

January 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We Will be open Saturday January 12, 2019 Estaremos abierto el Sabado Enero 12, 2019</p>	<p>1 HAPPY NEW YEAR! Center Closed Centro Cerrado</p>	<p>2 Healing Arts w. Evelyn! 9:00 Current Events 10:00 Healing Arts 11:30 Aerobics w/ Tommy 1:00 Leisure Games</p>	<p>3 8:30 Relaxation Music 9:00 Current Events 10:00 BP Screening 11:30 Zumba Time!</p>	<p>4 CDSMP 8:30 Relaxation Music 9:00 Current Events 10:30 Chronic Disease Self Mgmt. 1:00 Bingo</p>
<p>7 10:00 Kidney Failure Prgm 11:00 Health Management 1:00 Aerobics w/ Tommy 1:30 Bingo</p>	<p>8 New Years PARTY @1pm 8:30 Relaxation Music 9:30 Current Events 10:00 Leisure Games 1:00 Technology</p>	<p>9 Healing Arts w. Evelyn! 9:00 Current Events 10:00 Healing Arts 11:30 Aerobics w/ Tommy 1:00 Leisure games</p>	<p>10 8:30 Relaxation Music 9:00 Current Events 10:00 BP Screening 11:30 Zumba Time!</p>	<p>11 Pantry Day 9:00 Pantry 12:00 Lunch</p>
<p>14 10:00 Kidney Failure Prgm 11:00 Health Management 1:00 Aerobics w/ Tommy 1:30 Bingo</p>	<p>15 NYPD Presentation 8:30 Relaxation Music 9:30 Current Events 10:00 Leisure Games 11:00 Elder Abuse Pres</p>	<p>16 Healing Arts w. Evelyn! 9:00 Current Events 10:00 Healing Arts 11:30 Aerobics w/ Tommy 1:00 Leisure Games</p>	<p>17 8:30 Relaxation Music 9:00 Current Events 10:00 BP Screening 11:30 Zumba Time!</p>	<p>18 CDSMP 8:30 Relaxation Music 9:00 Current Events 10:30 Chronic Disease Self Mgmt. 1:00 Bingo</p>
<p>21 Center Closed Centro Cerrado</p>	<p>22 DOT Safety Presentation 8:30 Relaxation Music 9:30 Current Events 11:00 Pedestrian Safety 1:00 Nutrition Ed</p>	<p>23 Healing Arts w. Evelyn! 9:00 Current Events 10:00 Healing Arts 11:30 Aerobics w/ Tommy 1:00 Leisure Games</p>	<p>24 8:30 Relaxation Music 9:00 Current Events 10:00 BP Screening 11:30 Zumba Time!</p>	<p>25 CDSMP 8:30 Relaxation Music 9:00 Current Events 10:30 Chronic Disease Self Mgmt. 1:00 Bingo</p>
<p>28 8:30 Current Events 10:00 Health Management 1:00 Aerobics w/ Tommy 1:30 Bingo</p>	<p>29 BIRTHDAY PARTY 8:30 Relaxation Music 9:30 Current Events 10:30 Spa Day 1:00 Cultural Arts</p>	<p>30 Healing Arts w. Evelyn! 9:00 Current Events 10:00 Healing Arts 11:30 Aerobics w/ Tommy 1:00 Leisure Games</p>	<p>31 8:30 Relaxation Music 9:00 Current Events 10:00 BP Screening 11:30 Zumba Time!</p>	<p align="center">Lunch / Almuerzo 12pm-1pm DAILY HABLAMOS ESPAÑOL</p>

Throggs Neck Senior Center * 2705 Schley Ave, Bronx, New York, 10465 *718-823-1771



Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY NEW YEAR! Open Saturday Jan 12,2019 Abierto Sabado Enero 12,2019	1 CENTER CLOSED CENTRO CERRADO	2 Orange Jerk Chicken Rice and Beans Cabbage W. Shredded Carrots	3 Banana Oven Baked Pork Chops Green Beans Baked Sweet Yams	4 Apple Chicken Parmesan Penne Pasta Broccoli w. Toasted Garlic

7 Peach Baked Tilapia Mashed Sweet Potatoes Roasted Vegetables	8 Banana BBQ Chicken Legs Braised Collard Greens Garlic & Rosemary Roasted Potatoes	9 Orange Pernil(Pork Shoulder) Yellow Rice Mixed Vegetables	10 Banana Oven Fried Chicken Baked Macaroni & Cheese Steamed Green Beans	11 Apple Beef Meatballs Spaghetti Broccoli and Red Peppers
14 Apple Sweet & Sour Pork Chinese Style Spaghetti Oriental Blend	15 Banana Chicken with Black Bean Sauce White Rice Okra W. Tomatoes	16 Orange Beef Stew Egg Noodles Broccoli w. Toasted Garlic	17 Banana Hawaiian Chicken Legs Mashed Sweet Potatoes Sauteed String Beans	18 Apple Fish w. Creole sauce Pasta Steamed Kale
21 CENTER CLOSED CENTRO CERRADO	22 Banana Stewed Pork Chops Baked Red Potato Wedges Tangy Green Beans	23 Orange Baked Turkey Breast Baked Sweet Potato Collard Greens w. Tomato	24 Banana Baked Teriyaki Fish Rice Pilaf Carrots	25 Apple Garlic Chicken Rice w. Vegetables Brussel Sprouts and Kale Saute
28 Apple Spanish Style Baked Chicken Green Beans Roasted Potatoes	29 Banana Beef and Broccoli Egg Noodles Mixed vegetables	30 Orange Teriyaki Chicken Thighs White Rice Baby Carrots w. Parsley	31 Banana BBQ Pulled Pork Baked Sweet Potato Collard Greens	

January 2019 MENU



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Bronx, NY

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www.jasa.org

