

January 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NEW YEAR'S DAY CENTER CLOSED	2 12:15 Lunch 1:00 Short Stories w/Prof. Heller 2:00 Current Events	3 10:30 Knitting 12:15 Lunch 1:00 MLK Rehearsal #2 w/ Isaac ben Ayala, pianist/conductor	4 10:00 Tone and Stretch w/ Doriana 11:15 Hot Topics w/ Lucy & Neil
7 10:00 Art Studio 10:30 Senior Fitness w/ Doriana 11:15 Tech I w/Randy 11:30 BP Screening w/ Mira 12:15 Lunch 1:00 Tech II w/Randy	8 10:00 Tai Chi w/Stan 10:30 Mah Jongg w/Claire 12:15 Lunch 1:00 Movie Classic	9 10:00 *Bay Plaza Mall Trip w/Cindy 12:15 Lunch 3:00 Flowing Yoga w/ Kathleen Trip: Pre-registration required.	10 10:30 Knitting w/Phyllis 12:15 Lunch 1:00 LIFE VISION: Past, Present & Future Seminar w/J. Herman, Consultant	11 10:00 Tone & Stretch w/Doriana 12:15 Lunch 1:00 Meditation w/ Neil
14 10:00 Painting w/Michael 10:30 Senior Fitness w/Doriana 11:15 Tech I w/Randy 11:30 BP Screening w/Mira 12:15 Lunch 1:00Tech II w/Randy	15 10:30 Mah Jongg w/Claire 11:15 Music and Memories w/Perrin, bassist/composer. 12:15 Lunch 1:00 China Travelogue w/Cecile Lumer 2:30 Movement w/ Judy	16 12:15 Lunch 1:00 Short Stories w/Prof. Heller 2:00 Current Events	17 10:30 Knitting w/Phyllis 11:00 Rehearsal #3 w/Isaac 12:15 Lunch 1:00 MLK Commemoration Event w/ the Van Cortlandt Senior Choral Group & Isaac ben Ayala, pianist/conductor	18 10:00 Tone & Stretch w/Doriana 11:15 Hot Topics w/Lucy & Neil 12:15 Lunch
21 MLK DAY CENTER CLOSED	22 10:00 Tai Chi w/ Stan 10:30 Mah Jongg w/Claire 12:15 Lunch 2:30 Tai Chi Style Movement w/ Judy	23 12:15 Lunch 1:00 <i>Tu B'shvat</i> (Israel Arbor Day) Musical program w/ Suki, flute & Steve, guitar 3:00 Flowing Yoga w/Kathleen O'Hanlon	24 10:30 Knitting w/Phyllis 12:15 Lunch 1:00 Advisory Council meeting	25 12:15 Lunch 1:00 Art History w/Lucy
28 10:30 Painting w/Michael 10:30 Senior Fitness w/Doriana 11:15Tech I w/Randy 11:30 BP Screening w/ Mira 12:15 Lunch 1:00 Tech II w/Randy	29 10:30 Mah Jongg w/Claire 11:15 Music and Memories w/Perrin 12:15 Lunch 1:00 <u>Art Presentation</u> by: Aaron Olshan, Visual Artist (tbc)	30 12:15 Lunch 1:00 January Birthday Party w/the Linda Ipanema Trio	31 9:30 *Ikea ShoppingTrip w/ Cindy 10:30 Knitting w/ Phyllis 12:15 Lunch Trip: Pre-registration required.	

