

**SENIOR ALLIANCE SENIOR CENTER** \*161 Corbin Place, Brooklyn, NY 11235 \* 718-646-4100  
**March 2020 ACTIVITIES**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:30 Silver Sneakers Exercise 10:30 Chi Gung 11:00 ESL Class/ for Advance 12:00 Crochet Class 12:00 Hand-on-Culture 1:00 History of Arts 1:15 Dance Club w/Roman 2:00 Computer Class Advance / Russian 3:00 Smart Devices / Russian	<b>3</b> 9:30 Silver Sneakers Exercise 10:30 Chi Gung 11:00 ESL Class/ for Advance 12:00 Crochet Class 12:00 Hand-on-Culture 1:00 History of Arts 1:15 Dance Club w/Roman 2:00 Computer Class Advance / Russian 3:00 Smart Devices / Russian	<b>4</b> 9:00 Computer Lab 9:30 AEROBIC with Pat 11:00 Leisure Games 12:00 Health & Wellness Group	<b>5</b> 9:00 Computer Lab 9:30 Chair Exercise 10:30 Social Dance with Nick & Pearl 11:00 Leisure Games 11:30 Blood Pressure Screening	<b>6</b> 9:00 Computer Lab 9:30 Yoga Balance with Andree 9:30 ZUMBA All the Way 10:30 Computer Class/ English 11:00 Leisure Games 11 :00 Health & Wellness Group 2:00 Computer Class Beginners/ Russian
<b>9</b> 9:00 Computer Lab 9:30 ZUMBA with Pat 10:30 Tai Chi 11:00 Leisure Games 12:00 Health & Wellness Group 1:00 Bridge Club	<b>10</b> 9:30 Silver Sneakers Exercise 10:30 Chi Gung 11:00 ESL Class/ for Advance 12:00 Crochet Class 12:00 Hand-on-Culture 1:00 History of Arts 1:15 Dance Club w/Roman 2:00 Computer Class Advance / Russian 3:00 Smart Devices / Russian	<b>11</b> 9:00 Computer Lab 9:30 AEROBIC with Pat 11:00 Leisure Games 12:00 Health & Wellness Group	<b>12</b> 9:00 Computer Lab 9:30 Chair Exercise 11:00 Leisure Games 11:30 Blood Pressure Screening	<b>13</b> 9:00 Computer Lab 9:30 Yoga Balance with Andree 9:30 ZUMBA All the Way 10:30 Computer Class/ English 11:00 Leisure Games 11 :00 Health & Wellness Group 2:00 Computer Class Beginners/ Russian
<b>16</b> 9:00 Computer Lab 9:30 ZUMBA with Pat 10:00 'Fabric Collage" 10:30 Tai Chi 11:00 Leisure Games 1:00 Health & Wellness Group 1:00 Bridge Club	<b>17</b> 9:30 Silver Sneakers Exercise 10:30 Chi Gung 12:00 Crochet Class 12:00 Hand-on-Culture 1:00 History of Arts 1:15 Dance Club w/Roman 2:00 Computer Class Advance / Russian 3:00 Smart Devices / Russian	<b>18</b> 9:00 Computer Lab 9:30 AEROBIC with Pat 11:00 Leisure Games 12:00 Health & Wellness Group	<b>19</b> 9:00 Computer Lab 9:30 Chair Exercise 10:30 Social Dance with Nick & Pearl 1:00 Leisure Games 11:00 Blood Pressure Screening	<b>20</b> 9:00 Computer Lab 9:30 Yoga Balance with Andree 9:30 ZUMBA All the Way 10:30 Computer Class/ English 11:00 Leisure Games 11:00 Health & Wellness Group 2:00 Computer Class Beginners / Russ.
<b>23</b> 9:00 Computer Lab 9:30 ZUMBA with Pat 10:00 'Fabric Collage" 10:30 Tai Chi 11:00 Leisure Games 1:00 Health & Wellness Group 1:00 Bridge Club	<b>24</b> 9:30 Silver Sneakers Exercise 10:30 Chi Gung 11:00 ESL Class for Advance 12:00 Crochet 12:00 Hand-on Culture Club 1:00 History of Arts 1:15 Dance Club w/Roman 2:00 Computer Class Advance / Russian 3:00 Smart Devices / Russian	<b>25</b> <b><u>9:30 TRIP to:</u></b> <b><u>BRONX BOTANICAL GARDEN</u></b> 9:00 Computer Lab 11:00 Leisure Games 12:00 Health & Wellness Group	<b>20</b> 9:00 Computer Lab 9:30 Chair Exercise 11:00 Leisure Games 11:00 Blood Pressure Screening 1:00 Health & Wellness Group	<b>21</b> 9:00 Computer Lab 9:30 Yoga Balance with Andree 9:30 ZUMBA All the Way 10:30 Computer Class/ English 11:30 Leisure Games 11:30 Health & Wellness Group 2:00 Computer Class Beginners/ Russ.
<b>30</b> 9:00 Computer Lab 9:30 ZUMBA with Pat 10:00 'Fabric Collage" 10:30 Tai Chi 11:00 Leisure Games 1:00 Health & Wellness Group 1:00 Bridge Club	<b>31</b> 9:30 Silver Sneakers Exercise 10:30 Chi Gung 11:00 ESL Class for Advance 12:00 Crochet Class 12:00 Hand-on Culture Club 1:00 History of Arts 1:15 Dancing with Star 2:00 Computer Class Advance/ Russian 3:00 Smart Devices / Russian			

