

SENIOR ALLIANCE SENIOR CENTER *161 Corbin Place, Brooklyn, NY 11235 * Tel. 718-646-4100
SEPTEMBER 2019 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<u>2</u> <u>CENTER WILL BE</u> <u>CLOSED FOR</u> <u>LABOR DAY</u> <u>Happy Labor Day</u>	<u>3</u> 9:00 Computer Lab 9:30 Silver Sneakers Exercise 10:30 Chi Gung 11:00 Leisure Games 12:00 Crochet Class 1:00 Hand-on Culture Club / ART 2:00 History of Arts 2:00 <u>PRESENTATION by: Children of War II</u>	<u>4</u> 9:00 Computer Lab 9:30 AEROBIC with Pat 11:00 Leisure Games 12:00 Health & Wellness Group	<u>5</u> 9:00 Computer Lab 9:30 Chair Exercise 10:30 Social Dance with Nick & Pearl 11:00 Leisure Games <u>12:30 PRESENTATION by:</u> <u>Chabad Women's Organization</u> <u>Pre – Rosh Hashanah</u>	<u>6</u> 9:00 Computer Lab 9:30 ZUMBA All the Way 10:15 Yoga Balance with Andree 10:30 Computer Class/ English 11:00 Leisure Games <u>12:00 PRESENTATION by: NYP DEP.</u> <u>PC.61 "Tips for Seniors"</u> 12:30 Health & Wellness Group
9 9:00 Computer Lab 9:30 ZUMBA with Pat 10:00 'Fabric Collage" (New Class) 10:30 Tai Chi 11:00 Leisure Games 12:00 Health & Wellness Group 1:00 Bridge Club	<u>10</u> 9:00 Computer Lab 9:30 Silver Sneakers Exercise 10:30 Chi Gung 11:00 Leisure Games 12:00 Crochet Class 1:15 Dancing with Star 1:00 Hand-on Culture Club / ART 2:00 History of Arts 2:00 <u>PRESENTATION by: Children of War II</u>	<u>11</u> 9:00 Computer Lab 11:00 Leisure Games 12:00 Health & Wellness Group 2:30 Dancing with Star	<u>12</u> 9:00 Computer Lab 9:30 Chair Exercise 10:30 Social Dance with Nick & Pearl 11:00 Leisure Games <u>12:00 NUTRITION EDUCATION</u> <u>with Elaine "Holiday Food"</u>	<u>13</u> 9:00 Computer Lab 9:30 ZUMBA All the Way 10:15 Yoga Balance with Andree 10:30 Computer Class/ English 11:00 Leisure Games 12:30 Health & Wellness Group
<u>16</u> 9:00 Computer Lab 9:30 ZUMBA with Pat 10:30 Tai Chi 11:00 Leisure Games <u>12:00 ENTERTAINMENT</u> <u>BIRTHDAY PARTY for Senior of "103"</u> And for All Seniors of August, September 1:00 Bridge Club <u>3:00 PRESENTATION by: Jewish Met</u> <u>Council "Book Presentation"</u>	<u>17</u> 9:00 Computer Lab 9:30 Silver Sneakers Exercise 10:30 Chi Gung 11:00 Leisure Games 12:00 Crochet Class 1:00 Hand-on Culture Club / ART 2:00 History of Arts 1:15 Dancing with Star 2:00 <u>PRESENTATION by: Children of War II</u>	<u>18</u> 9:00 Computer Lab 11:00 Leisure Games 12:00 Health & Wellness Group 2:30 Dancing with Star <u>2:00 ENTERTAINMENT by:</u> <u>ODESSA COMMUNITY / EVENT</u>	<u>19</u> 9:00 Computer Lab 9:30 Chair Exercise 10:30 Social Dance with Nick & Pearl 11:00 Leisure Games	<u>20</u> 9:00 Computer Lab 9:30 ZUMBA All the Way 10:30 Yoga Balance with Andree 10:30 Computer Class/ English 11:00 Leisure Games 12:30 Health & Wellness Group
<u>23</u> 9:00 Computer Lab 9:30 ZUMBA with Pat 10:00 'Fabric Collage" (New Class) 10:30 Tai Chi 11:00 Leisure Games 12:00 Health & Wellness Group 1:00 Bridge Club	<u>24</u> 9:00 Computer Lab 9:30 Silver Sneakers Exercise 10:30 Chi Gung 11:00 Leisure Games 12:00 Crochet Class 1:00 Hand-on Culture Club / ART 2:00 History of Arts 1:15 Dancing with Star 2:00 <u>PRESENTATION by: Children of War II</u>	<u>25</u> 9:00 Computer Lab 11:00 Leisure Games 12:00 Health & Wellness Group 2:30 Dancing with Star	<u>26</u> 9:00 Computer Lab 9:30 Chair Exercise 10:30 Social Dance with Nick & Pearl 11:00 Leisure Games	<u>27</u> 9:00 Computer Lab 9:30 ZUMBA All the Way 10:30 Yoga Balance with Andree 10:30 Computer Class/ English 11:00 Leisure Games 12:30 Health & Wellness Group

