



January 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch/ Almuerzo</u> 12pm-1pm DAILY HABLAMOS ESPAÑOL</p>	<p>1 CENTER CLOSED</p>	<p>2 9:30 Bike Exercise 10:30 Teach Me Rumikub 11:30 Age-Tastic Game 1pm Karaoke W. DJ Lax</p>	<p>3 9:30 Bike Exercise 10:30 Wii Game 11:30 Ginsburg News 1pm ZUMBA</p>	<p>4 9am Ginsburg News 10am Wii Games 11am Crafts W. Freddie 1pm BINGO</p>
<p>7 <u>Advisory Meeting</u> 9:30 Wii Games 10:30 Blood Pressure Screening 11:30 Meeting 1pm Leisure Games</p>	<p>8 <u>Three Kings Party</u> 9:30 Bike/ Wii Games 10:30 Ginsburg News 11:30 Age-Tastic Game 1pm Party W. Woody</p>	<p>9 <u>Jokercise w. Howard</u> 9:30 Bike Exercise 10:30 Teach Me Rumikub 11:30 Age-Tastic Game 1pm Jokercise</p>	<p>10 <u>Healthy Living w. Dorothy</u> 9:30 Bike Exercise 10:30 Wii Game 11:30 Healthy Living 1pm ZUMBA</p>	<p>11 9am Ginsburg News 10am Wii Games 11am Crafts W. Freddie 1pm BINGO</p>
<p>14 9:30 Wii Games 10am Blood Pressure Screening 11am Age-Tastic Game 1pm Teach me Rumikub</p>	<p>15 <u>Norc Presentation</u> 9:30 Bike/ Wii Games 10:30 Ginsburg News 11am Presentation 1pm Dancing w. Walter</p>	<p>16 <u>Flea Market</u> 9:30 Bike Exercise 10:30 Teach Me Rumikub 11:30 Leisure Games 1pm Let' Get Crafty</p>	<p>17 9:30 Bike Exercise 10:30 Wii Game 11:30 Ginsburg News 1pm ZUMBA</p>	<p>18 <u>Create a Vision Project</u> 9am Ginsburg News 10am Wii Games 11am Crafts W. Freddie 1pm Create a Vision</p>
<p>21 Center Closed Martin Luther King Birthday We are open January 19, 2019</p>	<p>22 <u>Diabetes Presentation</u> 9:30 Bike/ Wii Games 10:30 Ginsburg News (MLK) 11am <i>Presentation</i> 1pm Dancing W. Walter</p>	<p>23 9:30 Bike Exercise 10:30 Teach Me Rumikub 11:30 Leisure Games 1pm Let' Get Crafty</p>	<p>24 <u>Bake Sale</u> 9:30 Bike Exercise 10:30 Wii Game 11:30 Ginsburg News 1pm ZUMBA</p>	<p>25 9am Ginsburg News 10am Wii Games 11am Crafts W. Freddie 1pm BINGO</p>
<p>28 9:30 Wii Games 10am Blood Pressure Screening 11am Age-Tastic Game 1pm Teach me Rumikub</p>	<p>29 9:30 Bike/ Wii Games 10:30 Ginsburg News 11:30 Age-Tastic Game 1pm Dancing w. Walter</p>	<p>30 <u>Birthday Party</u> 9:30 Bike Exercise 10:30 Teach Me Rumikub 11:30 Leisure Games 1pm Party</p>	<p>31 <u>Norc Presentation</u> 9:30 Bike Exercise 10:30 Wii Game 11am Presentation 1pm ZUMBA</p>	<p><u>Advisory Members:</u> Violeta Ramirez Bibi Rasul Awilda Perez Elba Santiago Carmen Jusino Nedda Cruz Alma Hay</p>

Sue Ginsburg Senior Center: 975 Waring Ave. Bronx, NY, 10469 (718)881-1758

January 2019 MENU

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



Sue Ginsburg Senior Center

975 Waring Avenue

Bronx, NY, 10469

(718) 881-1758 Vmorell@jasa.org

www.jasa.org

8:30am to 4:30pm

Monday-Friday

Blood Pressure Screenings w. Julissa Reynoso (Every Monday)

Advisory Meeting (1/7/2019)

Ritmo Latino (Every Tuesday)

Karaoke W. DJ LAX (1/2/2019)

Three Kings Party w. DJ Woody (1/8/2019)

Jokesercise W. Howard (1/9/2019)

Health Education (1/10/2019)

Technology Class W. Shanil (1/15/2019)

Flea Market (1/16/2019)

Bake Sale (1/24/2019)

Birthday Party (1/30/2019)

Zumba (Every Thursday)

Arts & Crafts with Freddie (Every Friday)

CENTER IS CLOSED ON 1/1/2019 & 1/21/2019

STAFF:

Program Director: Victor Morell

Group Work Assistant: Shanil Acosta

Porter: T. Del Valle

Community Aid: Dorothy Crumpler

Social Worker: Vilma Sorrentini

