

JASA WILLIAMSBURG SENIOR CENTER * 202 Graham Ave Brooklyn, NY 11206 * 718-388-6865

JANUARY 2019 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
*Calendar is subject to change	1. CLOSED NEW YEAR'S DAY	2. 10:30AM-CDK 12:00 P.M.-Lunch 1:00 P.M.- Café & Music 2:00-3:30 P.M.-Leisure Bingo	3. 11:00 A.M.- BP 11:00 A.M.- Computers w/Jess 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:30 P.M.-Leisure Bingo	4. 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:30 P.M.-Leisure Bingo
7. 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Tai Chi 2:00-3:30 P.M.-Leisure Bingo	8. 10:00 A.M.-12PM Plant Hero 12:00 P.M.-Lunch 1:00 P.M.- Nintendo Wii 2:00-3:30 P.M.Leisure Bingo	9. 10:30AM-CDK 12:00 P.M.-Lunch 1:00 P.M.- Café & Music 2:00-3:30 P.M.Leisure Bingo	10. 11:00 A.M.- BP 12:00 P.M.-Lunch 1:00 P.M.- Dementia Presentation 2:00-3:30 P.M.-Leisure Bingo	11. 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:30 P.M.-Leisure Bingo
14. 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Advisory/Membership Meeting 2:00-3:30 P.M.-Leisure Bingo	15.PARTY 10:00 A.M.-12PM Storytelling 12:00 P.M.-Lunch 1:00 P.M.- Party & Music	16. 11:00AM-Café & Music 12:00 P.M.-Lunch 1:00 P.M.- Nintendo Wii 2:00-3:30 P.M.-Leisure Bingo	17. 11:00 A.M.- BP 11:00 A.M.- Computers w/Jess 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:30 P.M.-Leisure Bingo	18. 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:30 P.M.-Leisure Bingo
21. CLOSED FOR MARTIN LUTHER KING DAY	22. 10:00 A.M.-12PM Movie 12:00 P.M.-Lunch 1:00 P.M.- Tai Chi 2:00-3:30 P.M.-Leisure Bingo	23. 11:00AM-Café & Music 12:00 P.M.-Lunch 1:00 P.M.- Nintendo Wii 2:00-3:30 P.M.-Leisure Bingo	24. 11:00 A.M.- BP 12:00 P.M.-Lunch 1:00 P.M.- Tai-Chi 2:00-3:30 P.M.-Leisure Bingo	25. 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:30 P.M.-Leisure Bingo
28. 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Color your stress 2:00-3:30 P.M.-Leisure Bingo	29. 10:00 A.M.-12PM-Storytelling 12:00 P.M.-Lunch 1:00 P.M.- Tai Chi 2:00-3:30 P.M.-Leisure Bingo	30. METRO CARD VAN 1PM-3PM 11:00AM-Café & Music 12:00 P.M.-Lunch 1:00 P.M.- Tai Chi 2:00-3:30 P.M.-Leisure Bingo	31. 11:00 A.M.- BP 12:00 P.M.-Lunch 1:00 P.M.- Nintendo Wii 2:00-3:30 P.M.-Leisure Bingo	

Partly funded by a special legislative grant from councilmember, Antonio Reynoso

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JANUARY 2019 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	1. CLOSED NEW YEAR'S DAY	2. Apple Juice Jerk Chicken Rice & Beans Cabbage w/ Carrots Orange	3. Orange Juice Baked Pork Chops Green Bean Sauté Sweet Baked Yams WW Bread Banana	4. Orange Pineapple Juice Chicken Parmesan Penne Broccoli w/ Toasted Garlic Apple
7. Orange Juice Baked Tilapia Mashed Sweet Potatoes Roasted Vegetables WW Bread Apple	8. Apple Juice BBQ Chicken Legs Braised Collard Greens Garlic & Rosemary Roasted Potatoes WW Bread Banana	9. Grape Juice Roasted Pork (Pernil) Yellow Rice Mixed Vegetables Orange	10. Apple Juice Oven Fried Chicken Baked Macaroni & Cheese Steamed Green Beans Banana	11. Orange Juice Beef Meatballs in Tomato Sauce Spaghetti Broccoli & Red Peppers Apple
14. Orange Juice Sweet & Sour Pork w/ Pineapple Chinese Style Spaghetti Oriental Blend Vegetables Apple	15. PARTY Apple Juice Chicken w/ Black Bean Sauce White Rice Okra w/ Tomatoes Banana	16. Grape Juice Beef Stew Egg Noodles Broccoli w/ Toasted Garlic Orange	17. Apple Juice Hawaiian Chicken Legs Mashed Sweet Potatoes Sauté String Beans WW Bread Banana	18. Orange Juice Fish w/ Creole Sauce Pasta Steamed Kale Apple
21. CLOSED FOR MARTIN LUTHER KING DAY	22. Orange Pineapple Juice Stewed Pork Chops Baked Red Potato Wedges Tangy Green Beans WW Bread Banana	23. Apple Juice Baked Turkey Breast Baked Sweet Potato Collard Greens w/ Tomato WW Bread Orange	24. Orange Juice Teriyaki Baked Fish Rice Pilaf Carrots Banana	25. Grape Juice Garlic Chicken Rice w/ Vegetables Brussel Sprouts & Kale Sauté WW Bread Apple
28. Orange Juice Spanish Style Baked Chicken Green Bean Sauté Roasted Potatoes WW Bread Apple	29. Apple Juice Beef & Broccoli Egg Noodles Mixed Vegetables Banana	30. Pineapple Juice Teriyaki Chicken White Rice Carrots w/ Parsley WW Bread Orange	31. Apple Juice BBQ Pulled Pork Baked Sweet Potato Collard Greens WW Bread Banana	*Menu is subject to change

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Jasa WilliamsBurg Senior Center

**202 Graham Ave
Brooklyn, NY 11206**

718-388-6865

www.jasa.org

Monday-Friday

8am-4pm

JASA is closed on New Years Day 01/01/19

JASA is closed MLK 01/21/19

Kidney Disease Prevention Program (CDK) 01/02 & 01/09

Dementia Presentation 01/10/19 at 1pm

Monthly Party will be 01/15/19 w/ DJ Woody

Metro Card Van 01/30/19

