



MARCH 2020 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9am – 4pm LEISURE GAMES 10AM COFFEE WTH MILDRED 11am SENIORCISE 12 NOON LUNCH 12:30pm CREATE & DESIGN W/ ARLENE</p>	<p>3 9am – 4pm LEISURE GAMES 9:30 BINGO 10 am NYC ROAD RUNNERS 11am STRETCHING EXERCISES 12 NOON LUNCH 12:30 COLOR YOUR WORLD 12:45 ACRYLIC PAINTING</p>	<p>4 9am – 4pm LEISURE GAMES 9:15 BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10:15am NAME THAT TUNE 11am YOGA 12 NOON LUNCH 12:45 MACRAME</p>	<p>5 9am – 4pm LEISURE GAMES 9:30 BINGO 10 am BELLY DANCING 11 am TAI CHI FOR ARTHITIS 12 NOON LUNCH</p>	<p>6 9am – 4pm LEISURE GAMES 9:30 BINGO 10:30 GENTLE AEROBICS 12 NOON LUNCH 12:30 PM LINE DANCING W/ ARTURO</p>
<p>9 9am – 4pm LEISURE GAMES 11am SENIORCISE 12 NOON LUNCH 12:30pm CREATE & DESIGN W/ ARLENE</p>	<p>10 9am – 4pm LEISURE GAMES 9:30 BINGO 10 am NYC ROAD RUNNERS 11am STRETCHING EXERCISES 12 NOON LUNCH 12:30 COLOR YOUR WORLD 12:45 ACRYLIC PAINTING</p>	<p>11 9am – 4pm LEISURE GAMES 9:15am BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10:15am NAME THAT TUNE 11am YOGA 12 NOON LUNCH 12:45 MACRAME</p>	<p>12 9am – 4pm LEISURE GAMES 9:30 BINGO 10 am BELLY DANCING 11 am TAI CHI FOR ARTHITIS 12NOON LUNCH</p>	<p>13 9am – 4pm LEISURE GAMES 9:30 BINGO 10:30 GENTLE AEROBICS 12 NOON LUNCH 12:30 PM LINE DANCING W/ ARTURO</p>
<p>16 9am – 4pm LEISURE GAMES 10AM COFFEE WTH MILDRED 11am SENIORCISE 12 NOON LUNCH 12:30pm CREATE & DESIGN W/ ARLENE</p>	<p>17 9am – 4pm LEISURE GAMES 9:30 BINGO 10 am NYC ROAD RUNNERS <u>11 AM – THE SINGING JUDGES</u> 12 NOON LUNCH 12:30 COLOR YOUR WORLD 12:45 ACRYLIC PAINTING</p>	<p>18 9am – 4pm LEISURE GAMES 9:15 BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10:15am NAME THAT TUNE 11am YOGA 12 NOON LUNCH 12:45 MACRAME</p>	<p>19 9:00 am BOWLING TRIP 9am – 4pm LEISURE GAMES 9:30 am BINGO 10am BELLY DANCING 11 am TAI CHI FOR ARTHITIS 12 NOON LUNCH</p>	<p>20 9am – 4pm LEISURE GAMES 9:30 BINGO 10:30 GENTLE AEROBICS 12 NOON LUNCH 12:30 PM LINE DANCING W/ ARTURO</p>
<p>23 9am – 4pm LEISURE GAMES <u>10AM FDNY PRESENTATION – HOME SAFETY</u> 11am SENIORCISE 12 NOON LUNCH 12:30pm CREATE & DESIGN W/ ARLENE</p>	<p>24 9am – 4pm LEISURE GAMES 9:30 BINGO 10 am NYC ROAD RUNNERS 11 am STRETCHING EXERCISES 12 NOON LUNCH 12:30 COLOR YOUR WORLD 12:45 ACRYLIC PAINTING</p>	<p>25 9am – 4pm LEISURE GAMES 9:15 BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10:15am NAME THAT TUNE 11am YOGA 12 NOON LUNCH 12:45 MACRAME</p>	<p>26 9:00am BOWLING TRIP 9am – 4pm LEISURE GAMES 9:30 BINGO 10 am BELLY DANCING 11 am TAI CHI FOR ARTHITIS 12 NOON LUNCH</p>	<p>27 9am – 4pm LEISURE GAMES 9:30 BINGO 10:30 GENTLE AEROBICS 12 NOON LUNCH 12:30 PM LINE DANCING W/ ARTURO</p>
<p>30 9am – 4pm LEISURE GAMES 10am COFFEE WITH MILDRED 11am SENIORCISE 12 NOON LUNCH 12:30pm CREATE & DESIGN W/ ARLENE</p>	<p>31 9am – 4pm LEISURE GAMES 9:30 BINGO 10 am NYC ROAD RUNNERS <u>11am CENSUS TRIVIA & REFRESHMENTS</u> 12 NOON LUNCH 12:30 COLOR YOUR WORLD 12:45 ACRYLIC PAINTING</p>	<p>JASA SUNDAYS MARCH 22ND GUYS & DOLLS THE MUSICAL ELMONT THEATRE ***** MARCH 29TH SPRING UNITY PARTY CELEBRATING PASSOVER & EASTER 12NOON – 4:00 PM</p>	<p>HEALTH MANAGEMENT EVERY MONDAY AND TUESDAY 9:30 AM – 11:00 AM</p>	<p>ACTIVITIES AND EVENTS ARE SUBJECT TO BE CANCELLED OR CHANGED. SOMETIMES WITHOUT ADVANCE NOTICE. PLEASE CHECK THE CENTER BULLETIN BOARD DAILY FOR UPDATES</p>



