

January 2019 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>2</p> <p>CENTER CLOSED HAPPY NEW YEAR'S DAY</p>	<p>3</p> <p>10:30am Blood Pres. 11:00am Tai Chi For Arthritis 1:00pm Bingocise</p>	<p>4</p> <p>10:30am Color and relax 11:00 Elder Abuse 1:00pm Dance Class</p>	<p>5</p> <p>10:00am Alert & Alive 10:30am Blood Pressure 1:00pm Leisure Game Fun with Numbers</p>
<p>7</p> <p>10:00am Keep on Track Blood Pressure screening 10:00am Yoga 11:00 CELEBRATE!! New Year!!! 1:00pm Computer class 1:00 Multi-media art</p>	<p>8</p> <p>10am Aerobics 11am Health Lecture 1pm Creative Writing and ESL</p>	<p>9</p> <p>10:30am Blood Pr. 11:00am Tai Chi For Arthritis 1:00pm Bingocise</p>	<p>10</p> <p>11:00am Nutrition- Mood Boosting foods 1:00pm Movie Matinee TBA</p>	<p>11</p> <p>10:00am Alert & Alive 10:30am Blood Pressure 1:00pm Leisure Game Fun with Numbers</p>
<p>14</p> <p>10:00am B. Pressure & Yoga 11:00am "Winter Care" JCC 1:00pm Computer class 1:00 Multi-media art</p>	<p>15</p> <p>10am Aerobics 11am Health Lecture 1pm Creative Writing and ESL</p>	<p>16</p> <p>10:30am Blood Pr. 11:00am Tai Chi For Arthritis 1:00pm Bingocise</p>	<p>17</p> <p>10:30am Jewelry Making 11:00am Falls Prevention 1:00pm Dance Class</p>	<p>18</p> <p>10:00am Alert & Alive 10:30am Blood Pressure 1:00pm Leisure Game Fun with Numbers</p>
<p>21</p> <p>CENTER CLOSED Dr. Martin Luther King Jr Day</p>	<p>22</p> <p>10:00am Aerobics 11:00am Health Lecture 1:00pm Creative Writing and ESL</p>	<p>23</p> <p>10:30am BP 11:00am Tai Chi For Arthritis 1:00pm Bingocise</p>	<p>24</p> <p>10:30am Remembering Dr. Martin Luther King Jr. 1:00pm Movie Matinee TBA</p>	<p>25</p> <p>10:00am Alert & Alive 10:30am Blood Pressure 1:00pm Leisure Game Fun with Numbers</p>
<p>28</p> <p>10am BP and Yoga 11am "Isolation" JCC of CI 1pm Computer Class Multi-Media Art</p>	<p>29</p> <p>10am Aerobics 11am Health Lecture 1pm Creative Writing and ESL</p>	<p>30</p> <p>10:30am BP 11:00am Tai Chi For Arthritis 1:00pm Bingocise</p>	<p>31</p> <p>10:30am Color and relax 1:00pm Movie Matinee TBA</p>	

