

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>Cooper Park Senior Center Closed on New Year's Day</i>	2 10:00 - 11:00am - Coffee Time 10:00 - 11:00pm - BP Reading 11:00 - 12:00pm - Walking Club 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Yoga 1:30 - 3:00pm - Cultural Arts Class 3:00 - 5:00pm - Dominoes	3 10:00 - 11:00am - Coffee Time 11:00 - 12:00pm - Walking Club 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Chair Aerobics (DJ) 2:00 - 5:00pm - Dominoes	4 10:00 - 11:00am - Coffee Time 10:30 - 12:00pm - Cultural Arts Class 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Yoga 2:00 - 5:00pm - BINGO
7 10:00 - 11:00am - Coffee Time 11:00 - 12:00pm - Walking Club 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Chair Aerobics (DJ) 2:30 - 4:00pm - Art Class 4:00 - 5:00pm - Dominoes	8 10:00 - 11:00am - Coffee Time 11:00 - 12:00pm - Walking Club 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Massage Therapy 1:30 - 3:00pm - Cultural Art Class 3:00 - 5:00pm - BINGO	9 10:00 - 11:00am - Coffee Time 10:00 - 11:00pm - BP Reading 11:00 - 12:00pm - Yoga 12:00 - 3:00pm - LUNCH 1:00 - 1:30pm - Advisory Board Meeting 1:30 - 3:00pm - Cultural Arts Class 3:00 - 5:00pm - Dominoes	10 10:00 - 11:00am - Coffee Time 11:00 - 12:00pm - Current Events 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Chair Aerobics (DJ) 2:00 - 5:00pm - Dominoes	11 10:00 - 11:00am - Coffee Time 11:00 - 12:00pm - Walking Club 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Yoga 2:00 - 5:00pm - BINGO
14 10:00 - 11:00am - Coffee Time 11:00 - 12:00pm - Walking Club 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Chair Aerobics (DJ) 2:30 - 4:00pm - Art Class 4:00 - 5:00pm - Dominoes	15 10:00 - 11:00am - Coffee Time 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Massage Therapy 1:30 - 3:00pm - Cultural Art Class 3:00 - 5:00pm - BINGO	16 10:00 - 11:00pm - BP Reading 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Yoga 1:30 - 3:00pm - Cultural Arts Class 3:00 - 5:00pm - Dominoes	17 10:00 - 11:00am - Coffee Time 11:00 - 12:00pm - Walking Club 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Chair Aerobics (Live DJ) 2:00 - 5:00pm - Dominoes	18 9:30 - 12:00pm - FAN Food 11:00 - 12:00pm - Walking Club 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Yoga 2:00 - 5:00pm BINGO
21 <i>Cooper Park SC is Closed in Observance of Martin Luther King Jr. Day</i>	22 10:00 - 12:00pm - Coffee Time 11:00 - 12:00pm - Walking Club 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Massage Therapy 1:30 - 3:00pm - Cultural Art Class 3:00 - 5:00pm - BINGO	23 10:00 - 11:00pm - BP Reading 11:00 - 12:00pm - Walking Club 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Yoga 1:30 - 3:00pm - Cultural Arts Class 3:00 - 5:00pm - Dominoes	24 10:00 - 11:00am - Coffee Time 11:00 - 12:00pm - Current Events 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Chair Aerobics (DJ) 2:00 - 5:00pm - Dominoes	25 10:00 - 11:00am - Coffee Time 11:00 - 12:00pm - Walking Club 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Yoga 2:00 - 4:00pm - BINGO 4:00 - 5:00pm - <i>Fogging Treatment</i>
28 10:00 - 11:00am - Coffee Time 11:00 - 12:00pm - Walking Club 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Chair Aerobics (Live DJ) 2:30 - 4:00pm - Art Class 4:00 - 5:00pm - Dominoes	29 10:00 - 12:00pm - Coffee Time 11:00 - 12:00pm - Walking Club 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Massage Therapy 1:30 - 3:00pm - Cultural Art Class 3:00 - 5:00pm - BINGO	30 10:00 - 11:00am - Coffee Time 10:00 - 11:00pm - BP Reading 11:00 - 12:00pm - Walking Club 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Yoga 1:30 - 3:30pm - Cultural Arts Class 3:00 - 5:00pm - Dominoes	31 10:00 - 11:00am - Coffee Time 11:00 - 12:00pm - Walking Club 12:00 - 1:00pm - LUNCH 1:00 - 2:00pm - Chair Aerobics (Live DJ) 2:00 - 3:00pm - Birthday Party 2:00 - 5:00pm - Dominoes	*Activities and Events are subject to change at any time. Office Hours are from 9:00am - 5:00 pm

