  <b>12:30 Mother’s Day&amp; Victory Day Concert(GYM) led by Zhanna Reznik</b>                      1:00 Zumba (GYM)</p>	<p><b>8</b>                      10:00 ESL (L.3)                      10:00 ESL beginner (L.4)                      11:00 Ballroom Dancing(GYM.)                      1:00 Yoga Class (GYM)  <b>1:00 Chess Club(L.R)</b></p>	<p><b>9</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)  <b>1:00 Chess Club(L.R)</b>                      1:15 Latin Dancing (GYM)</p>	<p><b>10</b>                      10:00 ESL (L.4)                      10:00 Citizenship Class (L.3)                      11:15 Israeli dancing(GYM)  <b>12:30 Lecture about Beethoven (L.4)</b>                      12:45 Hebrew Class (L.3)</p>
<p><b>13</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)  <b>11:30 Movie Day(English)(L.R.)</b>                      1:00 Belly Dancing (GYM)</p>	<p><b>14</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>15</b>                      10:00 ESL (L.3)                      10:00 ESL beginner (L.4)                      11:00 Ballroom Dancing(GYM.)                      1:00 Yoga Class (GYM)  <b>1:00 Chess Club(L.R)</b></p>	<p><b>16</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)  <b>1:00 Chess Club(L.R)</b>                      1:15 Latin Dancing (GYM)</p>	<p><b>17</b>                      10:00 ESL (L.4)                      10:00 Citizenship Class (L.3)                      11:15 Israeli dancing(GYM)  <b>11:45 Know your benefits Presentation (L.R.)</b>                      12:45 Hebrew Class (L.3)</p>
<p><b>20</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)  <b>1:00 Color your stress away(L.3)</b></p>	<p><b>21</b>                      10:00 ESL (L.4)                      10:00 Citizenship Class (L.3)                      10:30 Exercise(GYM)  <b>11:30 Party (L.R.)</b>                      1:00 Intern. Song (L.3)                      1:00 Zumba (GYM)</p>	<p><b>22</b>                      10:00 ESL (L.3)                      10:00 ESL beginner (L.4)                      11:00 Ballroom Dancing(GYM.)                      12:45 Art Class (L.3)                      1:00 Yoga Class (GYM)  <b>1:00 Chess Club(L.R)</b></p>	<p><b>23</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)  <b>1:00 Chess Club(L.R)</b>                      1:15 Latin Dancing (GYM)</p>	<p><b>24</b>                      10:00 ESL (L.4)                      10:00 Citizenship Class (L.3)                      11:15 Israeli dancing(GYM)                      12:45 Hebrew Class (L.3)</p>
<p><b>27</b>   <b>JASA is closed</b>   <b>Memorial Day</b></p>	<p><b>28</b>                      10:00 ESL (L.4)                      10:00 Citizenship Class (L.3)                      10:30 Exercise(GYM)  <b>11:30 Nutritionist Presentation</b>                      1:00 Intern. Song (L.3)                      1:00 Zumba (GYM)</p>	<p><b>29</b>                      10:00 ESL (L.3)                      10:00 ESL beginner (L.4)                      11:00 Ballroom Dancing(GYM.)                      12:45 Art Class (L.3)                      1:00 Yoga Class (GYM)  <b>1:00 Chess Club(L.R)</b></p>	<p><b>30</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)  <b>1:00 Chess Club(L.R)</b>                      1:15 Latin Dancing (GYM)</p>	<p><b>31</b>                      10:00 ESL (L.4)                      10:00 Citizenship Class (L.3)                      11:15 Israeli dancing(GYM)                      12:45 Hebrew Class (L.3)</p>



May Menu 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Chicken Fajitas Pita Halves White Rice Garden Salad <hr/> Cold - Tuna Salad with Eggs	<b>2</b> Breaded Pollock Fish Fillet Corn and Red Peppers Whole Wheat Bread Coleslaw <hr/> Cold - Chicken Salad	<b>3</b> Hawaiian Chicken Legs Challah Bread California Blend Vegetables Mashed Potatoes <hr/> Cold - Gelfite Fish
<b>6</b> BBQ Sauce Turkey Burger Hamburger Bun, plain Spiced Sweet Potatoes Green Beans Wax Beans <hr/> Cold - Tuna Salad	<b>7</b> Chicken Francaise Orzo with Vegetables Whole Wheat Bread California Blend Vegetables <hr/> Cold - Egg Salad	<b>8</b> Beef Lasagna Whole Wheat Bread Tossed Salad with Dressing <hr/> Cold - Salmon Salad	<b>9</b> Poached Salmon Barley, Corn and Black Bean Salad Whole Wheat Bread Cucumber Salad <hr/> Cold - Turkey Salad	<b>10</b> Rosemary Chicken Challah Bread Noodle Kugel Steamed Carrots <hr/> Cold - Gelfite Fish
<b>13</b> California Turkey Meatloaf Whole Wheat Bread Homemade Mashed Potatoes Steamed Carrots and Green Beans <hr/> Cold - Tuna Salad	<b>14</b> Chicken Shawarma (OvenRoasted) Pita Halves Israeli Salad <hr/> Cold - Baked Falafel Patties	<b>15</b> Stuffed Cabbage with Beef Pasta (1/2 cup) - OR - Whole Wheat Bread California Blend Vegetables <hr/> Cold - Salmon Salad	<b>16</b> Salmon Burger Hamburger Bun, plain Home Fries with Peppers and Onions Cucumber Dill Salad <hr/> Cold - Curried Chicken Salad	<b>17</b> Roasted Chicken Challah Bread Kasha Varnishkes Spinach Souffle <hr/> Cold - Gelfite Fish
<b>20</b> Pepper Steak Chinese Style Spaghetti Whole Wheat Bread Cabbage with Shredded Carrots <hr/> Cold - Tuna Salad with Eggs	<b>21</b> Spanish Style Roast Chicken Rice and Beans Whole Wheat Bread Green Beans <hr/> Cold - Salmon Salad	<b>22</b> Shepherd's Pie with Beef & Turkey Whole Wheat Bread Tossed Salad with Dressing <hr/> Cold - Egg Salad	<b>23</b> Breaded Sole Fish Fillet Bulgur Salad Whole Wheat Bread Creamy Spinach (Dairy-Free) <hr/> Cold - Turkey Salad	<b>24</b> Grilled Caribbean Chicken Breast Challah Bread Noodle Kugel Beet Salad <hr/> Cold - Gelfite Fish
<b>27</b> <p style="text-align: center;"><b>Jasa is closed Memorial Day</b></p>	<b>28</b> Garlic Chicken Meatballs Pasta (1/2 cup) Whole Wheat Bread Winter Blend Vegetables <hr/> Cold - Salmon Salad	<b>29</b> Beef Moussaka Whole Wheat Bread Garden Salad <hr/> Cold - Tuna Salad	<b>30</b> Tilapia Fish Francaise Rice A Roni Whole Wheat Bread Israeli Salad <hr/> Cold - Chicken Salad	<b>31</b> Honey-Apricot Glazed Chicken Challah Bread Kasha Varnishkes Broccoli Souffle <hr/> Cold - Gelfite Fish



## **Shorefront Senior Center**

**3300 Coney Island Ave**

**Brooklyn NY 11235**

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**347-689-1839-Janina Dubickaite, Program Coordinator**

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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**
- **Chess Club**
- **Computer Class**
- **Hebrew**
- **Ballroom, Latin, Israeli, and Belly Dancing**
- **Lectures, presentations**
- **Party**
- **Trips**