MARCH 2020 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 BAKED TURKEY BREAST BAKED SWEET POTATO & MIXED VEGGIES</p> <p><u>ALTERNATE MEAL</u> – EGG SALAD POTATO SALAD & CABBAGE SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>3 SWEET & SOUR MEATBALLS NOODLES/CABBAGE & CARROTS</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD 3 BEAN SALAD & COLESLAW WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>4 CHICKEN STIR FRY WITH VEGGIES WHITE RICE & BROCCOLI W/ ROASTED GARLIC</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD POTATO SALAD & RUSSIAN TOMATO SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>5 BAKED SALMON W/ MOROCCAN SAUCE LENTIL/RICE & CUCUMBER DILL SALAD</p> <p><u>ALTERNATE MEAL</u> – CHICKEN SALAD TRICOLOR SALAD & CUCUMBER SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>6 HAWAIIAN CHICKEN LEGS MASHED POTATOES & SAUTEED ZUCCHINI</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH BLACK BEAN SALAD & CARROT SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>9 TURKEY MEAT SAUCE OVER PASTA WAXED BEANS & GARLIC BREAD</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD SWEET POTATO SALAD & GREEN BEAN SALAD WHOLE WHEAT BREAD W/ COLD MEAL MILK TO TAKE HOME</p>	<p>10 CHICKEN FRANCAISE ORZO W/ VEGGIES & MIXED VEGGIES</p> <p><u>ALTERNATE MEAL</u> – EGG SALAD CABBAGE SALAD & ORZO W/ VEGGIES WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>11 PEPPER STEAK PERFECT WHITE RICE & STEAM BROCCOLI</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD QUINOA SALAD & CUCUMBER SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>12 BREADED FISH FILLET BARLEY W/ LIMA BEANS & BEET SALAD</p> <p><u>ALTERNATE MEAL</u> – TURKEY SALAD POTATO SALAD & BEET SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>13 BBQ CHICKEN LEGS NOODLE KUGEL & STEAMED CARROTS</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH CARROT SALAD & 3 BEAN SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>16 CALIFORNIA TURKEY MEATLOAF MASHED POTATOES & CARROTS W/ GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> – EGG SALAD POTATO SALAD & 4 BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>17 CHICKEN SHAWARMA (OVEN ROAST) HUMMUS & ISRAELI SALAD</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD ISRAELI SALAD & CARROT RAISIN SALAD PITA BREAD MILK TO TAKE HOME</p>	<p>18 SALMON BURGER ON A BUN HOME FRIES & CUCUMBER SALAD</p> <p><u>ALTERNATE MEAL</u> – CURRY CHICKEN SALAD BEET SALAD & CUCUMBER SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>19 BEEF STUFFED CABBAGE BARLEY & MIXED VEGGIES</p> <p><u>ALTERNATE MEAL</u> – SALAMON SALAD POTATO SALAD & GREEN BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>20 ROASTED CHICKEN LEGS KASHA VARNISHKES & SPINACH SOUFFLE</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH HEALTH SALAD & COUSCOUS SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>23 HUNGARIAN BEEF GOULASH MUSHROOM EGG BARLEY & BRAISED CABBAGE</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD MACARONI/PEA SALAD & RED CABBAGE SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>24 SPANISH STYLE ROAST CHICKEN DOMINICAN MORO & GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD ORZO W/ VEGGIES & CARROT SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>25 BEEF & TURKEY SHEPHERD'S PIE TOSSED SALAD W/ DRESSING</p> <p><u>ALTERNATE MEAL</u> – BAKED FALAFEL HUMMUS & SALAD W/ DRESSING WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>26 BREADED FISH BULGAR SALAD & PARSLEY CARROTS</p> <p><u>ALTERNATE MEAL</u> – CHOPPED LIVER BULGUR SALAD & GREEN BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>27 BBQ CHICKEN CUTLETS NOODLE KUGEL & HEALTH SALAD</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH RUSSIAN TOMATO SALAD & HEALTH SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>30</p> <p>MENU TO BE ANNOUNCED</p>	<p>31</p> <p>MENU TO BE ANNOUNCED</p>		<p>MAUZONE KOSHER CATERER *****</p> <p><u>THE MENU IS SUBJECT TO CHANGE</u> WITHOUT ADVANCE NOTICE</p>	<p>ALBERT'S HOMEMADE SOUP EVERY MONDAY – WEDNESDAY – FRIDAY</p>