January 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 *HAPPY NEW YEAR* *CENTER CLOSED*</p>	<p>2 Orange Pineapple Juice Beef Moussaka Roasted Eggplant Garden Salad Banana Alt. Tuna Nicoise Salad</p>	<p>3 Orange Juice Fillet of Sole stuffed w/spinach in mustard sauce Rice A Roni Red Cabbage Salad Fruit Cocktail Alt. Chicken Salad</p>	<p>4 Apple Juice Honey-Apricot Glazed Chicken Spinach Noodle Pudding Steamed Broccoli Kiwi Alt. Gefilte Fish Loaf</p>
<p>7 Orange Juice Salisbury Steak w/Gravy Roasted Veg.Couscous Winter Blend Vegetables Wildberry Applesauce Alt. Tuna Salad</p>	<p>8 Apple Juice Shake & Bake Chicken Mashed Sweet Potatoes Mixed Green Salad Canned Pears Alt. Egg Salad</p>	<p>9 Orange Pineapple Juice Beef Hamburger Red Bliss Potatoes Cole Slaw Apple Alt. Salmon Salad</p>	<p>10 Orange Juice Breaded Tilapia Fillet Orzo California Blend Vegetables Banana Alt. Turkey Salad</p>	<p>11 Apple Juice Roasted Chicken Kasha <i>Varnishkes</i> (bow ties) Baby Carrots/Parsley Orange Alt. Gefilte Fish Loaf</p>
<p>14 Apple Juice Turkey w/Gravy Baked Potato in Skin Steamed Broccoli Orange Alt. Salmon Salad</p>	<p>15 Orange Juice Chicken Cacciatore Pasta Green Beans Canned Pineapple Alt. Egg Salad</p>	<p>16 Orange Juice Breaded Pollock Fillet Corn/Red Peppers Coleslaw Banana Alt. Chicken Salad</p>	<p>17 Orange Pineapple Juice Sweet & Sour Meatballs Toasted Barley/Onion California Blend Vegetables Apple Alt. Tuna Salad</p>	<p>18 Apple Juice Hawaiian Chicken Legs White Rice Spinach Soufflé Tangerine Alt. Gefilte Fish Loaf</p>
<p>21 *MATIN LUTHER KING JR.* *CENTER CLOSED*</p>	<p>22 Apple Juice Chicken Francaise Orzo w/Vegetables California Blend Vegetables Orange Alt. Egg Salad</p>	<p>23 Orange Juice Imitation Crab Cake Rice w/Vegetables Russian Coleslaw Apple Alt. Turkey Salad</p>	<p>24 Orange Pineapple Juice Turkey Drumstick Mashed Sweet Potatoes Green Beans/Tomatoes Fruit Cocktail Alt. Salmon Salad</p>	<p>25 Apple Juice Roasted Chicken Noodle Kugel Broccoli/Red Peppers Banana Alt. Breaded Fish fillet</p>
<p>28 Orange Juice California Turkey Meatloaf Mashed Potatoes Steamed Carrots Apple Alt. Tuna Salad</p>	<p>29 Apple Juice Chicken Cacciatore Pasta Sautéed Zucchini Kiwi Alt. Ovo-Vegetarian Chopped Liver</p>	<p>30 Orange Pineapple Juice Stuffed Cabbage Kasha <i>Varnishkes</i> (Bow Ties) California Blend Vegetables Canned Pears Alt. Salmon Salad</p>	<p>31 Orange Juice Salmon Burger Yellow Rice Cucumber Dill Salad Banana Alt. Curried Chicken Salad</p>	



JASA Van Cortlandt Senior Center

3880 Sedgwick Ave.

Bronx, NY

718-549-4700

www.jasa.org

Continuing wellness classes made possible by Council funding and a Health Initiative Grant from CM Andrew Cohen:

Senior Fitness w/Doriana, certified Fitness instructor, will meet on Mon. Jan. 7th, 14th & 28th at 10:30 am.

Movement and Tai Chi/Yoga/Dance w/Judy, certified Fitness instructor, is scheduled for *Tues. Jan. 15th & 22nd at 2:30 pm. *New day/time.

Tai Chi with Stanley Scher, experienced instructor, will meet on Tues. Jan. 8th & 22nd at 10:00 am. Beginners welcome.

Flowing Yoga w/Kathleen, certified Yoga instructor, will meet on Wed. Jan. 9th & 23rd at 3:00 pm.

Tone & Stretch w/Doriana will meet on Fri. Jan. 4th, 11th & 18th at 10:00 am.

Thanks to: Faye Cohen, Michelle and Angelo DaCuhna (Lucy Degidon's niece & her husband), Elaine & Steve Strongwater (Faye Strongwater's children) and the Fund for Conductive Education (Jenny Gordon) for their generous donations in Dec. 2018.

Welcome New Members: Celeste Axon, Loyda Camacho, Sol Maria Chamorro, Linda DeSilva, Theresa Goldman, Ernestine Mitchell, Aaron Olshan, Sandra Ramirez, Ketty Rodriguez, Maria Sanchez, Gail Shlesinger and Nancy Thomas.

Get Well Wishes to Mario Guerra and Ruth Rosenzweig.