Cooper Park Social Club * 288 Frost Street, Brooklyn, NY 11222 * 718.408.6328

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Daily				
<ul style="list-style-type: none"> - Milk, Low Fat, 1% - Whole Wheat Bread - Margarine, Dressing/Ketchup 	1 <i>Cooper Park Senior Center Closed on New Year's Day</i>	2 <i>Jerk Chicken Rice & Beans Cabbage w/Shredded Carrots Apple Juice Oranges or Plums</i>	3 <i>Oven Baked Pork Chops Green Beans Sweet Baked Yams Orange Juice Bananas</i>	4 <i>Chicken Parmesan Penne Broccoli w/Toasted Garlic Orange Pineapple Juice Apples</i>
7 <i>Baked Tilapia Sweet Mashed Potato Roasted Vegetables Orange Juice Apples or Peaches</i>	8 <i>BBQ Chicken Braised Collard Greens Garlic & Rosemary Roasted Potato Apple Juice</i>	9 <i>Pernil (Roasted Pork Shoulder) Yellow Rice Mixed Vegetables Grape Juice Oranges or Plums</i>	10 <i>Oven Fried Chicken Mac & Cheese Steamed Green Beans Apple Juice Bananas</i>	11 <i>Beef Meatballs in Tomato Sauce Spaghetti Broccoli & Red Peppers Orange Juice Apple</i>
14 <i>Sweet & Sour Pork w/Pineapple Chinese Style Spaghetti Oriental Blended Vegetables Orange Juice Apples or Peaches</i>	15 <i>Chicken w/Black Bean Sauce White Rice Okra w/Tomatoes Apple Juice Bananas</i>	16 <i>Beef Stew Egg Noodles Broccoli w/Toasted Garlic Grape Juice Oranges or Plums</i>	17 <i>Hawaiian Chicken Sweet Mashed Potatoes Sautéed Green Beans Apple Juice Bananas</i>	18 <i>Fish w/Creole Sauce Pasta Steamed Kale Orange Juice Apples</i>
21 <i>Cooper Park SC Closed in Observance of Martin L. King Jr. Day</i>	22 <i>Stewed Pork Chops Baked Red Potato Wedges Tangy Green Beans Orange Pineapple Juice Bananas</i>	23 <i>Baked Turkey Breast Sweet Baked Potato Collard Greens w/Tomato Apple Juice Oranges or Plums</i>	24 <i>Baked Teriyaki Fish Rice Pilaf Carrots Orange Juice Bananas</i>	25 <i>Garlic Chicken Rice w/Vegetables Sautéed Brussel Sprouts & Kale Grape Juice Apples</i>
28 <i>Spanish Style Baked Chicken Sautéed Green Beans Roasted Potatoes Orange Juice Apples or Peaches</i>	29 <i>Beef & Broccoli Egg Noodles Mixed Vegetables Apple Juice Bananas</i>	30 <i>Teriyaki Chicken White Rice Baby Carrots w/Parsley Orange Pineapple Juice Oranges or Plums</i>	31 <i>BBQ Pulled Pork Baked Sweet Potato Collard Greens Apple Juice Bananas</i>	<p style="text-align: center;">*Activities and Events are subject to change at any time.</p> <p style="text-align: center;"><i>Office Hours are from 9:00am – 5:00 pm</i></p>



Cooper Park Social Club

288 Frost Street

Brooklyn, NY

718.408.6328

www.jasa.org

Partly Funded by A Special Legislative Grant from Councilmember, Antonio Reynoso