JASA at the HES

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STAFF:

SUE ANN PARTNOW – PROGRAM DIRECTOR

LILLIAN McPHAUL – PROGRAM COORDINATOR

ALBERT KADOSH – FOOD TECHNICIAN

MICHAEL FLEISCHER – COMMUNITY AIDE

CASE ASSISTANCE AVAILABLE

SOCIAL WORKER ON PREMISES EVERY MONDAY

CENTER HOURS

8:00am to 4:00pm

Monday-Friday

UPCOMING SPECIAL EVENTS

MARCH 3RD – STRETCHING EXERCISES WITH BRIGHTON BALLET BEGINS

MARCH 5TH – BELLY DANCING WITH BRIGHTON BALLET BEGINS

MARCH 13TH – LINE DANCING CLASS BEGINS

MARCH 17TH – SING A LONG WITH THE JUDGES FOR ST. PATRICK'S DAY (WEAR GREEN)

MARCH 19TH – BOWLING TRIP

MARCH 22ND – GUYS & DOLLS - SUNDAY MATINEE SHOW

MARCH 23RD – NEW YORK CITY FIRE DEPARTMENT PRESENTATION

MARCH 26TH – BOWLING TRIP

MARCH 29TH – SPRING UNITY PARTY CELEBRATING PASSOVER & EASTER

MARCH 31ST – CENSUS SMART? FIND OUT BY PLAYING TRIVIA FOR PRIZES

JASA SOCIAL WORKER ON PREMISES EVERY MONDAY FROM 8AM – 4PM

CHECK THE CENTER'S BULLETIN BOARD FOR UPCOMING

**ADDITIONAL FUNDING FROM – COUNCILMAN ALAN MAISEL, BOROUGH PRESIDENT ERIC ADAMS,
STATE SENATOR ROXANNE PERSAUD & ASSEMBLYWOMAN JAIME WILLIAMS**

