

## March 2020 ACTIVITIES

Funded in Part by Generous grants from Councilman Mark Gjonaj

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:30 Wii Games 10:30 Bike Exercise 11:00 Leisure Games 1- 3pm Healing Arts w. Evelyn</p>	<p>3 9:30 Bike Exercise 10am Just Dance (Wii Game) 11am NORC Presentation 1pm Dancing with Walter</p>	<p>4 <u>Advisory Meeting</u> 9:30 Wii Games 10:30 Meeting 11:00 Drama Class w. Damion 1pm Planting Class w. SWH</p>	<p>5 9am Bike exercise 10am Wii Games 11am NORC Activity 1:30pm Free Massage sponsored by SWH</p>	<p>6 9am Wii Games 10am Dominoes Tournament 11am Blood Pressure Screening 1pm-3pm Bladder Health Class</p>
<p>9 9:30 Wii Games 10:30 Bike Exercise 11:00 Leisure games 1-3pm Healing Arts w. Evelyn</p>	<p>10 9:30 Bike/ Wii Games 10:30 Arts&amp; Crafts (ST. Patty's day Project) 11:00 NORC Presentation 1pm Dancing w. Walter</p>	<p>11 9:30 Bike Exercise 10:30 Teach Me Rumikub 11:00 Drama Class w. Damion 1pm Just Dance (Wii Game)</p>	<p>12 <u>NYC Common Pantry Day</u> 9am- 12pm Pantry Day 10:30 Wii Game/ Bike Exercise 11:00 NORC Activity 1pm Zumba</p>	<p>13 9am Wii Games 10am Dominoes Tournament 11am Nutrition Presentation 1pm DSMP Workshop</p>
<p>16 9:30 Wii Games 10am Bike Exercise 11am Leisure Games 1-3pm Healing Arts w. Evelyn</p>	<p>17 <u>St. Patrick's Day Party</u> 9am Bike Exercise 9:30 Wii Games 11am NORC Presentation 1pm Dancing w. Walter</p>	<p>18 9:30 Bike Exercise 10:30 Teach Me Rumikub 11:00 Drama Class w. Damion 1pm Wine Glass Painting by (SWH)</p>	<p>19 9:30 Bike Exercise 10:30 Wii Game 11am Motown Live Band (NORC) 1pm Teach Me Rumikub</p>	<p>20 9am Bike Exercise 10am Just Dance (Wii Game) 11am Blood Pressure Screening 1pm Dominoes Tournament</p>
<p>23 9:30 Wii Games 10am Bike Exercise 11am Leisure Games 1-3pm Healing Arts w. Evelyn</p>	<p>24 <u>Walmart Trip</u> 9:30 Trip 10:30 Wii Games 11am NORC Presentation 1pm Dancing with Walter</p>	<p>25 <u>Birthday Party</u> 9:30 Bike Exercise 10:30 Teach Me Rumikub 11:00 Drama Class w. Damion 1pm Party w. DJ Woody</p>	<p>26 9:30 Bike Exercise 10:30 Wii Game 11am NORC Activity 1pm Zumba</p>	<p>27 <u>City Island Trip</u> 9:30am Bike Exercise 10am Wii Game 11am Blood Pressure Screening 11:15am Trip</p>
<p>30 9:30 Wii Games 10am Bike Exercise 11am Leisure Games 1-3pm Healing Arts w. Evelyn</p>	<p>31 9:30 Bike Exercise 10:30 Wii Games 11am NORC Presentation 1pm Dancing with Walter</p>	<p><i>Happy St. Patrick's Day</i> <i>Lot's of laughter to cheer you, and those you love near you.</i> </p>	<p><u>Lunch/ Almuerzo</u> 12pm-1pm DAILY <b>HABLAMOS ESPAÑOL</b> Must be the age of 60 and over to register</p>	

