


JANUARY 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p><b>New Year Day JASA is closed</b></p> 	<p><b>2</b></p> <p>9:30 ESL (L.3) 10:00 ESL beginner (L.4) 11:00 Ballroom Dancing(GYM) 11:30 Active forever (L.R.) 12:45 Art Class (L.3) 1:00 Yoga Class (GYM)</p>	<p><b>3</b></p> <p>9:30 ESL (L.3) 10:30 Exercise (GYM) <b>11:00 Workshop (Enjoy Healthy Food)(L.R.)</b> <b>11:30 Lecture w/Jean(L.R.)</b> 1:00 Computer Class (L.3) 1:15 Latin Dancing (GYM)</p>	<p><b>4</b></p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 11:15 Israeli dancing(GYM) 12:45 Hebrew Class(L.3)</p>
<p><b>7</b></p> <p>10:00 Literary Club (L.3) 10:00 ESL beginner(L.4) 11:30 Active forever 1:00 Belly Dancing (L.R.)</p>	<p><b>8</b></p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) 1:00 Intern. Song (L.3) 1:00 Zumba (GYM)</p>	<p><b>9 TRIP- Museum of Modern Art</b></p> <p>9:30 ESL (L.3) 10:00 ESL beginner (L.4) 11:00 Ballroom Dancing(GYM) 11:30 Active forever (L.R.) 12:45 Art Class (L.3) 1:00 Yoga Class (GYM)</p>	<p><b>10</b></p> <p>9:30 ESL (L.3) 10:30 Exercise (GYM) <b>11:00 Workshop (Quick, Healthy Meals and Snacks)(L.R.)</b> <b>11:30 Lecture w/Jean(L.R.)</b> 1:00 Computer Class (L.3) 1:15 Latin Dancing (GYM)</p>	<p><b>11</b></p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 11:15 Israeli dancing(GYM) 12:45 Hebrew Class(L.3)</p>
<p><b>14</b></p> <p>10:00 Literary Club (L.3) 10:00 ESL beginner(L.4) 11:30 Active forever <b>12:30 Color your stress away (L.3)</b> 1:00 Belly Dancing (L.R.)</p>	<p><b>15</b></p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) <b>11:45 Nutritionist presents (L.R.)</b> 1:00 Intern. Song (L.3) 1:00 Zumba (GYM)</p>	<p><b>16 TRIP- Museum of Modern Art</b></p> <p>9:30 ESL (L.3) 10:00 ESL beginner (L.4) 11:00 Ballroom Dancing(GYM) 11:30 Active forever (L.R.) 12:45 Art Class (L.3) 1:00 Yoga Class (GYM)</p>	<p><b>17</b></p> <p>9:30 ESL (L.3) 10:30 Exercise (GYM) <b>11:00 Workshop (Eating Healthy on a Budget)(L.R.)</b> <b>11:30 Lecture w/Jean(L.R.)</b> 1:00 Computer Class (L.3) 1:15 Latin Dancing (GYM)</p>	<p><b>18</b></p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 11:15 Israeli dancing(GYM) <b>12:30 Lecture- History of Music(L.4)</b> 12:45 Hebrew Class (L.3)</p>
<p><b>21</b></p> <p><b>Martin Luther King Jr. Day Jasa is closed</b></p> 	<p><b>22</b></p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) 1:00 Intern. Song (L.3) 1:00 Zumba (GYM)</p>	<p><b>23</b></p> <p>9:30 ESL (L.3) 10:00 ESL beginner (L.4) 11:00 Ballroom Dancing(GYM) 11:30 Active forever (L.R.) 12:45 Art Class (L.3) 1:00 Yoga Class (GYM)</p>	<p><b>24</b></p> <p>9:30 ESL (L.3) 10:30 Exercise (GYM) <b>11:00 Workshop (Make Healthy Eating Part of Your Lifestyle)(L.R.)</b> <b>11:30 Lecture w/Jean(L.R.)</b> 1:00 Computer Class (L.3) 1:15 Latin Dancing (GYM)</p>	<p><b>25</b></p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 11:15 Israeli dancing(GYM) <b>11:30 Holliday Party (L.R)</b> 12:45 Hebrew Class (L.3)</p>

