

**MARCH 2020 ACTIVITIES**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>2.</b> 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Color your stress 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>3.</b> 10 AM Plant Hero 12:00 P.M.-Lunch <b>1:00 P.M.- PARTY</b></p>	<p><b>4.</b> <b>11:00 A.M.- Computers w/Jess</b> 12:00 P.M.-Lunch 1:00 P.M.- Treats W/Mildred 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>5.</b> 10:00 A.M.- BP 11:00 A.M.- Tai Chi 12:00 P.M.-Lunch 1:00 P.M.- Salsa 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>6.</b> 10:00 A.M.-Café and Music 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo</p>
<p><b>9.</b> 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Color your stress 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>10.</b> <b>10am-12pm Art Demo</b> 12:00 P.M.-Lunch <b>1:00 P.M.- Computers w/Jess</b> 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>11.</b> <b>10:00 A.M.- Chronic Disease</b> 12:00 P.M.-Lunch 1:00 P.M.- Treats W/Mildred 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>12.</b> 10:00 A.M.- BP <b>11:00 A.M.- Gentle Yoga</b> 12:00 P.M.-Lunch 1:00 P.M.- Salsa 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>13.</b> 10:00 A.M.-Café and Music <b>11:00 A.M.-Nutrition</b> 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo</p>
<p><b>16.</b> 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Color your stress 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>17.</b> <b>930-1130am Storytelling</b> 12:00 P.M.-Lunch 1:00 P.M.- Art Demo 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>18.</b> <b>10:00 A.M.- Chronic Disease</b> 12:00 P.M.-Lunch 1:00 P.M.- Treats W/Mildred 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>19.</b> 10:00 A.M.- BP 11:00 A.M.- Tai Chi 12:00 P.M.-Lunch 1:00 P.M.- Salsa 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>20.</b> 10:00 A.M.-Café and Music 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo</p>
<p><b>23.</b> 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Color your stress 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>24.</b> <b>930-1130am Storytelling</b> 12:00 P.M.-Lunch 1:00 P.M.- Art Demo 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>25.</b> <b>10:00 A.M.- Chronic Disease</b> 12:00 P.M.-Lunch 1:00 P.M.- Treats W/Mildred 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>26.</b> 10:00 A.M.- BP 11:00 A.M.- Tai Chi 12:00 P.M.-Lunch 1:00 P.M.- Salsa 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>27.</b> <b>10:00 A.M.-Movie</b> 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo</p>
<p><b>30.</b> 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch <b>1:00 P.M.- Membership Meeting</b> 2:00-3:00 P.M.-Leisure Bingo</p>	<p><b>31.</b> <b>10 AM Plant Hero</b> 12:00 P.M.-Lunch 1:00 P.M.- Art Demo 2:00-3:00 P.M.-Leisure Bingo</p>			<p><b>*Calendar is subject to change</b></p>

**JASA WILLIAMSBURG SENIOR CENTER \* 202 Graham Ave Brooklyn, NY 11206 \* 718-388-6865**  
**MARCH 2020 MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
2. Orange Juice Sweet & Sour Pork w/ Pineapple Rice w/ Corn Oriental Vegetables WW Bread Apple	3. Apple Juice Chicken w/ Black Bean Sauce White Rice Steamed Kale WW Bread Banana	4. Grape Juice Beef Stew Baked Red Potato Wedges Broccoli w/ Toasted Garlic WW Bread Orange	5. Apple Juice Hawaiian Chicken Legs Yellow Rice Sautéed String Beans WW Bread Banana	6. Orange Juice Baked Whiting Fish Fillet Pasta Okra w/Tomatoes WW Bread Apple
9. Apple Juice Chicken Stir Fry w/ Vegetables Brown Rice Steamed Cauliflower WW Bread Peach	10. Orange Pineapple Juice Stewed Pork Chops Baked Red Potato Wedges Green Beans WW Bread Banana	11. Apple Juice Baked Turkey Breast Baked Sweet Potato Collard Greens w/ Tomato WW Bread Orange	12. Orange Juice Teriyaki Baked Fish Rice Pilaf Oriental Vegetables WW Bread Banana	13. Grape Juice Garlic Chicken Rice w/ Vegetables Brussel Sprouts & Kale Sauté WW Bread Apple
16. Orange Juice Spanish Style Baked Chicken Green Bean Sauté Roasted Potatoes WW Bread Apple	17. Apple Juice Italian Sausage Penne Steamed Spinach WW Bread Banana	18. Pineapple Juice Teriyaki Chicken White Rice Carrots w/ Parsley WW Bread Orange	19. Apple Juice BBQ Pork Chops Baked Sweet Potato Collard Greens WW Bread Banana	20. Orange Pineapple Juice Baked Whiting Fish Fillets Corn Winter Vegetables WW Bread Apple
23. Orange Juice Beef Brisket w/ Tomatoes & Onions Broccoli & Red Peppers Mashed Potatoes WW Bread Apple	24. Apple Juice Baked Mushroom Chicken Yellow Rice Carrots w/ Parsley WW Bread Banana	25. Grape Juice Pork Spare Ribs Cabbage w/ Shredded Carrots Red Bliss Potatoes WW Bread Orange	26. Apple Juice Curried Chicken Legs Black Beans & Rice Steamed Cauliflower WW Bread Banana	27. Orange Pineapple Juice Baked Fish Fillets Rice w/ Vegetables Sautéed Spinach WW Bread Apple
30. <b>TBD</b>	31. <b>TBD</b>			<b>*Menu is subject to change</b>

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



## **Jasa WilliamsBurg Senior Center**

**202 Graham Ave  
Brooklyn, NY 11206  
718-388-6865  
www.jasa.org**

**Monday-Friday  
8am-4pm**

1. Plant Hero nutrition demo March 3<sup>rd</sup> at 10am
2. Monthly Party with DJ Woody March 3<sup>rd</sup> 12pm-3pm
3. Nutrition presentation with Dr Jensen March 13 at 11am
4. Chronic Disease self-management program every Wednesday starting March 11 from 10am-12pm for 7 weeks
5. Membership meeting March 30<sup>th</sup> at 1pm

