

FEBRUARY 2019 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
*Calendar is subject to change		OPEN SUNDAY FEB 10 11am-3pm PARTY		1. 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:30 P.M.-Leisure Bingo
4. 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Color your stress 2:00-3:30 P.M.-Leisure Bingo	5. 10:00 A.M.-12PM Plant Hero 12:00 P.M.-Lunch 1:00 P.M.- Tai chi 2:00-3:30 P.M. Leisure Bingo	6. 11:00AM-Nutrition Presentation 12:00 P.M.-Lunch 11:00AM-Café & Music: Black History month edition 2-3PM.Leisure Bingo	7. 11:00 A.M.- BP 11:00 A.M.- Computers w/Jess 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:30 P.M.-Leisure Bingo	8. 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:30 P.M.-Leisure Bingo
11. 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Color your stress 2:00-3:30 P.M.-Leisure Bingo	12. 10:00 A.M.-12PM Storytelling 12:00 P.M.-Lunch 1:00 P.M.- Tai Chi 2:00-3:30 P.M.-Leisure Bingo	13. 11:00AM-Café & Music: Black History month edition 12:00 P.M.-Lunch 1:00 P.M.- Nintendo Wii 2:00-3:30 P.M.-Leisure Bingo	14.VALENTINE'S DAY 10:00 A.M.- Valentine Breakfast 11:00 A.M.- BP 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:30 P.M.-Leisure Bingo	15. 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:30 P.M.-Leisure Bingo
18. CLOSED	19. 10:00 A.M.-12PM Movie: Black History month Edition 12:00 P.M.-Lunch 1:00 P.M.- Tai Chi 2:00-3:30 P.M.-Leisure Bingo	20. 11:00AM-Café & Music: Black History month edition 12:00 P.M.-Lunch 1:00 P.M.- Nintendo Wii 2:00-3:30 P.M.-Leisure Bingo	21. 11:00 A.M.- BP 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:30 P.M.-Leisure Bingo	22. 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:30 P.M.-Leisure Bingo
25. 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Color your stress 2:00-3:30 P.M.-Leisure Bingo	26. 10:00 A.M.-12PM-Storytelling 12:00 P.M.-Lunch 1:00 P.M.- Tai Chi 2:00-3:30 P.M.-Leisure Bingo	27. 11:00AM-Café & Music: Black History month edition 12:00 P.M.-Lunch 1:00 P.M.- Nintendo Wii 2:00-3:30 P.M.-Leisure Bingo	28. 11:00 A.M.- BP 11:00 A.M.- Computers w/Jess 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:30 P.M.-Leisure Bingo	

JASA WILLIAMSBURG SENIOR CENTER * 202 Graham Ave Brooklyn, NY 11206 * 718-388-6865
FEBRUARY 2019 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
		OPEN SUNDAY FEB 10 Party Menu Chicken Rice Salad Dessert		1. Orange Pineapple Juice Baked Whiting Fish Fillets Corn Blended Vegetables WW Bread Apple
4. Orange Juice Beef Brisket w/ Tomatoes & Onions Broccoli & Red Peppers Mashed Potatoes WW Bread Apple	5. Apple Juice Baked Mushroom Chicken Yellow Rice Carrots w/ Parsley Banana	6. Grape Juice Roast Pork Spanish Style Roasted Vegetable Cous Cous Steamed Cauliflower WW Bread Orange	7. Apple Juice Curried Chicken Legs Black Beans & Rice Cabbage w/ Carrots Banana	8. Orange Pineapple Juice Fish w/ Creole Sauce Rice w/ Vegetables Spinach WW Bread Apple
11. Orange Juice Turkey w/ Gravy Collard Greens Garlic Mashed Potatoes WW Bread Apple	12. Grape Juice Baked Breaded Fish Tomato Sauce Pasta Primavera Broccoli & Cauliflower Banana	13. Apple Juice Jerk Chicken Rice & Beans Cabbage w/ Carrots Orange	14. VALENTINE'S DAY Orange Juice Baked Pork Chops Green Bean Sauté Sweet Baked Yams WW Bread Banana	15. Orange Pineapple Juice Chicken Parmesan Penne Broccoli w/ Toasted Garlic Apple
18. CLOSED FOR PRESIDENT'S DAY	19. Apple Juice BBQ Chicken Legs Braised Collard Greens Garlic & Rosemary Roasted Potatoes WW Bread Banana	20. Grape Juice Roasted Pork (Pernil) Yellow Rice Mixed Vegetables Orange	21. Apple Juice Oven Fried Chicken Baked Macaroni & Cheese Steamed Green Beans Banana	22. Orange Juice Beef Meatballs in Tomato Sauce Spaghetti Broccoli & Red Peppers Apple
25. Orange Juice Sweet & Sour Pork w/ Pineapple Chinese Style Spaghetti Oriental Blend Vegetables Apple	26. Apple Juice Chicken w/ Black Bean Sauce White Rice Okra w/ Tomatoes Banana	27. Grape Juice Beef Stew Egg Noodles Broccoli w/ Toasted Garlic Orange	28. Apple Juice Hawaiian Chicken Legs Mashed Sweet Potatoes Sauté String Beans WW Bread Banana	*Menu is subject to change

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



Jasa Williamsburg Senior Center

**202 Graham Ave
Brooklyn, NY 11206
718-388-6865
www.jasa.org**

**Monday-Friday
8am-4pm**

Plant Hero "Super Bowl" special event 02/05 10am-12pm
Monthly Party will be on open Sunday 02/10 w/ DJ Woody
Black History month edition of Café & Music every Wednesday
Special Breakfast (Bagels, muffins & fruits) for Valentine's day

