

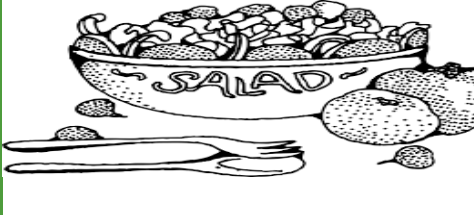
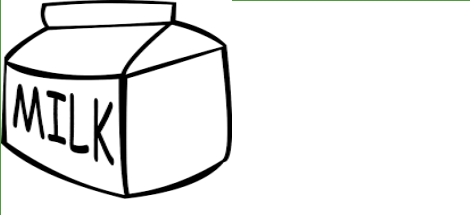


JASA at the HES* 9502 SEAVIEW AVENUE, BROOKLYN NY 11236* (718) 251-3700
DECEMBER 2018 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p>THE JASA STAFF WISHES ALL OF OUR MEMBERS A HAPPY, HEALTHY & PEACEFUL HOLIDAY SEASON</p>		<p>SUNDAY – DECEMBER 30TH JOIN YOUR CENTER FAMILY AT A NEW YEARS CELEBRATION AS WE RING IN 2019</p> 		
<p>3 10am CREATE & DESIGN W/ ARLENE 11am SENIORCISE 12 NOON LUNCH</p>	<p>4 9:30 BINGO BOP 10:30 NYC ROAD RUNNERS 11:00 – KIDNEY HEALTH WORKSHOP 11:30 – CROWN HEIGHTS YESHIVA 12 NOON LUNCH 12:30 COLOR YOUR WORLD 12:45 ACRYLIC PAINTING</p>	<p>5 9:15 BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10am NAME THAT TUNE 11am YOGA 11:30 – MOVIES & RESTAURANT TRIP 12 NOON LUNCH 12:45 MACRAME</p>	<p>6 9:30 BINGO BOP 10am LEISURE GAMES 10:30 COLOR YOUR WORLD 11am WALK IN PLACE 12 NOON LUNCH</p>	<p>7 9:30 BINGO BOP 10 am COLOR YOUR WORLD 10:30 GENTLE AEROBICS 12 NOON LUNCH</p>
<p>10 10am CREATE & DESIGN W/ ARLENE 11am SENIORCISE 12 NOON LUNCH AND HOLIDAY KARAOKE SONG CELEBRATION</p>	<p>11 9:30 BINGO BOP 10:30 NYC ROAD RUNNERS 11:00 – NUTRITIONIST RICK SHIELDS 12 NOON LUNCH 12:30 COLOR YOUR WORLD 12:45 ACRYLIC PAINTING</p>	<p>12 9:15 BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10am NAME THAT TUNE 11am YOGA 12 NOON LUNCH 12:45 MACRAME</p>	<p>13 9:30 BINGO BOP 10am LEISURE GAMES 10:30 COLOR YOUR WORLD 11am WALK IN PLACE 12 NOON LUNCH</p>	<p>14 9:30 BINGO BOP 10 am COLOR YOUR WORLD 10:30 GENTLE AEROBICS 12 NOON LUNCH</p>
<p>17 11am SENIORCISE 12 NOON LUNCH 12:30 CREATE & DESIGN W/ ARLENE</p>	<p>18 9:30 BINGO BOP 10:30 NYC ROAD RUNNERS 11:00 – KIDNEY HEALTH WORKSHOP 12 NOON LUNCH 12:30 COLOR YOUR WORLD 12:45 ACRYLIC PAINTING</p>	<p>19 9:15 BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10am NAME THAT TUNE 11am YOGA</p>	<p>20 9:30 BINGO BOP 10am LEISURE GAMES 10:30 COLOR YOUR WORLD 11am WALK IN PLACE 12 NOON LUNCH</p>	<p>21 9:30 BINGO BOP 10 am COLOR YOUR WORLD 10:30 GENTLE AEROBICS 12 NOON LUNCH</p>
<p>24 11am SENIORCISE 12 NOON LUNCH 12:30 CREATE & DESIGN W/ ARLENE</p>	<p>25 <u>CLOSED FOR THE HOLIDAY OF CHRISTMAS</u></p>	<p>26 9:15 BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10am NAME THAT TUNE 11am YOGA 12 NOON LUNCH 12:45 MACRAME</p>	<p>27 9:30 BINGO BOP 10am LEISURE GAMES 10:30 COLOR YOUR WORLD 11am WALK IN PLACE 12 NOON LUNCH</p>	<p>28 9:30 BINGO BOP 10 am COLOR YOUR WORLD 10:30 GENTLE AEROBICS 12 NOON LUNCH</p>

