



DECEMBER 2018 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 COMPUTER CLASSES 9:30am - 10:30am LINE DANCING 10:00AM CURRENT EVENTS 11:00am - 1:00pm DIABETES SUPPORT GROUP 1:00pm LIBRARY 11:00am - 1:00pm</p>	<p>4 DOMINOES 10:00am HEALTH & WELLNESS SUPPORT GROUP 10:00am - 11:00am KARAOKE 1:00pm - 2:00pm</p>	<p>5 DOMINOES 10:00am SPELLING BEE 10:00am BODY IN MOTION 10:00am - 11:00am SPANISH PRACTICE CLASS 10:30am ZUMBA 11:00am - 12:00pm</p>	<p>6 DOMINOES 10:00am "STAYING FRESH & ALIVE" 11:00am WORD SEARCH 11:00am - 12:00pm SPELLING BEE 11:00am KARAOKE 1:00pm</p>	<p>7 DOMINOES 10:00am ART 10:00AM FREE OIL PAINTING CLASSES 10:00am - 11:30am</p>
<p>10 COMPUTER CLASSES 9:30am - 10:30am LINE DANCING 10:00AM CURRENT EVENTS 11:00am - 1:00pm LIBRARY 11:00am - 1:00pm</p>	<p>11 DOMINOES 10:00am HEALTH & WELLNESS SUPPORT GROUP 10:00am - 11:00am KARAOKE 1:00pm - 2:00pm</p>	<p>12 DOMINOES 10:00am SPELLING BEE 10:00am BODY IN MOTION 10:00am - 11:00am SPANISH PRACTICE CLASS 10:30am ZUMBA 11:00am - 12:00pm</p>	<p>13 Jasa Holidays Party</p> 	<p>14 DOMINOES 10:00am ART 10:00AM FREE OIL PAINTING CLASSES 10:00am - 11:30am</p>
<p>17 COMPUTER CLASSES 9:30am - 10:30am LINE DANCING 10:00AM CURRENT EVENTS 11:00am - 1:00pm LIBRARY 11:00am - 1:00pm</p>	<p>18 DOMINOES 10:00am HEALTH & WELLNESS SUPPORT GROUP 10:00am - 11:00am KARAOKE 1:00pm - 2:00pm</p>	<p>19 DOMINOES 10:00am SPELLING BEE 10:00am BODY IN MOTION 10:00am - 11:00am SPANISH PRACTICE CLASS 10:30am ZUMBA 11:00am - 12:00pm</p>	<p>20 DOMINOES 10:00am "STAYING FRESH & ALIVE" 11:00am WORD SEARCH 11:00am - 12:00pm SPELLING BEE 11:00am KARAOKE 1:00pm</p>	<p>21 DOMINOES 10:00am ART 10:00AM FREE OIL PAINTING CLASSES 10:00am - 11:30am</p>
<p>24 COMPUTER CLASSES 9:30am - 10:30am LINE DANCING 10:00AM CURRENT EVENTS 11:00am - 1:00pm LIBRARY 11:00am - 1:00pm</p>	<p>25 JASA CLOSED</p> 	<p>26 DOMINOES 10:00am SPELLING BEE 10:00am BODY IN MOTION 10:00am - 11:00am SPANISH PRACTICE CLASS 10:30am ZUMBA 11:00am - 12:00pm</p>	<p>27 DOMINOES 10:00am "STAYING FRESH & ALIVE" 11:00am WORD SEARCH 11:00am - 12:00pm SPELLING BEE 11:00am MONTHLY BIRTHDAY CELEBRATION 12:30pm - 1:00pm KARAOKE 1:00pm</p>	<p>28 DOMINOES 10:00am ART 10:00AM FREE OIL PAINTING CLASSES 10:00am - 11:30am</p>
<p>31 COMPUTER CLASSES 9:30am - 10:30am LINE DANCING 10:00AM CURRENT EVENTS 11:00am - 1:00pm LIBRARY 11:00am - 1:00pm</p>				

