

**JANUARY 2019 ACTIVITIES**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*****  <b>CENTER OPEN</b>  <b>SATURDAY</b>  <b>JANUARY 19, 2019</b>  *****</p>	<p><b>1</b>  <b>CENTER CLOSED</b></p>	<p><b>2</b>  9:00 Health Motivation  1:00 Computer Practice</p>	<p><b>3</b>  <b>10:00 Chair Aerobics</b>  10:00 Open Discussion  11:00 Current Events  11:15 Presentation: Sexual Health  <b>11:00 Painting w. Susanna</b>  1:00 Computer Practice</p>	<p><b>4</b>  10:00 Leisure Games/ Dominoes  <b>10:00 Phones &amp; Tablets</b>  <b>10:00 IPRO Kidney Health</b>  1:15 Meditation</p>
<p><b>7</b>  <b>10:00 Coloring for Tranquility</b>  <b>10:00 Salsa</b>  10:00 Leisure Billiard  <b>11:00 Zumba</b>  1:00 Computer Practice</p>	<p><b>8</b>  <b>10:00 Dance Aerobics</b>  <b>10:00 Advisory Board</b>  11:00 Improv Class w. Julie  1:00 Computer Practice</p>	<p><b>9</b>  9:00 Health Motivation  9:00 BCHN: Blood Pressure  <b>10:00 Diabetes Self-Management</b>  <b>11:00 Zumba</b>  1:00 Computer Practice</p>	<p><b>10</b>  <b>10:00 Chair Aerobics</b>  10:00 Open Discussion  11:00 Current Events  <b>11:15 Presentation: DOT Pedestrian Safety</b>  11:00 Painting w. Susanna  <b>1:00 International Club Mtg</b></p>	<p><b>11</b>  10:00 Leisure Games/ Dominoes  <b>10:00 Phones &amp; Tablets</b>  <b>10:00 IPRO Kidney Health</b>  1:15 Meditation</p>
<p><b>14</b>  <b>10:00 Salsa</b>  <b>10:00 Garden Club Party</b>  10:00 Leisure Billiard  <b>11:00 Zumba</b>  1:00 Computer Practice</p>	<p><b>15</b>  <b>10:00 Dance Aerobics</b>  <b>10:00 Blood Pressure – MRM</b>  <b>11:15 Nutrition Education</b>  11:00 Improv Class w. Julie</p>	<p><b>16</b>  9:00 Health Motivation  9:00 BCHN: Blood Pressure  <b>10:00 Diabetes Self-Management</b>  <b>11:00 Zumba</b>  1:00 Computer Practice</p>	<p><b>17</b>  <b>10:00 Chair Aerobics</b>  10:00 Open Discussion  11:00 Current Events  <b>11:00 Painting w. Susanna</b>  1:00 Computer Practice</p>	<p><b>18</b>  10:00 Leisure Games/ Dominoes  <b>10:00 Phones &amp; Tablets</b>  <b>10:00 IPRO Kidney Health</b>  1:15 Meditation</p>
<p><b>21</b>  <b>CENTER CLOSED</b></p>	<p><b>22</b>  <b>10:00 Dance Aerobics</b>  <b>11:15 Dr. Martin Luther King Jr. Celebration &amp; Lunch</b>  11:00 Improv Class w. Julie</p>	<p><b>23</b>  9:00 Health Motivation  9:00 BCHN: Blood Pressure  <b>12:00 Birthday Lunch</b>  1:00 Computer Practice</p>	<p><b>24</b>  <b>10:00 Chair Aerobics</b>  10:00 Open Discussion  1:00 Computer Practice  <b>11:00 Painting w. Susanna</b></p>	<p><b>25</b>  10:00 Leisure Games/ Dominoes  <b>10:00 Phones &amp; Tablets</b>  <b>10:00 Red Hatter’s Mtg</b>  1:15 Meditation</p>
<p><b>28</b>  <b>10:00 Coloring for Tranquility</b>  <b>10:00 Metrocard Bus</b>  <b>10:00 Salsa</b>  10:00 Leisure Billiard  <b>11:00 Zumba</b></p>	<p><b>29</b>  <b>10:00 Dance Aerobics</b>  <b>10:00 Blood Pressure – MRM</b>  11:00 Improv Class w. Julie</p>	<p><b>30</b>  9:00 Health Motivation  9:00 BCHN: Blood Pressure  <b>10:00 General Membership</b>  <b>11:00 Zumba</b></p>	<p><b>31</b>  <b>10:00 Chair Aerobics</b>  10:00 Open Discussion  1:00 Computer Practice  <b>11:00 Painting w. Susanna</b></p>	<p><b>IPRO Diabetes Self-Management Class</b>  <b>Wednesdays @10:00am</b></p>

