


March 2020 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:30 Nia Practice 10:30 Beginners Computer 12:00 Lunch 1:00 Domino Contest</p>	<p>3</p> <p>9:30 Chair Yoga w/Kim 10:30 Computer Class 11:00 Color Your Stress Away 12:00 Lunch 1:00 Bingo</p>	<p>4</p> <p>9:15 Tai Chi 10:30 Jewelry Class 12:00 Lunch 1:00 Leisure Games</p>	<p>5</p> <p>9:30 Zumba Gold w/Jennifer 10:30 Social Hour w/ Mildred 10:30 Computer Class 11:30 Choral Group 12:00 Lunch 1:00 Domino Contest</p>	<p>6</p> <p>9:15 Aerobics Class 10:00 BP Screening 10:00 Painting Class 12:00 Lunch 1:00 Bingo</p>
<p>9</p> <p>9:30 Nia Practice 10:30 Beginners Computer 12:00 Lunch 1:00 Domino Contest</p>	<p>10</p> <p>9:30 Chair Yoga w/Kim 10:30 Computer Class 11:00 Color Your Stress Away 12:00 Lunch 1:00 Bingo</p>	<p>11 <u>Elder Abuse Lecture</u></p> <p>9:15 Tai Chi 10:30 Jewelry Class 12:00 Lunch 1:00 Leisure Games</p>	<p>12</p> <p>9:30 Zumba Gold w/Jennifer 10:30 Social Hour w/ Mildred 10:30 Computer Class 11:30 Choral Group 12:00 Lunch 1:00 Domino Contest</p>	<p>13</p> <p>9:15 Aerobics Class 10:00 BP Screening 10:00 Painting Class 12:00 Lunch 1:00 Bingo</p>
<p>16</p> <p>9:30 Nia Practice 10:30 Beginners Computer 12:00 Lunch 1:00 Domino Contest</p>	<p>17</p> <p>9:30 Chair Yoga w/Kim 10:30 Computer Class 11:00 Color Your Stress Away 12:00 Lunch 1:00 Bingo</p>	<p>18 <u>Movie Trip</u></p> <p>9:15 Tai Chi 10:30 Jewelry Class 12:00 Lunch 1:00 Leisure Games</p>	<p>19 <u>Tie Dye Class</u></p> <p>9:30 Zumba Gold w/Jennifer 10:30 Social Hour w/Mildred 10:30 Computer Class 11:30 Choral Group 12:00 Lunch 1:00 Domino Contest</p>	<p>20</p> <p>9:15 Aerobics Class 10:00 BP Screening 10:00 Painting Class 12:00 Lunch 1:00 Bingo</p>
<p>23</p> <p>9:30 Nia Practice 10:30 Beginners Computer 12:00 Lunch 1:00 Domino Contest</p>	<p>24</p> <p>9:30 Chair Yoga w/Kim 10:30 Computer Class 11:00 Color Your Stress Away 12:00 Lunch 1:00 Bingo</p>	<p>25 <u>Birthday Party</u></p> <p>9:15 Tai Chi 10:30 Jewelry Class 12:00 Lunch 1:00 Leisure Games</p>	<p>26</p> <p>9:30 Zumba Gold w/Jennifer 10:30 Social Hour w/Mildred 10:30 Computer Class 11:30 Choral Group 12:00 Lunch 1:00 Domino Contest</p>	<p>27</p> <p>9:15 Aerobics Class 10:00 BP Screening 10:00 Painting Class 12:00 Lunch 1:00 Bingo</p>
<p>30</p> <p>9:30 Nia Practice 10:30 Beginners Computer 12:00 Lunch 1:00 Domino Contest</p>	<p>31</p> <p>9:30 Chair Yoga w/Kim 10:30 Computer Class 11:00 Color Your Stress Away 12:00 Lunch 1:00 Bingo</p>	<p>March Events at Jasa:</p> <p>March 11 Elder Abuse Lecture March 18 Movies March 19 Tie Dye Class March 25 Birthday Party</p>	<p>Day Light Savings Time Begins March 8</p> 	<p>Important Dates in March:</p> <p>3/1 Orthodox Lent Begins 3/8 Day Light Savings Time 3/10 Jewish Holiday of Purim 3/17 St. Patrick's Day 3/20 First Day of Spring</p>



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 & 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 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 & 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 Toasted 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 Roasted Chicken in Plum Sauce Roasted Vegetable Cous Cous Cucumber & 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>			



Jasa Starrett City Senior Center

**1540 Van Siclen Avenue
Brooklyn, New York 11239
718 642 1010
www.jasa.org**

**Hours: Monday -Friday
8am-3pm**

