

December 2018 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Kidney Failure Prgm 11:00 Health Management 1:00 Aerobics w/ Tommy 1:30 Bingo	4 Pantry Day 9:00 Pantry 12:00 Lunch	5 Healing Arts w. Evelyn! 9:00 Current Events 10:00 Healing Arts 11:30 Aerobics w/ Tommy 1:00 Leisure Games	6 Karaoke 8:30 Relaxation Music 10:00 BP Screening 11:30 Zumba Time! 1:00 Karaoke	7 CDSMP 8:30 Relaxation Music 9:00 Current Events 10:30 Chronic Disease Self Mgmt. 1:00 Bingo
10 10:00 Kidney Failure Prgm 11:00 Health Management 1:00 Aerobics w/ Tommy 1:30 Bingo	11 HOLIDAY PARTY @1pm 8:30 Relaxation Music 9:30 Current Events 10:00 Leisure Games 11:00 Technology	12 Healing Arts w. Evelyn! 9:00 Current Events 10:00 Healing Arts 11:30 Aerobics w/ Tommy 1:00 Leisure games	13 8:30 Relaxation Music 9:00 Current Events 10:00 BP Screening 11:30 Zumba Time!	14 CDSMP 8:30 Relaxation Music 9:00 Current Events 10:30 Chronic Disease Self Mgmt. 1:00 Bingo
17 10:00 Kidney Failure Prgm 11:00 Health Management 1:00 Aerobics w/ Tommy 1:30 Bingo	18 Birthday Party @1pm 8:30 Relaxation Music 9:30 Current Events 10:00 Leisure Games 11:00 Cultural Arts	19 Healing Arts w. Evelyn! 9:00 Current Events 10:00 Healing Arts 11:30 Aerobics w/ Tommy 1:00 Leisure Games	20 8:30 Relaxation Music 9:00 Current Events 10:00 BP Screening 11:30 Zumba Time!	21 CDSMP 8:30 Relaxation Music 9:00 Current Events 10:30 Chronic Disease Self Mgmt. 1:00 Bingo
24 10:00 Kidney Failure Prgm 11:00 Health Management 1:00 Aerobics w/ Tommy 1:30 Bingo	25 <p style="text-align: center;">Center Closed Centro Cerrado</p>	26 Healing Arts w. Evelyn! 9:00 Current Events 10:00 Healing Arts 11:30 Aerobics w/ Tommy 1:00 Leisure Games	27 8:30 Relaxation Music 9:00 Current Events 10:00 BP Screening 11:30 Zumba Time!	28 CDSMP 8:30 Relaxation Music 9:00 Current Events 10:30 Chronic Disease Self Mgmt. 1:00 Bingo
31 8:30 Current Events 10:00 Health Management 1:00 Aerobics w/ Tommy 1:30 Bingo	<p style="text-align: center;">We Will be open Saturday December 15, 2018 Estaremos abierto el Sabado Diciembre 15, 2018</p>	<p style="text-align: center;">HABLAMOS ESPAÑOL</p>	<p style="text-align: center;">Lunch / Almuerzo 12pm-1pm DAILY</p>	<p style="text-align: center;">Happy Holidays!</p>

December 2018 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
3 Apple Sweet and Sour Pork w.Pineapple Chinese Style Spaghetti Oriental Blend	4 Banana Chicken w. Black Bean Sauce White Rice Okra W. Tomatoes	5 Orange Beef Stew Egg Noodles Broccoli W. Toasted Garlic	6 Banana Hawaiian Chicken Legs Mashed Sweet Potatoes Sauteed String Beans	7 Apple Fish w. Creole Sauce Pasta Steamed Kale
10 Peach Chicken Stir Fry w. Vegetables Brown Rice Steamed Cauliflower	11 Banana Stewed Pork Chops Baked Potato Wedges Tangy Green Beans	12 Orange Baked Turkey Breast Baked Sweet Potato Collard Greens w. Tomatoes	13 Banana Teriyake Baked Fish Rice Pilaf Carrots	14 Apple Garlic Chicken Rice w. Vegetables Brussel Sprouts and Kale Sautee
17 Apple Spanish Style Baked Chicken Green Bean Sautee Roasted Potatoes	18 Banana Beef and Broccoli Egg Noodles Mixed Vegetables	19 Orange Teriyaki Chicken Thighs White Rice Baby Carrots w. Parsley	20 Banana BBQ Pulled Pork Baked Sweet Potato Collard Greens	21 Apple Baked Whiting Fish Fillets Corn Winter Blend Vegetables
24 Apple Beef Brisket w. Tomatoes Broccoli and Red Peppers Mashed Potatoes	25 CENTER CLOSED CENTRO CERRADO	26 Orange Spanish Style Pork Roasted Vegetable cous cous Steamed Cauliflower	27 Banana Curried Chicken Legs Black Beans and Rice Cabbage w. Shredded Carrots	28 Apple Fish w. Creole Sauce Rice w. Vegetables Sauteed Spinach
31 Apple Turkey W. Gravy Collard Greens Garlic Mashed Potatoes				



Throggs Neck Senior Center

2705 Schley Ave.

Bronx, New York 10465

718-823-1771

www.jasa.org

