

# JASA WILLIAMSBURG SENIOR CENTER \* 202 Graham Ave Brooklyn, NY 11206 \* 718-388-6865

## DECEMBER 2018 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3.</b> 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch <b>1:00 P.M.- Café &amp; Music</b> 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>4.</b> <b>10:00 A.M.-12PM Plant Hero</b> 12:00 P.M.-Lunch 1:00 P.M.- Tai Chi 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>5.</b> <b>10:30AM-12PM: CKD</b> 12:00 P.M.-Lunch <b>1:00 P.M.- Nintendo Wii</b> 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>6.</b> <b>11:00 A.M.- Elder Abuse Presentation</b> 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>7.</b> 11:00 A.M.- Lunch 12:00 P.M.- Lunch 1:00 P.M.-Zumba 2:00-3:30 P.M.-Get fit w/ Bingo</p> 
<p><b>10.</b> 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch <b>1:00 P.M.- Café &amp; Music</b> 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>11.</b> <b>10:00 A.M.-12PM Storytelling</b> 12:00 P.M.-Lunch 1:00 P.M.- Tai Chi 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>12.</b> <b>10:30AM-12PM: CKD</b> 12:00 P.M.-Lunch <b>1:00 P.M.- Chair Zumba</b> 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>13.</b> 11:00 A.M.- BP <b>11:00 A.M.- Computers w/Jess</b> 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>14.</b> 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:30 P.M.-Get fit w/ Bingo</p>
<p><b>17.</b> 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch <b>1:00 P.M.- Café &amp; Music</b> 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>18.</b> <b>10:00 A.M.-12PM Storytelling</b> 12:00 P.M.-Lunch 1:00 P.M.- Tai Chi 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>19. REPETORIO THEATER TRIP</b> <b>10:30AM-12PM: CKD</b> 12:00 P.M.-Lunch <b>1:00 P.M.- Nintendo Wii</b> 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>20.</b> 11:00 A.M.- BP <b>11 A.M.- Café &amp; Music</b> 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>21.</b> 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:30 P.M.-Get fit w/ Bingo</p>
<p><b>24.</b> 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch <b>1:00 P.M.- Café &amp; Music</b> 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>25.</b> <b>CLOSED</b></p>	<p><b>26.</b> <b>10:30AM-12PM: CKD</b> 12:00 P.M.-Lunch <b>1:00 P.M.- Nintendo Wii</b> 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>27.</b> 11:00 A.M.- BP <b>11:00 A.M.- Computers w/Jess</b> 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>28.</b> 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:30 P.M.-Get fit w/ Bingo</p>
<p><b>31.</b> 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Color your stress 2:00-3:30 P.M.-Get fit w/ Bingo</p>	<p><b>JASA is open</b> <b>Sunday Dec 16</b> <b>11am-3pm</b> <b>Party</b></p>			<p><b>*Calendar is subject to change</b></p>

Partly funded by a special legislative grant from councilmember, Antonio Reynoso

# JASA WILLIAMSBURG SENIOR CENTER \* 202 Graham Ave Brooklyn, NY 11206 \* 718-388-6865

## DECEMBER 2018 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
3. Orange Juice Sweet & Sour Pork w/ Pineapple Chinese Style Spaghetti Oriental Blend Vegetables Apple	4. Apple Juice Chicken w/ Black Bean Sauce White Rice Okra w/ Tomatoes Banana	5. Grape Juice Beef Stew Egg Noodles Broccoli w/ Toasted Garlic Orange	6. Apple Juice Hawaiian Chicken Legs Mashed Sweet Potatoes Sauté String Beans WW Bread Banana	7. Orange Juice Fish w/ Creole Sauce Pasta Steamed Kale Apple
10. Apple Juice Chicken Stir Fry w/ Vegetables Brown Rice Steamed Cauliflower Peach	11. Orange Pineapple Juice Stewed Pork Chops Baked Red Potato Wedges Tangy Green Beans WW Bread Banana	12. Apple Juice Baked Turkey Breast Baked Sweet Potato Collard Greens w/ Tomato WW Bread Orange	13. Orange Juice Teriyaki Baked Fish Rice Pilaf Carrots Banana	14. Grape Juice Garlic Chicken Rice w/ Vegetables Brussel Sprouts & Kale Sauté WW Bread Apple
17. Orange Juice Spanish Style Baked Chicken Green Bean Sauté Roasted Potatoes WW Bread Apple	18. Apple Juice Beef & Broccoli Egg Noodles Mixed Vegetables Banana	19. Pineapple Juice Teriyaki Chicken White Rice Carrots w/ Parsley WW Bread Orange	20. Apple Juice BBQ Pulled Pork Baked Sweet Potato Collard Greens WW Bread Banana	21. Orange Pineapple Juice Baked Whiting Fish Fillets Corn Blended Vegetables WW Bread Apple
24. Orange Juice Beef Brisket w/ Tomatoes & Onions Broccoli & Red Peppers Mashed Potatoes WW Bread Apple	25. <b>Christmas</b>	26. Grape Juice Roast Pork Spanish Style Roasted Vegetable Cous Cous Steamed Cauliflower WW Bread Orange	27. Apple Juice Curried Chicken Legs Black Beans & Rice Cabbage w/ Carrots Banana	28. Orange Pineapple Juice Fish w/ Creole Sauce Rice w/ Vegetables Spinach WW Bread Apple
31. Orange Juice Turkey w/ Gravy Collard Greens Garlic Mashed Potatoes WW Bread Apple		*Menu is subject to change		JASA is Open Sunday 12/16/18 for PARTY

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## **JASA Williamsburg Senior Center**

**202 Graham Ave  
Brooklyn, NY 11206**

**718-388-6865**

**[www.jasa.org](http://www.jasa.org)**

**Monday-Friday**

**8am-4pm**

Kidney Disease (CKD) Prevention Program every Wed in Dec.

JASA is open Sunday 12/16/18 for PARTY

Trip to El Repetorio Theater to watch a play 12/19/18

JASA is closed on Christmas Day 12/25/18