<p><b>28</b>  10:00 Literary Club (L.3)  10:00 ESL beginner(L.4)  11:30 Active forever  11:45 <b>Workshop (Housing and family services)(L.R.)</b>  1:00 Belly Dancing (L.R.)</p>	<p><b>29</b>  10:00 ESL (L.4)  10:00 Citizenship Class (L.3)  10:30 Exercise(GYM)  1:00 Intern. Song (L.3)  1:00 Zumba (GYM)</p>	<p><b>30</b>  9:30 ESL (L.3)  10:00 ESL beginner (L.4)  11:00 Ballroom Dancing(GYM)  11:30 Active forever (L.R.)  12:45 Art Class (L.3)  1:00 Yoga Class (GYM)</p>	<p><b>31</b>  9:30 ESL (L.3)  10:30 Exercise (GYM)  <b>11:30 Lecture w/Jean(L.R.)</b>  1:00 Computer Class (L.3)  1:15 Latin Dancing (GYM)</p>	
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**JANUARY 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>  <b>New Year Day</b> <b>JASA is closed</b>	<b>2</b> Beef Moussaka Whole Wheat Bread Garden Salad ----- Cold - Tuna Nicoise Salad	<b>3</b> Baked Salmon Dill Lemon Sauce Rice A Roni Whole Wheat Bread Red Cabbage Salad ----- Cold - Chicken Salad	<b>4</b> Honey-Apricot Glazed Chicken Challah Bread Spinach Noodle Pudding Steamed Broccoli ----- Cold - Gelfite Fish
<b>7</b> Breaded Southern Steak Roasted Vegetable Couscous Whole Wheat Bread Winter Blend Vegetables ----- Cold - Tuna Fish Salad	<b>8</b> Shake & Bake Chicken Mashed Sweet Potatoes Whole Wheat Bread Mixed Green Salad ----- Cold - Egg Salad	<b>9</b> Beef Hamburger Hamburger Bun, plain Red Bliss Potatoes Cole Slaw ----- Cold - Salmon Salad	<b>10</b> Breaded Tilapia Fish Fillet Orzo Whole Wheat Bread California Blend Vegetables ----- Cold - Turkey Salad	<b>11</b> Roasted Chicken Challah Bread Kasha Varnishkes Baby Carrots with Parsley ----- Cold - Gelfite Fish
<b>14</b> Turkey with Gravy Baked Potato in Skin Whole Grain Stuffing Steamed Broccoli ----- Cold - Salmon Salad	<b>15</b> Chicken Cacciatore Garlic Bread Pasta (1/2 cup) Green Beans ----- Cold - Egg Salad	<b>16</b> Sweet and Sour Meatballs Mauzone Toasted Barley & Onion Whole Wheat Bread California Blend Vegetables ----- Cold - Tuna Salad	<b>17</b> Breaded Pollock Fish Fillet Corn and Red Peppers Whole Wheat Bread Coleslaw ----- Cold - Chicken Salad	<b>18</b> Hawaiian Chicken Legs Challah Bread White Rice Spinach Souffle ----- Cold - Gelfite Fish
<b>21</b>  <b>Martin Luther King Jr. Day</b> <b>Jasa is closed</b>	<b>22</b> Chicken Francaise Orzo with Vegetables Whole Wheat Bread California Blend Vegetables ----- Cold - Egg Salad	<b>23</b> Turkey Drumsticks Mashed Sweet Potatoes Whole Wheat Bread Green Beans and Tomatoes ----- Cold - Salmon Salad	<b>24</b> Imitation Crab (Kani) Cakes Rice with Vegetables Russian Coleslaw ----- Cold - Turkey Salad	<b>25</b> Roasted Chicken Challah Bread Noodle Kugel Broccoli and Red Peppers ----- Cold - Gelfite Fish
<b>28</b> California Turkey Meatloaf Whole Wheat Bread Homemade Mashed Potatoes Steamed Carrots ----- Cold - Tuna Salad	<b>29</b> Chicken Cacciatore Garlic Bread Pasta (1/2 cup) Sautéed Zucchini ----- Cold - Ovo - Vegetarian Chopped Liver	<b>30</b> Stuffed Cabbage with Beef Kasha Varnishkes Whole Wheat Bread California Blend Vegetables ----- Cold - Salmon Salad	<b>31</b> Salmon Burger Whole Wheat Bread Yellow Rice Cucumber Dill Salad ----- Cold - Curried Chicken Salad	



## **Shorefront Senior Center**

**3300 Coney Island Ave**

**Brooklyn NY 11235**

**347-689-1840- Olha Medytska, Program Director**

**347-689-1839-Janina Dubickaite, Program Coordinator**

**718-646-1444- Liubava Fokina, Administrative Assistant**

**omedytska@jasa.org**

**www.jasa.org**

**Open Monday- Friday**

**8:30am-4:30pm**

- **Literary Club**
- **ESL beginners and citizenship Classes**
- **Exercise, Zumba, and Yoga**
- **International Singing Class**
- **Art Class**
- **Computer Class**
- **Hebrew**
- **Ballroom, Latin, Israeli, and belly Dancing**
- **Lectures, presentations**
- **Party**