DECEMBER 2018 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 KOSHER: TURKEY W/GRAVY, BAKED POTATO IN SKIN (WHOLE GRAIN STUFFING), STEAMED BROCCOLI</p> <p>ALTERNATIVE: SALMON SALAD, POTATO SALAD (RED CABBAGE SALAD)</p> <p>NON-KOSHER: SWEET & SOUR PORK W/PINEAPPLE (CHINESE STYLE SPAGHETTI)</p>	<p>4 KOSHER: CHICKEN CACCIATORE, PASTA (½ CUP), GREEN BEANS</p> <p>ALTERNATIVE: EGG SALAD, CARROT SALAD (GREEN BEAN SALAD)</p> <p>NON-KOSHER: CHICKEN W/BLACK BEAN SAUCE, WHITE RICE (OKRA W/TOMATOES)</p>	<p>5 KOSHER: SWEET AND SOUR MEATBALLS, MAUZONE TOASTED BARLEY & AMP ONION, CALIFORNIA BLEND VEG.</p> <p>ALTERNATIVE: TUNA SALAD, LENTIL SALAD, CUCUMBER SALAD</p> <p>NON-KOSHER: BEEF STEW, EGG NOODLES, BROCCOLI W/TOASTED GARLIC</p>	<p>6 KOSHER: BREADED POLLOCK FISH FILLET, CORN & RED PEPPERS, COLESLAW</p> <p>ALTERNATIVE: CHICKEN SALAD, TRICOLOR PASTA, COLESLAW</p> <p>NON-KOSHER: HAWAIIAN CHICKEN LEGS, MASHED SWEET POTATOES, SAUTEED STRING BEANS</p>	<p>7 KOSHER: HAWAIIAN CHICKEN LEGS, WHITE RICE, SPINACH SOUFFLE</p> <p>ALTERNATIVE: GELFITE FISH, ISRAELI SALAD, THREE BEAN SALAD</p> <p>NON-KOSHER: FISH W/CREOLE SAUCE, PASTA (1 CUP), STEAMED KALE</p>
<p>10 KOSHER: SHEPHERD'S PIE W/BEEF & TURKEY, TOSSED SALAD W/DRESSING</p> <p>ALTERNATIVE: TUNA SALAD, ORZO WITH VEGETABLES, TOSSED SALAD W/ DRESSING</p> <p>NON-KOSHER: CHICKEN STIR FRY W/VEG, BROWN RICE (½ CUP), STEAMED CAULIFLOWER</p>	<p>11 KOSHER: CHICKEN FRANCAISE, ORZO W/VEG, CALIFORNIA BLEND VEG.</p> <p>ALTERNATIVE: EGG SALAD, HERB POTATO SALAD W/MUSTARD</p> <p>NON-KOSHER: STEWED PORK CHOPS, BAKED RED POTATO WEDGES, TANGY GREEN BEANS</p>	<p>12 KOSHER: TURKEY DRUMSTICKS, MASHED SWEET POTATOES, GREEN BEANS W/TOMATOES</p> <p>ALTERNATIVE: SALMON SALAD, GREEN BEAN SALAD (MEXICAN CORN CONFETTI SALAD)</p> <p>NON-KOSHER: BAKED TURKEY BREAST, BAKED SWEET POTATO (COLLARD GREENS W/TOMATO)</p>	<p>13</p> <p>JASA ANNUAL CHRISTMAS PARTY</p>	<p>14 KOSHER: ROASTED CHICKEN, NOODLE KUGEL, BROCCOLI & RED PEPPERS</p> <p>ALTERNATIVE: GELFITE FISH, WHITE BEAN SALAD, CARROT SALAD</p> <p>NON-KOSHER: GARLIC CHICKEN, RICE W/VEG, BRUSSEL SPROUTS & KALE SAUTE</p>
<p>17 KOSHER: CALIFORNIA TURKEY MEATLOAF, HOMEMADE MASHED POTATOES (STEAMED CARROTS)</p> <p>ALTERNATIVE: TUNA SALAD, CARROT APPLE RAISIN SALAD (HERB POTATO SALAD W/MUSTARD VINAIGRETTE)</p> <p>NON-KOSHER: SPANISH STYLE BAKED CHICKEN, ROASTED POTATOES (SAUTEED GREEN BEAN)</p>	<p>18 KOSHER: CHICKEN CACCIATORE, PASTA (½ CUP), SAUTEED ZUCCHINI</p> <p>ALTERNATIVE: OVO - VEGETARIAN CHOPPED LIVER, BOW TIE PASTA SALAD (FOUR BEAN SALAD)</p> <p>NON-KOSHER: BEEF & BROCCOLI, EGG NOODLES, MIXED VEGETABLES</p>	<p>19 KOSHER: STUFFED CABBAGE W/BEEF, KASHA VARNISHKES, CALIFORNIA BLEND VEG.