**JASA Bay Eden \*1220 East 229<sup>th</sup> Street, Bronx NY 10466 \*718-882-3815**

**JANUARY 2019 MENU**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p align="center">*****  <b>CENTER OPEN</b>  <b>SATURDAY</b>  <b>JANUARY 19, 2019</b>  *****</p>	<p align="center"><b>1</b>  <b>CENTER CLOSED</b></p>	<p align="center"><b>2</b>  <b>Kiwi</b>  Asian Marinated Pork Chop  Brown Rice  Broccoli &amp; Red Peppers</p>	<p align="center"><b>3</b>  <b>Apple</b>  Baked Chicken Thighs  Whole Wheat Hamburger Bun  Mixed Green Salad  Corn &amp; Red Peppers</p>	<p align="center"><b>4</b>  <b>Soup</b>  <b>Fruit Cocktail</b>  Breaded Fish  California Blend Vegetables  Roasted Sweet Potato fries  Whole Wheat Bread</p>
<p><b>7</b>  <b>Apple</b>  Chicken Curry  White Rice  Sautéed Spinach</p>	<p><b>8</b>  <b>Orange</b>  Turkey Lasagna  Italian Blend Vegetables  Whole Wheat Dinner Roll</p>	<p><b>9</b>  <b>Banana</b>  Deluxe Beef Burger w. Cheese,  Lettuce, Tomato, Pickles, Onion  Alt. Salmon Burger  Hamburger Bun  Seasoned Fries  Mixed Green Salad</p>	<p><b>10</b>  <b>Mandarin</b>  Roast Pork  Alt. Roasted Chicken  Yellow Rice w. Kidney Beans  Spring Salad</p>	<p><b>11</b>  <b>Soup</b>  <b>Kiwi</b>  Fish w. Creole Sauce  Roasted Vegetable Couscous  Winter Blend Vegetables</p>
<p><b>14</b>  <b>Orange</b>  Sweet N Sour Chicken  Chinese Noodles  Sautéed Bok Choy  Whole Wheat Dinner Roll</p>	<p><b>15</b>  <b>Apple</b>  Spanish Style Beef Stew  Yellow Rice  Steamed Carrots  Multigrain Bread</p>	<p><b>16</b>  <b>Kiwi</b>  BBQ Pork Chops  Alt. BBQ Chicken  Baked Sweet Potato  Sautéed String Beans  Whole Wheat Dinner Roll</p>	<p><b>17</b>  <b>Mandarin</b>  Baked Chicken w. gravy  White Rice  Collard Greens  Multigrain Bread</p>	<p><b>18</b>  <b>Soup</b>  <b>Banana</b>  Cod Fillet O' Sandwich  Cole Slaw  Steamed Corn on the Cob  Whole Wheat Hamburger Bun</p>
<p><b>21</b>  <b>CENTER CLOSED</b></p>	<p><b>22 Dr. Martin Luther King Jr. Lunch</b>  <b>Pound cake w. Strawberry ice cream</b>  Oven Fried Chicken  Macaroni &amp; Cheese  String Beans</p>	<p><b>23 Birthday Lunch</b>  <b>Cake</b>  Cornish Hen  Yellow Rice w. mixed vegetable  Zucchini, Squash w. garlic</p>	<p><b>24</b>  <b>Apple</b>  Thyme Seasoned Grilled Porkchop  Garlic Mashed Potato  Collard Greens  Whole Wheat Bread</p>	<p><b>25</b>  <b>Soup</b>  <b>Banana</b>  Baked Salmon  Orzo w. vegetables  Broccoli w. garlic</p>
<p><b>28</b>  <b>Kiwi</b>  Spaghetti and Beef Meat Sauce  Alt. Turkey Meat Sauce  Italian Blend Vegetables  Garlic Bread</p>	<p><b>29</b>  <b>Apple</b>  Citrus Marinated Chicken Breast  Whole Wheat Bread  Baked Sweet Potato  Sautéed Spinach_</p>	<p><b>30</b>  <b>Orange</b>  Pork Chops w. Gravy  Sautéed Green Beans  Baked Macaroni &amp; Cheese  Whole Wheat Bread</p>	<p><b>31</b>  <b>Fruit Cocktail</b>  Pepper Steak  White Rice  Oriental blend</p>	<p align="center"><b>SATURDAY LUNCH 01/19/18</b>  <b>Vanilla Ice cream Cup</b>  Deluxe Beef Burger w. Cheese,  Lettuce, Tomato, Pickles  Hamburger Bun  French Fries  Garden Salad</p>



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