


**MAY 2019 ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>*Calendar is subject to change</b>	<b>1.</b> 11:00AM-Café & Music 12:00 P.M.-Lunch 1PM-Nintendo Wii 2:00-3:00 P.M.-Leisure Bingo	<b>2.</b> 11:00 A.M.- BP 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:00 P.M.-Leisure Bingo	<b>3.</b> 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo
<b>6.</b> 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch <b>1:00 P.M.- Café &amp; Music</b> 2:00-3:00P.M.-Leisure Bingo	<b>7.</b> <b>PARTY</b> <b>10:00 A.M.-12PM Plant Hero</b> 12:00 P.M.-Lunch 1:00 P.M.- 3:00 P.M. PARTY	<b>8. Lunch Cruise TRIP</b> <b>11:00AM-Color your stress</b> 12:00 P.M.-Lunch 1PM-Nintendo Wii 2:00-3:00 P.M.- Leisure Bingo	<b>9.</b> 11:00 A.M.- BP <b>11:00 A.M.- Computers w/Jess</b> 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:00 P.M.-Leisure Bingo	<b>10.</b> 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo
<b>13.</b> 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	<b>14.</b> <b>Special Elections</b>  <b>Lunch to go 12pm-1pm</b>	<b>15.</b> 11:00AM-Café & Music 12:00 P.M.-Lunch 1PM-Nintendo Wii 2:00-3:00 P.M.-Leisure Bingo	<b>16.</b> <b>11:00 A.M.- Nutrition presentation</b> 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:00 P.M.-Leisure Bingo	<b>17.</b> 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo
<b>20.</b> 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	<b>21.</b> <b>10:00 A.M.-12PM-Storytelling</b> 12:00 P.M.-Lunch 1:00 P.M.- Tai-chi 2:00-3:00 P.M.-Leisure Bingo	<b>22.</b> 11:00AM-Café & Music 12:00 P.M.-Lunch 1PM-Nintendo Wii 2:00-3:00 P.M.-Leisure Bingo	<b>23.</b> 11:00 A.M.- BP 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:00 P.M.-Leisure Bingo	<b>24.</b> 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo
<b>27.</b>  <b>CLOSED</b>	<b>28.</b> <b>10:00 A.M.-12PM-Storytelling</b> 12:00 P.M.-Lunch 1:00 P.M.- Tai-chi 2:00-3:00 P.M.-Leisure Bingo	<b>29.</b> 11:00AM-Café & Music 12:00 P.M.-Lunch 1PM-Nintendo Wii 2:00-3:00 P.M.-Leisure Bingo	<b>30.</b> 11:00 A.M.- BP <b>11:00 A.M.- Computers w/Jess</b> 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:00 P.M.-Leisure Bingo	<b>31.</b> 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo

**JASA WILLIAMSBURG SENIOR CENTER \* 202 Graham Ave Brooklyn, NY 11206 \* 718-388-6865**  
**MAY 2019 MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
*Menu is subject to change		1. Orange Juice Fish Cake Roasted Potatoes Cole Slaw WW Bread Apple	2. Apple Juice Pork Stir Fry w/ Vegetables White Rice Broccoli w/ Toasted Garlic WW Bread Banana	3. Grape Juice Chicken Salad Macaroni Salad Israeli Salad Pita Halves Orange
6. Orange Juice Oven Fried Chicken Macaroni & Cheese Green Bean Sauté Apple	7. <b>PARTY</b> Apple Juice Mango Chutney Pork Roast Baked Potatoes Normandy Blend Vegetables WW Bread Banana	8. <b>TRIP</b> Orange Juice Chicken w/ Rice (Arroz Con Pollo) Okra w/ Tomatoes WW Bread Apple	9. Grape Juice Beef & Pepper Pasta Spinach WW Bread Banana	10. Apple Juice Fish w/ Creole Sauce Black Beans & Rice Lettuce & Tomato Orange
13. Orange Juice Baked Asian Style Honey Chicken Green Bean Sauté Smashed Red Potatoes WW Bread Apple	14. <b>Elections</b> Apple Juice BBQ Pork Chops Rice & Beans Normandy Blend Vegetables Banana	15. Grape Juice Rosemary Chicken Carrots w/ Parsley Baked Potatoes WW Bread Orange	16. Apple Juice Baked Breaded Fish Pasta Primavera Steamed Broccoli WW Bread Banana	17. Grape Juice Turkey Salad Garden Salad Sweet Potato Salad WW Bread Apple
20. Orange Juice Beef Pot Roast Italian Blend Vegetables Roasted Potatoes WW Bread Apple	21. Apple Juice Baked Chicken Brown Rice Cabbage Carrot Slaw WW Bread Banana	22. Orange Juice Sweet & Sour Pork Cauliflower w/ Carrots & Parsley Mashed Potatoes WW Bread Orange	23. Apple Juice Curried Chicken Legs White Rice Broccoli w/ Toasted Garlic WW Bread Banana	24. Grape Juice Baked Fish w/ Black Bean Sauce Egg Noodles Steamed Green Beans WW Bread Apple
27.  CLOSED MEMORIAL DAY	28. Apple Juice Teriyaki Chicken Chinese Style Spaghetti Oriental Blend Vegetables Banana	29. Grape Juice Baked Whiting Fish Filets Baked Red Potato Wedges Spinach WW Bread Orange	30. Apple Juice Jerk Chicken Rice & Beans Cabbage w/ Shredded Carrots WW Bread Banana	31. Grape Juice Tuna Fish Salad Pasta Salad Cucumber Salad WW Bread Apple

**Partly funded by a special legislative grant from Councilmember, Antonio Reynoso**



## **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. Monthly party May 7 – Mother’s day edition
3. Lunch cruise around statue of liberty on May 8 at 930am
4. Special Elections May 14, no activities, only lunch to go
5. Dr Jensen’s nutrition presentation May 16 at 11am

