

SHOREFRONT SENIOR CENTER * 3300Coney Island, Brooklyn, NY 11235 * 718-646-1444
DECEMBER 2018 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Literary Club(L.3) 10:00 ESL beginner (L.4) 10:30 Lets Have Fun(L.R) 11:30 Active forever (L.R.) 11:45 Holiday Concert(L.R.) 12:30 WWE (L.3)	4 10:00 ESL(L.4) 10:00 Citizenship Class(L.3) 10:30 Exercise(GYM) 1:00 Intern.Song(L.3) 1:00 Zumba (GYM)	5 9:30 ESL (L.3) 10:00 ESL (L.4) 11:30 Active forever (L.R.) 12:45 Art Class(L. 3) 1:00 Ballroom Dancing(L.R.)	6 9:30 ESL (L.3) 10:30 Exercise (GYM) 11:30 Lecture w/Jean(L.R.) 1:00 Computer Class(L.3) 1:15 Latin Dancing (GYM)	7 10:00 ESL (L.4) 10:00 Citizenship Class(L.3) 10:15 Latin D.(GYM) 11:15 Israeli dancing(GYM) 12:45 Hebrew Class(L.3)
10 10:00 Literary Club(L.3) 10:00 ESL (L.4) 10:30 Lets Have Fun(L.R) 11:30 Active forever (L.R.) 12:30 WWE (L.3.) 1:00 NEW class Belly Dancing (L.R.)	11 10:00 ESL(L.4) 10:00 Citizenship Class(L.3) 10:30 Exercise(GYM) 11:45 Nutritionist presents(L.R.) 1:00 Intern.Song(L.3) 1:00 Zumba (GYM)	12 9:30 ESL (L.3) 10:00 ESL (L.4) 11:45 Elder Abuse Lecture (L.R.) 12:45 Art Class(L. 3) 1:00 Ballroom Dancing(L.R.)	13 9:30 ESL (L.3) 10:30 Exercise (GYM) 11:30 Lecture w/Jean(L.R.) 1:00 Computer Class(L.3) 1:15 Latin Dancing (GYM)	14 10:00 ESL (L.4) 10:00 Citizenship Class(L.3) 10:15 Latin D.(GYM) 11:15 Israeli dancing(GYM) 12:45 Hebrew Class(L.3)
17 10:00 Literary Club(L.3) 10:00 ESL (L.4) 10:30 Lets Have Fun(L.R) 11:30 Active forever 12:30 WWE (L. 3) 1:00 Belly Dancing (L.R.)	18 10:00 ESL(L.4) 10:00 Citizenship Class(L.3) 10:30 Exercise(GYM) 1:00 Intern.Song(L.3) 1:00 Zumba (GYM)	19 9:30 ESL (L.3) 10:00 ESL (L.4) 11:30 Active forever (L.R.) 12:45 Art Class(L. 3) 1:00 Ballroom Dancing(L.R.)	20 9:30 ESL (L.3) 10:30 Exercise (GYM) 11:30 Holiday Party 1:00 Computer Class(L.3) 1:15 Latin Dancing (GYM)	21 10:00 ESL (L.4) 10:00 Citizenship Class(L.3) 10:15 Latin D.(GYM) 11:15 Israeli dancing(GYM) 12:45 Hebrew Class(L.3)
24 10:00 Literary Club(L.3) 10:00 ESL (L.4) 10:30 Lets Have Fun(L.R) 11:30 Active forever 11:45 Challah baking presentation (L.R.) 12:30 WWE (L.3) 1:00 Belly Dancing (L.R.)	25 <i>Christmas Day</i> JASA is closed ----- Sunday,12/16 TRIP -show <i>Sweet Charity</i>	26 9:30 ESL (L.3) 10:00 ESL (L.4) 11:30 Active forever (L.R.) 12:45 Art Class(L. 3) 1:00 Ballroom Dancing(L.R.) 1:00 NEW- Yoga (GYM)	27 9:30 ESL (L.3) 10:30 Exercise (GYM) 11:30 Lecture w/Jean(L.R.) 1:00 Computer Class(L.3) 1:15 Latin Dancing (GYM)	28 10:00 ESL (L.4) 10:00 Citizenship Class(L.3) 10:15 Latin D.(GYM) 11:15 Israeli dancing(GYM) 11:30 Therapy Yoga (L.R.) 12:45 Hebrew Class(L.3)
31 10:00 Literary Club(L.3) 10:00 ESL (L.4) 10:30 Lets Have Fun(L.R) 11:00 Active forever 12:30 Color Your Stress Away (L.3) 1:00 Belly Dancing (L.R.)				