**March 2020 Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Pear Roasted Chicken Drumstick/Thigh Brown Rice Cabbage w. Shredded Carrots Whole Wheat Bread</p>	<p><b>3</b> <b>Orange</b> Turkey Burger w. cheese Whole Wheat Hamburger bun Roasted Sweet Potato Fries Steamed Cauliflower &amp; Broccoli</p>	<p><b>4</b> <b>Apple</b> Spanish Style Roast Pork Rice and Beans Southern Greens</p>	<p><b>5</b> <b>Mandarin Orange</b> Sesame Chicken Chinese Style Spaghetti Oriental Blend Whole Wheat Bread</p>	<p><b>6 Soup</b> <b>Orange Juice</b> Stewed Codfish Garden Salad Garlic &amp; Rosemary Roasted Potatoes <b>Whole Wheat Bread</b></p>
<p><b>9</b> <b>Kiwi</b> Rosemary Chicken Brown Rice Pilaf Collard Greens</p>	<p><b>10</b> <b>Orange</b> Baked Ziti w. Beef Meat Sauce Garlic Bread Spinach w. carrots, onion Salad</p>	<p><b>11</b> <b>Orange Juice</b> Pork Chop Sautéed Spinach Corn and Red Peppers <b>Whole Wheat Bread</b></p>	<p><b>12</b> <b>Apple Juice</b> Breaded Chicken Cutlet Roasted Zucchini Roasted Sweet Potato Fries <b>Whole Wheat Bread</b></p>	<p><b>13 Soup</b> <b>Orange</b> Baked Salmon w. lemon tarragon &amp; thyme Orzo w. vegetables Steamed Broccoli <b>Whole Wheat Dinner Roll</b></p>
<p><b>16</b> <b>Kiwi</b> Stewed Chicken Breast Yellow Rice Stewed Okra &amp; tomatoes Whole Wheat Bread</p>	<p><b>17 ST. PATRICK'S DAY LUNCH</b> <b>Orange</b> <b>Irish Soda Bread</b> <b>Corned Beef</b> <b>Steamed Cabbage</b> <b>Boiled Potato</b></p>	<p><b>18</b> <b>Fruit Cocktail</b> Brown Sugar &amp; thyme Pork Chop w. Caramelized onion Steamed Broccoli Steamed Corn on the Cob Whole Wheat Dinner Roll</p>	<p><b>19</b> <b>Fruit Cocktail</b> Beef Chili White Rice Spinach Salad</p>	<p><b>20 Soup</b> <b>Banana</b> Cod Fillet O' Fish Sandwich Baked Fries Cabbage Carrot Slaw Whole Wheat hamburger Bun</p>
<p><b>23</b> <b>Kiwi</b> Breaded Chicken Cutlet Lemon Rice Sautéed Spinach Whole Wheat Bread</p>	<p><b>24</b> <b>Sliced Peaches</b> Beef Meatloaf Italian Cut Green Beans Mashed Potato</p>	<p><b>25</b> <b>Banana</b> Oven Fried Chicken Macaroni and Cheese Collard Greens w. smoked turkey Biscuit</p>	<p><b>26</b> <b>Orange</b> Chicken Stir Fry w. vegetables White Rice Mixed Green Salad</p>	<p><b>27 Soup</b> <b>Pear</b> Baked Whiting Carrot Raisin Salad Greek Pasta Salad</p>
<p><b>30</b> <b>Kiwi</b> Spanish Style Baked Chicken Yellow Rice Steamed Peas and Carrots Whole Wheat Bread</p>	<p><b>31</b> <b>Orange</b> Salisbury Steak Garlic Mashed Potatoes Sautéed Spinach Whole Wheat Dinner Roll</p>			



## **Sue Ginsburg Senior Center**

**975 Waring Avenue**

**Bronx, NY, 10469**

**(718) 881-1758**

**www.jasa.org**

**8:30am to 4:30pm**

**Monday-Friday**

**Dominoes Tournament (3/6, 3/13, 3/20/2020)**

**Drama Class w. Damion (Every Wednesday)**

**Healing Arts w. Evelyn (Every Monday 1-3pm)**

**Blood Pressure Screenings (Every Friday)**

**Senior Whole Health events (3/4, 3/5, 3/18/2020)**

**NYC Common Pantry Distribution (3/12/2020)**

**Advisory Meeting (3/4/2020)**

**Trips (3/24 and 3/27/2020)**

**Ritmo Latino (Every Tuesday)**

**Parties (3/17 and 3/25/2020)**

**Zumba (Every other Thursday)**



### **STAFF:**

**Program Director: Victor Morell**

**Program Coordinator: Shanil Acosta**

**Porter: T. Del Valle**

**Program Aid: Dorothy Crumpler**

**Social Worker: Vilma Sorrentini**

