



JANUARY 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>THE JASA STAFF WISHES ALL OF OUR MEMBERS A HAPPY, HEALTHY & PEACEFUL NEW YEAR</p> 	<p>1</p> <p><u>THE CENTER WILL BE CLOSED FOR NEW YEAR'S DAY</u></p>	<p>2</p> <p>9:15 BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10am NAME THAT TUNE 11am YOGA 12 NOON LUNCH</p>	<p>3</p> <p>9:30 BINGO BOP 10am LEISURE GAMES 10:30 COLOR YOUR WORLD 11am WALK IN PLACE 12 NOON LUNCH</p>	<p>4</p> <p>9:30 BINGO BOP 10 am COLOR YOUR WORLD 10:30 GENTLE AEROBICS 12 NOON LUNCH</p>
<p>7</p> <p>10am CREATE & DESIGN W/ ARLENE 11am SENIORCISE 12 NOON LUNCH</p>	<p>8</p> <p>9:30 BINGO BOP 10:30 NYC ROAD RUNNERS 12 NOON LUNCH 12:30 COLOR YOUR WORLD 12:45 ACRYLIC PAINTING</p>	<p>9</p> <p>9:15 BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10am NAME THAT TUNE 11am YOGA 12 NOON LUNCH 12:45 MACRAME</p>	<p>10</p> <p>9:30 BINGO BOP 10am LEISURE GAMES 10:30 COLOR YOUR WORLD 11am WALK IN PLACE <u>11:30 – MOVIES & RESTAURANT TRIP</u> 12 NOON LUNCH</p>	<p>11</p> <p>9:30 BINGO BOP 10 am COLOR YOUR WORLD 10:30 GENTLE AEROBICS 12 NOON LUNCH</p>
<p>14</p> <p>10am CREATE & DESIGN W/ ARLENE 11am SENIORCISE 12 NOON LUNCH</p>	<p>15</p> <p>9:30 BINGO BOP 10:30 NYC ROAD RUNNERS <u>11am ACCESSIBLE DISPATCH NYC</u> 12 NOON LUNCH 12:30 COLOR YOUR WORLD 12:45 ACRYLIC PAINTING</p>	<p>16</p> <p>9:15 BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10am NAME THAT TUNE 11am YOGA 12 NOON LUNCH 12:45 MACRAME</p>	<p>17</p> <p>9:30 BINGO BOP 10am LEISURE GAMES 10:30 COLOR YOUR WORLD 11am WALK IN PLACE 12 NOON LUNCH</p>	<p>18</p> <p>9:30 BINGO BOP 10 am COLOR YOUR WORLD 10:30 GENTLE AEROBICS 12 NOON LUNCH</p>
<p>21</p> <p>THE CENTER WILL BE CLOSED FOR MARTIN LUTHER KING, JR. DAY</p> 	<p>22</p> <p>9:30 BINGO BOP 10:30 NYC ROAD RUNNERS 12 NOON LUNCH <u>12:15 - MARTIN LUTHER KING, JR. TRIBUTE</u> 12:30 COLOR YOUR WORLD 12:45 ACRYLIC PAINTING</p>	<p>23</p> <p>9:15 BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10am NAME THAT TUNE 11am YOGA 12 NOON LUNCH 12:45 MACRAME</p>	<p>24</p> <p>9:30 BINGO BOP 10am LEISURE GAMES 10:30 COLOR YOUR WORLD 11am WALK IN PLACE 12 NOON LUNCH</p>	<p>25</p> <p>9:30 BINGO BOP 10 am COLOR YOUR WORLD 10:30 GENTLE AEROBICS 12 NOON LUNCH</p>
<p>28</p> <p>11am SENIORCISE 12 NOON LUNCH 12:30 CREATE & DESIGN W/ ARLENE</p>	<p>29</p> <p>9:30 BINGO BOP 10:30 NYC ROAD RUNNERS 12 NOON LUNCH 12:30 COLOR YOUR WORLD 12:45 ACRYLIC PAINTING</p>	<p>30</p> <p>9:15 BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10am NAME THAT TUNE 11am YOGA <u>11am NUTRITION WITH OLEG</u> 12 NOON LUNCH 12:45 - MACRAME</p>	<p>31</p> <p>9:30 BINGO BOP 10am LEISURE GAMES 10:30 COLOR YOUR WORLD 11am WALK IN PLACE 12 NOON LUNCH</p>	

