



March 2020 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 10am -12pm Keep on Track Blood Pressure screening 10:00am Yoga 11:00 am Health Discussion 1:00 Leisure games</p>	<p>3 10 am Aerobics 1pm Creative Writing 2pm Travel down Memory Lane with Music with Lisa</p>	<p>4 10am-12pm Blood Pressure KOT 11am- Tai Chi 12:30 pm- MOVIE TBA</p>	<p>5 10:00am Coloring 11:15 am Arts and Crafts 12:30 pm Dance Class</p>	<p>6 10:00am Alert & Alive 10:30am Blood Pressure 10:30 am ZUMBA 1:00pm BINGO</p>
<p>9 10am -12pm Keep on Track Blood Pressure screening 10:00am Yoga 11:00 am Health Discussion 11:00 am Tub'shvat Presentation 1:00 drawing and painting</p>	<p>10 10 am Aerobics 11 am Purim Megilla Reading 1pm Creative Writing 2pm Travel Down Memory Lane with Lisa</p>	<p>11 10am-12pm Blood Pressure 11am - Tai Chi 12:30 pm MOVIE TBA</p>	<p>12 10:00am Coloring 11:15 am Arts and Crafts 12:30 am Computer Class</p>	<p>13 10:00am Alert & Alive 10:30am Blood Pressure 10:30am Zumba 1100 am Computer Class 10:00am to 3:30pm Senior Leisure Games</p>
<p>16 10am -12pm Blood Pressure screening 10:00am Yoga 11:00 am Health Discussion 1pm PURIM and ST. Patrick PARTY</p>	<p>17 10 am Aerobics 11am St. Patrick's Day 1pm Creative Writing 2pm- Travel Down Memory Lane with Music and Lisa</p>	<p>18 10am-12pm Blood Pressure 11am- Tai Chi 12:30pm MOVIE TBA</p>	<p>19 9:0am Trip to S.I. Mall 10:00 am Coloring 11:15 am Arts and Crafts 1:00pm Dance Class</p>	<p>20 10:00am Alert & Alive 10:30am Blood Pressure 10:30am Zumba 10 am to 3:30 pm Leisure Senior Games</p>
<p>23 10am-12pm- Blood Pressure 10am Yoga 11:15 am Health Discussion 1pm art class</p>	<p>24 10 am Aerobics 11am Falls Prevention Class 1pm Creative Writing 2pm Travel Down Memory Lane with Music and Lisa</p>	<p>25 10am-12pm Blood Pressure KOT 11am- Tai Chi 12:30pm MOVIE TBA</p>	<p>26 10.00 am Coloring 11:15 am Arts and Crafts 12:30 pm Computer Class</p>	<p>27 10:00am Alert & Alive 10:30am Blood Pressure 10:30am Zumba 11:00 Computer Class 10:00am to 3:30pm Senior Leisure Games</p>
<p>30 10am-12pm- Blood Pressure 10am Yoga 11:15 am Health Discussion 1pm art class</p>	<p>31 10 am Aerobics 11am CELEBRATE OUR CENTER's 35 YEAR ANNIVERSARY 1pm Creative Writing 2pm Travel Down Memory</p>	<p>generous grants Funded by Councilmen Chaim Deutch and Mark Treyger</p>		

March 2020 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot Menu: Baked Turkey breast Cold Menu: Egg Salad	3 Hot Menu: Sweet and Sour Meatballs Cold Menu: Salmon Salad	4 Hot Menu: Chicken Stir Fry Cold Menu: Tuna Salad	5 Hot Menu: Baked Salmon Cold Menu: Chicken Salad	6 Hot Menu: Hawaiian Chicken Cold Menu: Gefilte Fish
9 Hot Menu: Turkey Meat Sauce Cold Menu: Tuna Salad	10 Hot Menu: Chicken Franciase Cold Menu: Egg Salad	11 Hot Menu: Pepper Steak Cold Menu: Salmon salad	12 Hot Menu: Breaded Pollock Fish Fillet Cold Menu: Turkey salad	13 Hot Menu: BBQ Chicken Quarters Cold Menu: Gefilte Fish
16 Hot Menu: California Turkey Meat loaf Cold Menu: Egg Salad	17 Hot Menu: Corned Beef, Cabbage, potatoes Cold Menu: Tuna Salad	18 Hot Menu: Salmon Burger Cold Menu: Curried Chicken Salad	19 Hot Menu: Stuffed Cabbage w Meat Cold Menu: Salmon Salad	20 Hot Menu: Roast Chicken Cold Menu: Gefilte Fish
23 Hot Menu: Hungarian Goulash and beef Cold Menu: Salmon Salad	24 Hot Menu: Spanish style Roast Chicken Cold Menu: Tuna Salad	25 Hot Menu: Shepherd Pie w/ beef and turkey Cold Menu: Baked Falafel Salad	26 Hot Menu: Breaded Sole Fish fillet	27 Hot Menu: BBQ Chicken Breast Cold Menu: Gefilte Fish
30 Hot Menu: Roast Chicken w/ plum sauce Cold Menu: Tuna Salad	31 Hot Menu: Homemade fish cake Cold Menu Currie Chicken Salad	***Generous grants funded by Councilman Deutsch and Treyger		



JASA Luna Park Senior Center

2880 West 12 Street

Brooklyn, N.Y. 11224

718-996-6666

www.jasa.org

8am to 4pm

- **MONDAY March 16th- 1pm PURIM PARTY**
- **TUESDAYS- 2PM TRAVEL DOWN MEMORY LANE WITH MUSIC and with LISA-
NEW PROGRAM**
 - **THURSDAY MARCH 19th 9am TRIP to STATEN ISLAND MALL**
 - **TUESDAY MARCH 24th 11:15am FALLS PREVENTION CLASS**
 - **TUESDAY MARCH 31st 11AM CELEBRATE JASA LUNA PARK's 35th
ANNIVERSARY**

Funded by NYC DFTA, and grants secured by the Honorable NYC Councilmen Mark Treyger and Chaim Deutsch



NYC
Department for
the Aging