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Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 CLOSED FOR NEW YEARS DAY</p>	<p>2 BEEF MOUSSAKA GARDEN SALAD WHEAT BREAD, BANANA, ORANGE- PINEAPPLE JUICE OR TUNA SALAD W/ 2 COLD SIDES</p>	<p>3 BAKED SALMON, RICE-A-RONI, RED CABBAGE SALAD WHEAT BREAD, ORANGE JUICE, FRUIT COCKTAIL OR CHICKEN SALAD W/ 2 COLD SIDES</p>	<p>4 HONEY-APRICOT CHICKEN, STMD BROCCOLI, SPINACH NOODLE PUDDING APPLE JUICE CHALLAH BREAD KIWI OR GELFITE FISH W/ 2 COLD SIDES</p>
<p>7 STUFFED PEPPERS, VEGETABLES, COUSCOUS WHEAT BREAD, ORANGE JUICE APPLESAUCE OR TUNA SALAD W/ 2 COLD SIDES</p>	<p>8 SHAKE & BAKE CHICKEN, SWEET POTATO, GREEN SALAD APPLE JUICE WHEAT BREAD CANNED PEARS OR EGG SALAD, 2 SIDES</p>	<p>9 HAMBURGER W/BUN, COLE SLAW, RED BLISS POTATO, APPLE, ORANGE PINEAPPLE JUICE OR SALMON SALAD W/ 2 COLD SIDES</p>	<p>10 BREADED TILAPIA, ORZO, CALIF VEGS WHEAT BREAD, BANANA ORANGE JUICE OR TURKEY SALAD W 2 COLD SIDES</p>	<p>11 ROASTED CHICKEN, KASHA VARNISHKES BABY CARROTS, CHALLAH BREAD, APPLE JUICE, ORANGE OR GELFITE FISH W/ 2 COLD SIDES</p>
<p>14 TURKEY W/ GRAVY, BAKED POTATO BROCCOLI WHEAT BREAD, ORANGE JUICE APPLESauce OR SALMON SALAD, 2 SIDES</p>	<p>15 CHICKEN CACCIATORE, PASTA, GREEN BEANS GARLIC BREAD APPLE JUICE CANNED PINEAPPLE OR EGG SALAD 2 SIDES</p>	<p>16) SWEET & SOUR MEATBALLS TOASTED BARLEY & ONION, CALIF. VEGS. WHEAT BREAD, ORANGE PINEAPPLE JUICE, APPLE OR TUNA SALAD W/ 2 COLD SIDES</p>	<p>17 BREADED POLLACK FISH, COLESLAW, CORN & RED PEPPERS, BANANA, WHEAT BREAD, ORANGE JUICE OR CHICKEN SALAD W/ 2 COLD SIDES</p>	<p>18 HAWAIIAN CHICKEN LEGS, WHITE RICE, SPINACH SOUFFLE CHALLAH BREAD APPLE JUICE & TANGERINE OR GELFITE FISH W/ 2 COLD SIDES</p>
<p>21 CLOSED FOR MARTIN LUTHER KING DAY</p>	<p>22) CHICKEN FRANCAISE, ORZO, VEGS, WHEAT BREAD, ORANGE & APPLE JUICE OR EGG SALAD 2 COLD SIDES</p>	<p>23 TURKEY DRUMSTICKES, GREEN BEANS, SWEET POTATO, WHEAT BREAD, FRUIT COCKTAIL, ORANGE/PINEAPPLE JUICE OR SALMON SALAD W/ 2 COLD SIDES</p>	<p>24 CRAB (KANI) CAKES, COLESLAW, RICE W/ VEGS. WHEAT BREAD, APPLE, ORANGE JUICE OR TURKEY SALAD W/ 2 COLD SIDES</p>	<p>25 ROASTED CHICKEN, NOODLE KUGEL, BROCCOLI & RED PEPPERS CHALLAH BREAD, APPLE JUICE, BANANA OR GELFITE FISH W/ 2 COLD SIDES</p>
<p>28) TURKEY MEATLOAF, MASHED POTATOES, CARROTS WHEAT BREAD, ORANGE JUICE APPLE OR TUNA SALAD W/ 2 COLD SIDES</p>	<p>29 CHICKEN CACCIATORE, PASTA, ZUCCHINI GARLIC BREAD APPLE JUICE KIWI OR VEG CHOPPED LIVER W/ 2 COLD SIDES</p>	<p>30) STUFFED CABBAGE KASHA VARNISHKES, VEGS. WHEAT BREAD, CANNED PEARS, ORANGE/PINEAPPLE JUICE OR SALMON SALAD W/ 2 COLD SIDES</p>	<p>31) SALMON BURGER YELLOW RICE, CUCUMBER SALAD WHEAT BREAD, ORANGE JUICE, BANANA OR CURRIED CHICKEN SALAD W/ 2 COLD SIDES</p>	



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Hours 8am to 4pm

*Movie Matinees

*Lectures

*Parties

*Games

*Health screenings