</p> <p>ALTERNATIVE: SALMON SALAD, MACARONI & PEA SALAD, (BEET SALAD)</p> <p>NON-KOSHER: TERIYAKI CHICKEN THIGHS, WHITE RICE, BABY CARROTS W/PARSLEY</p>	<p>20 KOSHER: SALMON BURGER, YELLOW RICE, CUCUMBER DILL SALAD</p> <p>ALTERNATIVE: CURRIED CHICKEN SALAD, RICE SALAD, CUCUMBER SALAD</p> <p>NON-KOSHER: BBQ PULLED PORK, BAKED SWEET POTATO (COLLARD GREENS)</p>	<p>21 KOSHER: ROASTED CHICKEN, BOILED POTATOES & CARROTS, GREEN BEANS</p> <p>ALTERNATIVE: GELFITE FISH, COUSCOUS SALAD W/LENTILS, CARROTS & PARSLEY, GREEN BEAN SALAD</p> <p>NON-KOSHER: BAKED WHITING FISH FILLETS, CORN, WINTER BLEND VEGETABLES</p>
<p>24 KOSHER: PEPPER STEAK, CHINESE STYLE SPAGHETTI, CABBAGE W/SHREDDED CARROTS</p> <p>ALTERNATIVE: TUNA SALAD, MACARONI & PEA SALAD (RED CABBAGE SALAD)</p> <p>NON-KOSHER: BEEF BRISKET W/TOMATOES & ONIONS, BROCCOLI & RED PEPPERS (INSTANT MASHED POTATOES)</p>	<p>25</p> <p>JASA CLOSED</p>	<p>26 KOSHER: TURKEY BURGER, POTATO SALAD (TOSSED SALAD W/DRESSING)</p> <p>ALTERNATIVE: EGG SALAD, POTATO SALAD (TOSSED SALAD W/DRESSING)</p> <p>NON-KOSHER: HOMEMADE ROAST PORK SPANISH STYLE, ROASTED VEG. COUSCOUS, STEAMED CAULIFLOWER</p>	<p>27 KOSHER: BREADED SOLE FISH FILLET, BULGUR SALAD (CREAMY SPINACH)</p> <p>ALTERNATIVE: TURKEY SALAD, BULGUR SALAD (GREEN BEAN SALAD)</p> <p>NON-KOSHER: CURRIED CHICKEN LEGS, BLACK BEANS & RICE, CABBAGE W/SHREDDED CARROTS</p>	<p>28 KOSHER: SPANISH STYLE ROAST CHICKEN, BROWN RICE & BLACK BEANS, BEET SALAD</p> <p>ALTERNATIVE: GELFITE FISH, BOW TIE PASTA SALAD (BEET SALAD)</p> <p>NON-KOSHER: FISH W/CREOLE SAUCE, RICE W/VEG. (SAUTEED SPINACH)</p>
<p>31 KOSHER: TURKEY DRUMSTICKS, GREEN BEANS (MASHED SWEET POTATOES)</p> <p>ALTERNATIVE: EGG SALAD, GREEN BEAN SALAD (SWEET POTATO SALAD)</p> <p>NON-KOSHER: TURKEY W/GRAVY, COLLARD GREENS (GARLIC MASHED POTATOES)</p>				



EINSTEIN SENIOR CENTER

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www.jasa.org

Hours

9AM TO 2:00 PM

Program Director : Ann Moncrieffe

Program Coordinator: Julia Mora

Daily Lunch

Daily hot cold, and hot meals.

Kosher , Alternative, Non-kosher

(12:00pm-1:15pm)

Monthly Activities/Trips Offered

Bartow & Einstein Christmas drive (Until December 14)

St.Mary's pool :December 7,17th

Stew Leonard's :December 3rd

Shoprite (New Rochelle) :December 3rd

Costco: December 4th

Walmart: December 4th

Ridgehill: December 6th

The mills, Jersey Gardens outlet mall: December 10th

Ikea, Bed Bath and Beyond & Christmas tree store :December 11th

Brownstone ...Merry Christmas Baby : Dec 18

Hunterdon Hill Playhouse... Christmas in the Air : Dec 20

For all trips Please call the Jasa Main office

718-320-2066

