



**May 2019 ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We will be open on May 18, 2019.</p> <p>Estaremos abierto el 18 de Mayo, 2019.</p>	<p><b>Lunch / Almuerzo</b> 12pm-1pm DAILY <b>HABLAMOS ESPAÑOL</b></p>	<p><b>1 Walmart Trip</b> 8:30 Relaxation Music 10:00 <b>Healing Arts Class</b> 11:30 Aerobics w/ Tommy 1:00 Bingo</p>	<p><b>2</b> 8:30 Brain Teasers 10:00 <b>BP Screening</b> 11:30 Zumba</p>	<p><b>3</b> 8:30 Table Games 9:00 Current Events 10:00 <b>SU-CASA Art Class</b> 1:00 Leisure Bingo</p>
<p><b>6 WALMART TRIP</b> 8:30 Relaxation Music 9:00 Current Events 11:00 VNSNY Presentation 1:00 Aerobics w/ Tommy</p>	<p><b>7 Pantry Day</b> 12:00 Lunch 1:00 Lehman Nursing Students Presentation</p>	<p><b>8 Healing Arts w. Evelyn!</b> 8:30 Relaxation Music 10:00 <b>Healing Arts Class</b> 11:30 Aerobics w/ Tommy 1:00 Bingo</p>	<p><b>9</b> 8:30 Brain Teasers 10:00 <b>BP Screening</b> 11:00 <b>NYC Poison Control ctr.</b> 11:30 Zumba</p>	<p><b>10</b> 8:30 Table Games 9:00 Current Events 10:00 <b>SU-CASA Art Class</b> 1:00 Leisure Bingo</p>
<p><b>13 Nutrition Lecture</b> 8:30 Relaxation Music 9:00 Current Events 11:00 <b>Nutrition w. Kihani</b> 1:00 Aerobics w/ Tommy</p>	<p><b>14 Mother's Day Party</b> 8:30 Brain Teasers 9:00 Current Events 10:00 <b>SU-CASA Art Class</b> 11:00 Technology</p>	<p><b>15 Healing Arts w. Evelyn!</b> 8:30 Relaxation Music 10:00 <b>Healing Arts Class</b> 11:30 Aerobics w/ Tommy 1:00 Bingo</p>	<p><b>16</b> 8:30 Brain Teasers 10:00 <b>BP Screening</b> 11:30 Zumba</p>	<p><b>17</b> 8:30 Table Games 9:00 Current Events 10:00 <b>SU-CASA Art Class</b> 1:00 Leisure Bingo</p>
<p><b>20</b> 8:30 Relaxation Music 9:00 Current Events 10:00 Health Management 1:00 Aerobics w/ Tommy</p>	<p><b>21</b> 8:30 Brain Teasers 9:00 Current Events 10:00 <b>SU-CASA Art Class</b> 1:00 Cultural Arts</p>	<p><b>22 Wine Glass Painting</b> 8:30 Relaxation Music 10:00 <b>SWH Glass Painting</b> 11:30 Aerobics w/ Tommy 1:00 Bingo</p>	<p><b>23</b> 8:30 Brain Teasers 10:00 <b>BP Screening</b> 11:00 <b>Edison Homecare</b> 11:30 Zumba</p>	<p><b>24</b> 8:30 Table Games 9:00 Current Events 10:00 <b>SU-CASA Art Class</b> 1:00 Leisure Bingo</p>
<p><b>27</b> <b>CENTER CLOSED</b> <b>CENTRO CERRADO</b></p>	<p><b>28 Birthday Party</b> 8:30 Brain Teasers 9:00 Current Events 10:00 <b>SU-CASA Art Class</b></p>	<p><b>29 Healing Arts w. Evelyn!</b> 8:30 Relaxation Music 10:00 <b>Healing Arts Class</b> 11:30 Aerobics w/ Tommy 1:00 Bingo</p>	<p><b>30</b> 8:30 Brain Teasers 10:00 <b>BP Screening</b> 11:30 Zumba</p>	<p><b>31</b> 8:30 Table Games 9:00 Current Events 10:00 <b>SU-CASA Art Class</b> 1:00 Leisure Bingo</p>



**May 2019 MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Please Reserve for lunch by 1PM the day before.</b></p> <p><b>Thank You!</b></p>	<p><b>Por Favor reserven el almuerzo antes de las 1PM el dia anterior</b></p> <p><b>Gracias!</b></p>	<p>1 Apple Fish Cakes Roasted Potatoes Cole Slaw</p>	<p>2 Banana Pork Stir Fry w. Vegetables White Rice Broccoli w. Toasted Garlic</p>	<p>3 Orange Chicken Salad Macaroni Salad Pita Halves</p>
<p>6 Apple Oven Fried Chicken Baked Mac &amp; Cheese Green Bean Sautee</p>	<p>7 Banana Mango Chutney Pork Roast Baked Potatoes Normandy Blend</p>	<p>8 Apple Chicken Breast Rice Okra w. Tomatoes</p>	<p>9 Banana Beef and Pepper Pasta Sauteed Spinach</p>	<p>10 Orange Fish w. Creole Sauce Black Beans and Rice Lettuce &amp; Tomatoes</p>
<p>13 Apple Baked Asian Style Honey Chicken Mashed Potatoes Green Bean Sautee</p>	<p>14 Banana BBQ Pork Chops Rice and Beans Normandy Blend</p>	<p>15 Orange Rosemary Chicken Baked Potatoes Baby Carrots w. Parsley</p>	<p>16 Banana Baked Breaded Fish Pasta Primavera Steamed Broccoli</p>	<p>17 Apple Turkey Salad Garden Salad Sweet Potato Salad</p>
<p>20 Apple Beef Pot Roast Roasted Potatoes Italian Blend Vegetables</p>	<p>21 Banana Baked Chicken Quarters Brown Rice Cabbage Carrot Slaw</p>	<p>22 Orange Sweet &amp; Sour Pork Loin Mashed Potatoes Cauliflower w. Carrots &amp; Parsley</p>	<p>23 Banana Curried Chicken Legs White Rice Broccoli w. Toasted Garlic</p>	<p>24 Apple Baked Fish w. Black Bean Sauce Egg Noodles Steamed Green Beans</p>
<p>27  Center Closed Centro Cerrado</p>	<p>28 Banana Teriyaki Chicken Thighs Chinese style Spaghetti Oriental Blend</p>	<p>29 Orange Baked Whiting Fish Potato Wedges Sauteed Spinach</p>	<p>30 Banana Jerk Chicken Rice &amp; Beans Cabbage w. Shredded Carrots</p>	<p>31 Apple Tuna Fish Salad Pasta Salad Cucumber Salad</p>



**JASA Throggs Neck Senior Center**

**2705 Schley Avenue**

**Bronx, New York 10465**

**718 823 1771**

**[www.jasa.org](http://www.jasa.org)**