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<p>2</p> <p>CENTER IS CLOSED FOR LABOR DAY</p>	<p>3</p> <p>Sweet and Sour Meatballs Kasha Green Beans Or Salmon Salad</p>	<p>4</p> <p>Chicken Fajitas Pita Halves Garden Salad Or Tuna Salad with Eggs</p>	<p>5</p> <p>Breaded Pollock Fish Fillet Corn and Red Peppers Coleslaw Or Chicken Salad</p>	<p>6</p> <p>Hawaiian Chicken Legs California Blend Vegetables Mashed Potatoes Or Gefilte Fish</p>
<p>9</p> <p>BBQ Sauce Turkey Burger Spiced Sweet Potatoes Green Beans Or Tuna Salad</p>	<p>10</p> <p>Chicken Francaise Orzo with Vegetables California Blend Vegetables Or Egg Salad</p>	<p>11</p> <p>Beef Lasagna Tossed Salad with dressing Or Salmon Salad</p>	<p>12</p> <p>Hot Baked Salmon with Horseradish Sauce Hot Pearl Barley with Mushrooms Cucumber Salad Or Turkey Salad</p>	<p>13</p> <p>Rosemary Chicken Noodle Kugel Steamed Carrots Or Gefilte Fish</p>
<p>16</p> <p>California Turkey Meatloaf Homemade Mashed Potatoes Steamed Carrots and Green Beans Or Tuna Salad</p>	<p>17</p> <p>Chicken Shawarma Pita Halves Israeli Salad Or Baked Falafel</p>	<p>18</p> <p>Stuffed Cabbage with Beef Pasta California Blend Vegetables Or Salmon Salad</p>	<p>19</p> <p>Salmon Burger Home Fries with Peppers and Onions Cucumber Dill Sauce Or Curried Chicken Salad</p>	<p>20</p> <p>Roasted Chicken Potato Kugel Creamy Spinach Or Gefilte Fish</p>
<p>23</p> <p>Pepper Steak Chinese Style Spaghetti Cabbage with shredded carrots Or Tuna Egg Salad</p>	<p>24</p> <p>Spanish Style Roast Chicken Brown Rice with Black Beans Green Beans Or Salmon Salad</p>	<p>25</p> <p>Shepherd Pie Tossed Salad w/ dressing Or Egg Salad</p>	<p>26</p> <p>Breaded Sole Fish Fillet Bulgar Salad Creamy Spinach Or Turkey Salad</p>	<p>27</p> <p>Grilled Caribbean Chicken Breast Noodle Kugel Beet Salad Or Gefilte Fish</p>
<p>30</p> <p>CENTER IS CLOSED FOR ROSH HASHAHA</p>				



Senior Alliance Senior Center

**161 Corbin Place
Brooklyn, NY 11235
718-646-4100
www.jasa.org**

**Hours of Operation
Monday-Friday
9am-5pm**

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