DECEMBER 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>THE FOLLOWING MENU IS SUBJECT TO CHANGE WITHOUT ANY ADVANCE NOTICE</p>		
<p>3 TURKEY WITH GRAVY POTATOPANCAKES & BROCCOLI WHOLE GRAIN STUFFING</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD CARROT/APPLE SALAD&POTATO SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>4 CHICKEN CACCIATORE PASTA & GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> – VEGETARIAN CHOPPED LIVER BOWTIE PASTA & 4 BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>5 SWEET & SOUR MEATBALLS TOASTED BARLEY & MIXED VEGGIES</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD MACARONI/PEA SALAD & BEET SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>6 BREADED FISH CORN/RED PEPPERS & COLESLAW</p> <p><u>ALTERNATE MEAL</u> – CURRIED CHICKEN SALAD CUCUMBER SALAD & RICE SALAD WHOLE WHEAT BUN MILK TO TAKE HOME</p>	<p>7 HAWAIIAN ROASTED CHICKEN WHITE RICE & SPINACH SOUFFLE</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH ISRAELI SALAD & 3 BEAN SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>10 BEEF & TURKEYSHEPHERD'S PIE</p> <p>TOSSED SALAD</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD VEGGIE ORZO & TOSSED SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>11 CHICKEN FRANCAISE VEGGIE ORZO & CALIFORNIA BLEND</p> <p><u>ALTERNATE MEAL</u> – EGG SALAD HERB POTATO SALAD & RED CABBAGE WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>12 TURKEY DRUMSTICKS SWEET POTATOES & GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD MEXICAN CORN CONFETTI & 3 BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>13 IMITATION CRAB CAKES (KANI) VEGGIE RICE & RUSSIAN COLE SLAW</p> <p><u>ALTERNATE MEAL</u> – TURKEY SALAD CHICKPEA SALAD & RUSSIAN COLE SLAW WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>14 ROASTED CHICKEN NOODLE KUGEL & BROCCOLI</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH WHITE BEAN SALAD & CARROT SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>17 CALIFORNIA TURKEY MEATLOAF FRESH MASHED POTATOES & CARROTS</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD HERB POTATO SALAD & CARROT/APPLE SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>18 CHICKEN CACCIATORE PASTA & SAUTED ZUCCHINI</p> <p><u>ALTERNATE MEAL</u> – VEGETARIAN CHOPPED LIVER BOWTIE PASTA & 4 BEANSALAD FRESH HOT GARLIC BREAD MILK TO TAKE HOME</p>	<p>19 STUFFED CABBAGE KASHA VARNISHKAS & MIXED VEGGIES</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD MACARONI/PEA SALAD & BEET SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>20 SALMON BURGER YELLOW RICE & CUCUMBER DILL SALAD</p> <p><u>ALTERNATE MEAL</u> – CURRIED CHICKEN SALAD RICE SALAD & CUCUMBER SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>21 ROASTED CHICKEN POTATOES/CARROTS & GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH COUSCOUS SALAD & GREEN BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>
<p>24 PEPPER STEAK CHINESE SPAGHETTI & CABBAGE</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD MACARONI SALAD & CABBAGE SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>25 <u>THE CENTER WILL BE CLOSED FOR THE HOLIDAY OF CHRISTMAS</u></p>	<p>26 TURKEY BURGER POTATOE SALAD & TOSSED SALAD</p> <p><u>ALTERNATE MEAL</u> – EGG SALAD POTATO SALAD & TOSSED SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>27 BREADED FILLET OF SOLE BULGAR SALAD & CREAMY SPINACH</p> <p><u>ALTERNATE MEAL</u> – TURKEY SALAD BULGUR SALAD & GREEN BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>28 SPANISH STYLE ROAST CHICKEN BROWN RICE/BEANS & BEET SALAD</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH BOWTIE SALAD & BEET SALAD CHALLAH BREAD MILK TO TAKE HOME</p>



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STAFF:

SUE ANN PARTNOW – PROGRAM DIRECTOR
LILLIAN McPHAUL – PROGRAM COORDINATOR
ALBERT KADOSH – FOOD TECHNICIAN
MARILYN SIEGEL – COMMUNITY AIDE

CENTER HOURS

8:00am to 4:00pm
Monday-Friday

UPCOMING SPECIAL EVENTS

DECEMBER 4TH – KIDNEY HEALTH WORKSHOP CONTINUES
DECEMBER 4TH – CROWN HEIGHTS YESHIVA – CHANUKAH FUN
DECEMBER 5TH – MOVIE TRIP – “THE WIDOWS” & PERRY’S RESTAURANT
DECEMBER 10TH – HOLIDAY KARAOKE SONGS & CELEBRATION
DECEMBER 11TH – NUTRITIONIST RICK SHIELDS – DIETARY FIBER
DECEMBER 18TH – KIDNEY HEALTH WORKSHOP GRADUATION CLASS
DECEMBER 25TH – THE CENTER IS CLOSED FOR CHRISTMAS DAY
DECEMBER 30TH – RING IN 2019 AT OUR NEW YEAR CELEBRATION

ADDITIONAL FUNDING FROM – COUNCILMAN ALAN MAISEL, BOROUGH PRESIDENT ERIC ADAMS, STATE SENATOR ROXANNE PERSAUD & ASSEMBLYWOMAN JAIME WILLIAMS