**SENIOR ALLIANCE SENIOR CENTER \*161 Corbin Place, Brooklyn, NY 11235 \* 718-646-4100**  
**March 2020 MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Baked Turkey Breast Baked Sweet Potato Whole Grain Stuffing California Blend Vegetables Fruit, Juice, Bread Alt: Egg Salad</p>	<p>3 Sweet &amp; Sour Meatballs Noodles w/Cabbage Carrots and Green Beans Fruit, Juice, Bread Alt: Salmon Salad</p>	<p>4 Chicken Stir Fry w/Vegetables White Rice Broccoli w/Garlic Fruit, Juice Bread Alt: Tuna Salad</p>	<p>5 Moroccan Style Baked Salmon Rice with Lentils Cucumber Salad Fruit, Juice, Bread Alt: Chicken Salad</p>	<p>6 Hawaiian Chicken Legs Mashed Potatoes Sautéed Zucchini Fruit, Juice, Bread Alt: Gelfilte Fish</p>
<p>9 Turkey Meat Sauce Pasta Green Beans Fruit, Juice, Bread Alt: Tuna Salad</p>	<p>10 Chicken Francaise Orzo with Vegetables California Blend Vegetables Vegetables Bread, Fruit, Juice Alt: Egg Salad</p>	<p>11 Pepper Steak White Rice Steamed Broccoli Bread, Fruit, Juice Alt: Salmon Salad</p>	<p>12 Breaded Pollock Filet Barley w/Lima Beans Beet Salad Bread, Fruit, Juice Alt: Turkey Salad</p>	<p>13 BBQ Chicken Leg Noodle Kugel Steamed Carrots Bread, Fruit, Juice Alt: Gelfilte Fish</p>
<p>16 California Turkey Meatloaf Mashed Potatoes Steamed Carrots &amp; Green Bean Fruit, Juice, Bread Alt: Egg Salad</p>	<p>17 Chicken Shwarma Israeli Salad Hummus Bread, Fruit Juice Alt: Tuna Salad</p>	<p>18 Salmon Burger Home Fries Cucumber Salad Bread, Fruit, Juice Alt: Chicken Salad</p>	<p>19 Stuffed Cabbage Toasted Barley w/Onions California Blend Vegetables Bread, Fruit, Juice Alt: Salmon Salad</p>	<p>20 Roasted Chicken Kasha Varnishkes Spinach Soufflé Bread, Fruit, Juice Alt: Gelfilte Fish</p>
<p>23 Hungarian Goulash w/ Beef Egg Barley w/ Mushrooms Braised Red Cabbage Bread, Juice, Fruit Alt: Salmon Salad</p>	<p>24 Spanish Style Roasted Chicken Dominican Moro Green Beans Bread, Fruit, Juice Alt: Tuna Salad</p>	<p>25 Shepherd's Pie Toased Slad Fruit, Juice, Bread Alt: Baked Falafel</p>	<p>26 Breaded Sole Filet Bulgur Salad Baby Carrots Bread, Fruit, Juice Alt: Turkey Salad</p>	<p>27 BBQ Chicken Breast Noodle Kugel Health Salad Bread, Fruit, Juice Alt: Gelfilte Fish</p>
<p>30 <u>LUNCH WILL BE DISTRIBUTE IN THE HALLWAY</u> Roasted Chicken in Plum Sauce Roasted Vegetable Cous Cous Cucumber &amp; Tomato Salad Bread, Fruit, Juice Alt: Tuna Salad</p>	<p>31 Homemade Fishcake Spaghetti w/Tomato Sauce Italian Blend Vegetables Bread, Fruit, Juice Alt: Curried Chicken Salad</p>			



**Senior Alliance Senior Center**

**161 Corbin Place  
Brooklyn, NY 11235  
718-646-4100  
www.jasa.org**

**Hours of Operation  
Monday-Friday  
9am-5pm**

**03/25/20  
TRIP to  
BRONX BOTANICAL GARDEN**

Partially funded by a special grant from Councilman Chaim Deutsch,  
Assemblyman Steven Cymbrowitz