SHOREFRONT SENIOR CENTER * 3300Coney Island, Brooklyn, NY 11235 * 718-646-144
DECEMBER 2018 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey with Gravy Potato Pancake Whole Grain Stuffing Steamed Broccoli <hr/> Cold - Salmon Salad	4 Chicken Cacciatore Garlic Bread Pasta (1/2 cup) Green Beans <hr/> Cold - Egg Salad	5 Sweet and Sour Meatballs Mauzone Toasted Barley & Onion Whole Wheat Bread California Blend Vegetables <hr/> Cold - Tuna Salad	6 Breaded Pollock Fish Fillet Corn and Red Peppers Whole Wheat Bread Coleslaw <hr/> Cold - Chicken Salad	7 Hawaiian Chicken Legs Challah Bread White Rice Spinach Souffle <hr/> Cold - Gelfite Fish
10 Shepherd's Pie with Beef & Turkey Whole Wheat Bread Tossed Salad with Dressing <hr/> Cold -Tuna Salad	11 Chicken Francaise Orzo with Vegetables Whole Wheat Bread California Blend Vegetables <hr/> Cold - Egg Salad	12 Turkey Drumsticks Mashed Sweet Potatoes Whole Wheat Bread Green Beans and Tomatoes <hr/> Cold - Salmon Salad	13 Imitation Crab (Kani) Cakes Rice with Vegetables Russian Coleslaw <hr/> Cold - Turkey Salad	14 Roasted Chicken Challah Bread Noodle Kugel Broccoli and Red Peppers <hr/> Cold - Gelfite Fish
17 California Turkey Meatloaf Whole Wheat Bread Homemade Mashed Potatoes Steamed Carrots <hr/> Cold - Tuna Salad	18 Chicken Cacciatore Garlic Bread Pasta (1/2 cup) Sautéed Zucchini <hr/> Cold - Ovo - Vegetarian Chopped Liver	19 Stuffed Cabbage with Beef Kasha Varnishkes Whole Wheat Bread California Blend Vegetables <hr/> Cold - Salmon Salad	20 Salmon Burger Whole Wheat Bread Yellow Rice Cucumber Dill Salad <hr/> Cold - Curried Chicken Salad	21 Roasted Chicken Boiled Potatoes and Carrots Challah Bread Green Beans <hr/> Cold - Gelfite Fish
24 Pepper Steak Chinese Style Spaghetti Whole Wheat Bread Cabbage with Shredded Carrot <hr/> Cold - Tuna Salad	25 <i>Merry Christmas</i> Center is closed	26 Turkey Burger Hamburger Bun, Whole Wheat Bread Potato Salad Tossed Salad with Dressing <hr/> Cold - Egg Salad	27 Breaded Sole Fish Fillet Bulgur Salad Whole Wheat Bread Creamy Spinach <hr/> Cold - Turkey Salad	28 Spanish Style Roast Chicken Brown Rice and Black Beans Challah Bread Beet Salad <hr/> Cold - Gelfite Fish
31 Turkey Drumsticks Whole Wheat Bread Green Beans Mashed Sweet Potatoes <hr/> Cold - Egg Salad				



Shorefront Senior Center

**3300 Coney Island Ave
Brooklyn NY 11235**

**347-689-1840- Olha Medytska, Program Director
347-689-1839-Janina Dubickaite, Program Coordinator
718-646-1444- Liubava Fokina, Administrative Assistant**

**omedytska@jasa.org
www.jasa.org**

**Open Monday- Friday
8:30am-4:30pm**

- **Literary Club**
- **ESL beginners and citizenship Classes**
 - **Exercise, Zumba, and Yoga**
 - **International Singing Class**
 - **Art Class**
 - **Computer Class**
 - **Hebrew**
- **Ballroom, Latin, Israeli, and belly Dancing**
 - **Lectures, presentations**
 - **Party**
 - **Trips**