

February 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch/ Almuerzo</u> 12pm-1pm DAILY HABLAMOS ESPAÑOL</p>  	<p><u>Advisory Members:</u> Violeta Ramirez Bibi Rasul Awilda Perez Carmen Jusino Nedda Cruz Alma Hay</p>	<p>We are open Saturday February 9th, 2019</p>		<p>1 <u>Advisory Meeting</u> 9am Ginsburg News 10am Meeting 11am BINGO 1pm Crafts W. Freddie</p>
<p>4 9:30 Bike Exercise 10:30 Wii Games 11:30 Blood Pressure Screening 1pm Leisure Games</p>	<p>5 9:30 Bike/ Wii Games 10:30 Relaxation Coloring 11:30 Age-Tastic Game 1pm Dancing W. Walter</p>	<p>6 <u>Oral Health Workshop</u> 9:30 Bike Exercise 10:30 Teach Me Rumikub 11:30 Age-Tastic Game 1pm Workshop w. Julissa</p>	<p>7 <u>Pajama Party</u> 9:30 Bike Exercise 10:30 Wii Game 11:30 Party (Please wear pajamas) 1pm ZUMBA</p>	<p>8 <u>Black History Art Project</u> 9am Ginsburg News 10am Wii Games 11am BINGO 1pm Crafts W. Freddie</p>
<p>11 9:30 Wii Games 10am Blood Pressure Screening 11am Age-Tastic Game 1pm Teach me Rumikub</p>	<p>12 <u>NORC Presentation</u> 9:30 Bike/ Wii Games 10:30 Yoga w. Shanil 11am Presentation 1pm Dancing w. Walter</p>	<p>13 <u>Valentine's day Party</u> 9:30 Bike Exercise 10:30 Teach Me Rumikub 11:30 Leisure Games 1pm Party w. DJ Woody (Please wear Red or Pink!!!)</p>	<p>14 Happy Valentine's Day 9:30 Bike Exercise 10:30 Wii Game 11:30 Let's get Crafty 1pm ZUMBA</p>	<p>15 9am Bike Exercise 10am Wii Games 11am Ginsburg News 1pm Crafts W. Freddie</p>
<p>18 Center Closed President's Day</p>	<p>19 <u>Sandwich Day</u> 9:30 Bike/ Wii Games 10:30 Sandwich Sale 11am Ginsburg News 1pm Dancing W. Walter</p>	<p>20 <u>Create a Vision Project</u> 9:30 Bike Exercise 10:30 Teach Me Rumikub 11:30 Leisure Games 1pm Create a Vision</p>	<p>21 <u>NORC Presentation</u> 9:30 Bike Exercise 10:30 Wii Game 11:30 Ginsburg News 1pm ZUMBA</p>	<p>22 <u>Live Concert</u> 9am Ginsburg News 10am Wii Games 11am Crafts W. Freddie 1pm Live Musicians (NORC)</p>
<p>25 9:30 Wii Games 10am Blood Pressure Screening 11am Age-Tastic Game 1pm Teach me Rumikub</p>	<p>26 9:30 Bike/ Wii Games 10:30 Healthy Living w. Dorothy 11:30 Age-Tastic Game 1pm Dancing w. Walter</p>	<p>27 <u>Birthday Party</u> 9:30 Bike Exercise 10:30 Teach Me Rumikub 11:30 Leisure Games 1pm Party</p>	<p>28 9:30 Bike Exercise 10:30 Wii Game 11am Presentation 1pm ZUMBA</p>	



February 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>***** CENTER OPEN SATURDAY February 9, 2019 *****</p>	<p>SATURDAY LUNCH 02/09/19 Roast Beef w. Gravy Mashed Potato Mixed vegetables</p>			<p>1 Banana Baked Salmon in Garlic Butter Sauce Baked Potato w. sour cream California Blend Whole Wheat Bread</p>
<p>4 Kiwi Spanish Style Baked Chicken Okra w. tomatoes Yucca w. garlic & lime sauce</p>	<p>5 Pineapple Chunks Baked Whiting Garden Salad Roasted Sweet Potato Fries</p>	<p>6 Peach Oven Fried Chicken Macaroni Cheese Collard Greens</p>	<p>7 Orange Beef Chili White Rice Italian blend vegetables</p>	<p>8 Banana Baked Flounder Cole Slaw Baked Fries Whole Wheat Dinner Roll</p>
<p>11 Orange Baked Chicken Rice & Beans Cabbage & Carrots Whole Wheat Bread</p>	<p>12 Banana Beef Meatloaf w. gravy Mashed Potato Steamed Peas & Carrots Whole Wheat Bread</p>	<p>13 Kiwi Asian Marinated Pork Chop Broccoli & peppers Brown Rice</p>	<p>14 Apple Chicken Cacciatore Penne Pasta Caesar Salad</p>	<p>15 Fruit Cocktail Baked Breaded Fish California Blend Vegetables Roasted Sweet Potato Fries Whole Wheat Bread</p>
<p>18 Center Closed</p>	<p>19 Orange Baked Ziti w. Turkey Meat sauce Italian Blend Vegetables Whole Wheat Dinner Roll</p>	<p>20 Banana Deluxe Beef Burger w. Cheese, Lettuce, Tomato, Pickles, Onion Hamburger Bun Seasoned Fries Mixed Green Salad</p>	<p>21 Mandarin Roast Pork Yellow Rice w. Kidney Beans Romaine, Avocado & Red Onion Salad</p>	<p>22 Kiwi Fish w. Creole Sauce Roasted Vegetable Couscous Winter Blend Vegetables</p>
<p>25 Orange Sweet N Sour Chicken Chinese Noodles Sautéed Bok Choy Whole Wheat Dinner Roll</p>	<p>26 Apple Spanish Style Beef Stew Yellow Rice Steamed Carrots Multigrain Bread</p>	<p>27 Kiwi Salmon w. bourbon sauce Mashed Potato Arugula Salad w. Citrus Vinaigrette</p>	<p>28 Mandarin Baked Chicken White Rice Collard Greens Multigrain Bread</p>	



Sue Ginsburg Senior Center

975 Waring Avenue

Bronx, NY, 10469

(718) 881-1758 Vmorell@jasa.org

www.jasa.org

8:30am to 4:30pm

Monday-Friday

Blood Pressure Screenings w. Julissa Reynoso (Every Monday)

Advisory Meeting (2/1/2019)

Ritmo Latino (Every Tuesday)

Karaoke W. DJ LAX (Every First Wednesday)

Oral Health Workshop w. Julissa (2/6/2019) From 1pm to 2:30pm

Pajama Party (2/7/2019)

Valentine's day Party w. DJ Woody (2/13/2019)

Sandwich Day Sale (2/19/2019)

Create a Vision w. Shanil (2/20/2019)

Salsa and Cuban concert sponsored by Norc (2/22/2019)

Birthday Party w. DJ Lax (2/27/2019)

Zumba (Every Thursday)

Arts & Crafts with Freddie (Every Friday)

We are open Saturday 2/9/2019

CENTER IS CLOSED ON 2/18/19 President's Day



STAFF:

Program Director: Victor Morell

Group Work Assistant: Shanil Acosta

Porter: T. Del Valle

Community Aid: Dorothy Crumpler

Social Worker: Vilma Sorrentini