JASA at the HES 9502 SEAVIEW AVENUE BROOKLYN 11236 (718) 251-3700

JANUARY 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>THE FOLLOWING MENU IS SUBJECT TO CHANGE WITHOUT ANY ADVANCE NOTICE</p>	<p>THE CENTER WILL BE CLOSED FOR NEW YEAR'S DAY</p>	<p>2 BEEF MOUSAKA GARDEN SALAD</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD MACARONI SALAD & GARDEN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>3 BAKED SALMON RICE A RONI & RED CABBAGE SALAD</p> <p><u>ALTERNATE MEAL</u> – CHICKEN SALAD CHICKPEA SALAD & RED CABBAGE WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>4 HONEY APRICOT GLAZED CHICKEN SPINACH NOODLE KUGEL & BROCCOLI</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH TRI-COLOR PASTA & CARROT SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>7 TURKEY STUFFED PEPPERS VEGGIE COUSCOUS & WINTER VEGGIES</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD POTATO SALAD & BEET SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>8 SHAKE & BAKE CHICKEN MASHED SWEET POTATOES & SALAD</p> <p><u>ALTERNATE MEAL</u> – EGG SALAD SWEET POTATO SALAD & MIXED SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>9 BEEF BURGER ON A BUN RED BLISS POTATOES & COLE SLAW</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD COLE SLAW & CORN & BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>10 BREADED FISH ORZO & CALIFORNIA VEGGIES</p> <p><u>ALTERNATE MEAL</u> – TURKEY SALAD LENTIL SALAD & CARROT SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>11 ROASTED CHICKEN KASHA VARNISHKAS & BABY CARROTS</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH CUCUMBER SALAD & RED CABBAGE CHALLAH BREAD MILK TO TAKE HOME</p>
<p>14 TURKEY WITH GRAVY BAKED POTATO & BROCCOLI</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD POTATO SALAD & RED CABBAGE WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>15 CHICKEN CACCIATORE PASTA & GREEN BEANS & GARLIC BREAD</p> <p><u>ALTERNATE MEAL</u> – EGG SALAD CARROT SALAD & GREEN BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>16 SWEET & SOUR MEATBALLS TOASTED BARLEY & CALIFORNIA VEGGIE</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD LENTIL SALAD & CUCUMBER SSLAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>17 BREADED FISH CORN W/ RED PEPPER & COLE SLAW</p> <p><u>ALTERNATE MEAL</u> – CHICKEN SALAD TRI-COLOR PASTA SALAD & COLE SLAW WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>18 HAWAIIAN ROASTED CHICKEN WHITE RICE & SPINACH SOUFFLE</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH ISRAELI SALAD & 3 BEAN SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>21 THE CENTER WILL BE CLOSED FOR MARTIN LUTHER KING, JR. DAY</p>	<p>22 CHICKEN FRANCHAISE ORZO W/ VEGGIES & MIXED VEGGIES</p> <p><u>ALTERNATE MEAL</u> – EGG SALAD POTATO SALAD & RED CABBAGE SALAD WHOLD WHEAT BREAD MILK TO TAKE HOME</p>	<p>23 TURKEY DRUMSTICKS MASHED SWEET POTATO & GRREN BEANS</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD MEXICAN CORN SALAD & GREEN BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>24 IMITATION CRAB CAKE (KANI) VEGGIE RICE & RUSSIAN COLE SLAW</p> <p><u>ALTERNATE MEAL</u> – TURKEY SALAD CHICKPEA SALAD & RUSSIAN COLE SLAW WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>25 ROASTED CHICKEN SWEET NOODLE KUGEL & BROCCOLI</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH WHITE BEAN SALAD & CARROT SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>28 CALIFORNIA TURKEY MEATLOAF FRESH MASHED POTATOES & CARROTS</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD POTATO SALAD & CARROT SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>29 CHICKEN CACCIATORE PASTA & ZUCCHINI & GARLIC BREAD</p> <p><u>ALTERNATE MEAL</u> – VEGGIE LIVER BOWTIE PASTA SALAD & 4 BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>30 BEEF STUFFED CABBAGE KASHA VARNISHKES & MIXED VEGGIES</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD MACARONI & PEA SALAD & BEET SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>31 SALMON BURGER YELLOW RICE & CUCUMBER SALAD</p> <p><u>ALTERNATE MEAL</u> – CURRIED CHICKEN SALAD RICE SALAD & CUCUMBER SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	



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STAFF:

SUE ANN PARTNOW - PROGRAM DIRECTOR
LILLIAN McPHAUL - PROGRAM COORDINATOR
ALBERT KADOSH - FOOD TECHNICIAN

CENTER HOURS

8:00am to 4:00pm
Monday-Friday

UPCOMING SPECIAL EVENTS

JANUARY 1ST - THE CENTER WILL BE CLOSED FOR NEW YEAR'S DAY
JANUARY 10TH - MOVIE TRIP - "THE BASIS OF SEX" & PERRY'S RESTAURANT
JANUARY 15TH - NYC ACCESSIBLE DISPATCH PROGRAM PRESENTATION
JANUARY 21ST - THE CENTER WILL BE CLOSED FOR MARTIN LUTHER KING JR. DAY
JANUARY 22ND - MARTIN LUTHER KING, JR. TRIBUTE
JANUARY 30TH - NUTRITION WITH OLEG