

## March 2020 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 Wii Sport (L.R.) 9:15 Body in movement (GYM) 10:00 First Step ESL(L.R.) 10:00 Literary Club (L.3) 11:00 BP Monitoring (L.R.) 1:00 Belly Dancing (GYM)</p>	<p>3</p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) 1:00 Intern. Song (L.3) 1:00 Zumba (GYM)</p>	<p>4</p> <p>10:00 ESL (L.3) 10:00 ESL beginner (L.4) <b>11:30 Sing With Us</b> 12:00 Art Class (L.3) <b>1:00 Movie Day</b></p>	<p>5</p> <p>10:00 ESL (L.3) 10:30 Exercise (GYM) 11:30 Lecturew/Jean(L.R.) 1:00 IT clinic (LR) 1:15 Latin Dancing (GYM)</p>	<p>6</p> <p>9:30 Belly Dancing (GYM) 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 11:15 Israeli Dancing (GYM) 12:45 Hebrew Class (L.3)</p>
<p>9</p> <p>9:00 Wii Sport (L.R.) 9:15 Body in movement (GYM) <b>11:45 Poems/Songs about Women</b> 10:00 First Step ESL(L.R.) 10:00 Literary Club (L.3) 1:00 Belly Dancing (GYM)</p>	<p>10</p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) 1:00 Intern. Song (L.3) 1:00 Zumba (GYM)</p>	<p>11</p> <p>10:00 ESL (L.3) 10:00 ESL beginner (L.4) 11:00 Ballroom Dancing(GYM) 11:00 BP Monitoring (L.R.) <b>11:45 Ways to improve your memory</b> 12:00 Art Class (L.3) 1:00 Yoga Class (GYM)</p>	<p>12</p> <p>10:00 ESL (L.3) 10:30 Exercise (GYM) 11:30 Lecture w/Jean(L.R.) 1:15 Latin Dancing (GYM)</p>	<p>13</p> <p>9:30 Belly Dancing (GYM) 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 11:15 Israeli Dancing (GYM) 12:45 Hebrew Class (L.3) March 15, Sunday Shen Yun Performing Art @1pm</p>
<p>16</p> <p>9:00 Wii Sport (L.R.) 9:15 Body in movement (GYM) 10:00 First Step ESL(L.R.) 10:00 Literary Club (L.3) 11:00 BP Monitoring (L.R.) 1:00 Belly Dancing (GYM)</p>	<p>17</p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) <b>11:45 Medicare Fraud presentation by JCC</b> 1:00 Intern. Song (L.3) 1:00 Zumba (GYM)</p>	<p>18</p> <p>10:00 ESL (L.3) 10:00 ESL beginner (L.4) 11:00 Ballroom Dancing(GYM) <b>11:45 Laughter with Boris</b> 12:00 Art Class (L.3) 1:00 Yoga Class (GYM)</p>	<p>19</p> <p>10:00 ESL (L.3) 10:30 Exercise (GYM) 11:30 Lecture w/Jean(L.R.) 1:15 Latin Dancing (GYM)</p>	<p>20</p> <p>9:30 Belly Dancing (GYM) 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 11:15 Israeli Dancing (GYM) <b>11:45 Medicaid info time</b> 12:45 Hebrew Class (L.3)</p>
<p>23</p> <p>9:00 Wii Sport (L.R.) 9:15 Body in movement (GYM) 10:00 First Step ESL(L.R.) 10:00 Literary Club (L.3) 1:00 Belly Dancing (GYM)</p>	<p>24</p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) <b>12:30 History of Music</b> 1:00 Intern. Song (L.3) 1:00 Zumba (GYM)</p>	<p>25</p> <p>10:00 ESL (L.3) 10:00 ESL beginner (L.4) 11:00 Ballroom Dancing(GYM) 11:00 BP Monitoring (L.R.) 12:00 Art Class (L.3) 1:00 Yoga Class (GYM)</p>	<p>26</p> <p>10:00 ESL (L.3) 10:30 Exercise (GYM) <b>11:30 Monthly Celebration</b> 1:15 Latin Dancing (GYM)</p>	<p>27</p> <p>9:30 Belly Dancing (GYM) 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 11:15 Israeli Dancing (GYM) 12:45 Hebrew Class <b>12:30 Circle of Friends</b></p>
<p>30</p> <p>9:00 Wii Sport (L.R.) 9:15 Body in movement (GYM) 10:00 First Step ESL(L.R.) 10:00 Literary Club (L.3) 11:00 BP Monitoring (L.R.) 1:00 Belly Dancing (GYM)</p>	<p>31</p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) 1:00 Intern. Song (L.3) 1:00 Zumba (GYM)</p>			



**March 2020 MENU**

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



## **Shorefront Senior Center**

**3300 Coney Island Ave**

**Brooklyn NY 11235**

**929-346-3120**

**Olha Medytska, Program Director**

**Janina Dubickaite, Program Coordinator**

**[omedytska@jasa.org](mailto:omedytska@jasa.org)**

**Open Monday- Friday**

**8:00am-4:00pm**

- **Literary Club**
- **ESL beginners and citizenship Classes**
- **Exercise, Zumba, and Yoga**
- **International Singing Class**
- **Art and Craft Class**
- **Computer Class**
- **Hebrew**
- **Ballroom, Latin, Israeli, and Belly Dancing**
- **Lectures, presentations**
- **Party**
- **Trips**