



March 2020 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2 Diabetes Self Mgmt. 8:30 Relaxation Music 9:00 Current Events 10:00 DSMP 1:00 Aerobics w/ Tommy	3 PANTRY DAY 8:30 Leisure Games 9:00 Current Events 10:00 Arts & Crafts 1:00 Karaoke	4 Healing Arts w. Evelyn! 8:30 Relaxation Music 9:00 Current Events 10:00 Healing Arts Class 11:00 Chair Aerobics 1:00 Movie with Popcorn	5 8:30 Brain Teasers 9:00 Current Events 10:00 BP Screening 11:30 The Zumba Experience 1:00 Karaoke	6 8:30 Brain Teasers 9:00 Current Events 10:00 Scrapbooking 1:00 Leisure Games
9 8:30 Relaxation Music 9:00 Current Events 10:00 Bladder Health Workshop 10AM-12PM Su-Casa Recruitment 11:00 Nutrition w. Kiahni 1:00 Aerobics w/ Tommy	10 8:30 Leisure Games 9:00 Current Events 10:00 Arts & Crafts 1:00 Party!	11 Healing Arts w. Evelyn! 8:30 Relaxation Music 9:00 Current Events 10:00 Healing Arts Class 11:00 Chair Aerobics 1:00 Movie with Popcorn	12 8:30 Brain Teasers 9:00 Current Events 10:00 BP Screening 11:30 The Zumba Experience 1:00 Technology with Emily (New)	13 8:30 Brain Teasers 9:00 Current Events 11:00 Health Presentation 1:00 Leisure Games
16 Diabetes Self Mgmt. 8:30 Relaxation Music 9:00 Current Events 1:00 Aerobics w/ Tommy	17 St.Patrick's Day Party! 8:30 Leisure Games 9:00 Current Events 10:00 Arts & Crafts 11:00 Karaoke	18 8:30 Relaxation Music 9:00 Current Events 10:00 Healing Arts Class 11:30 Aerobics w/ Tommy 1:00 Leisure Bingo	19 8:30 Brain Teasers 9:00 Current Events 10:00 BP Screening 11:30 The Zumba Experience 1:00 Cultural Arts	20 8:30 Brain Teasers 9:00 Current Events 10AM-12PM Su- Casa Art Class 1:00 Leisure Games
23 Diabetes Self Mgmt. 8:30 Relaxation Music 9:00 Current Events 10AM-12PM Su-Casa Art Class 1:00 Aerobics w/ Tommy	24 Birthday Party! 8:30 Leisure Games 9:00 Current Events 11:00 Arts & Crafts 1:00 Party!	25 Healing Arts w. Evelyn! 8:30 Relaxation Music 9:00 Current Events 10:00 Healing Arts Class 11:30 Aerobics w/ Tommy 1:00 Photography	26 8:30 Brain Teasers 9:00 Current Events 10:00 BP Screening 11:30 The Zumba Experience 1:00 Movie Discussion	27 8:30 Brain Teasers 9:00 Current Events 10AM-12PM Su-Casa Art Class 1:00 Leisure Games
30 Diabetes Self Mgmt. 8:30 Relaxation Music 9:00 Current Events 10AM-12PM Su-Casa Art Class 1:00 Aerobics w/ Tommy	31 8:30 Leisure Games 9:00 Current Events 10:00 Arts & Crafts 11:00 Karaoke		HABLAMOS ESPAÑOL	Lunch / Almuerzo 12pm-1pm DAILY

Throggs Neck Senior Center * 2705 Schley Ave, Bronx, New York, 10465, * 718-823-1771

March 2020 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please Reserve for lunch by 1PM the day before.</p> <p>Thank You!</p>	<p>Por Favor reserven el almuerzo antes de las 1PM el dia anterior</p> <p>Gracias!</p>	<p>1</p> <p>Center Closed Centro Cerrado</p>	<p>2 Banana Curry Chicken Legs Black Beans and Rice Steamed Cauliflower</p>	<p>3 Orange Baked Fish Fillets Rice w. Vegetables Sauteed Spinach</p>
<p>6 Apple Turkey With Gravy Garlic Mashed Potatoes Collard Greens</p>	<p>7 Banana Baked Breaded Fish Pasta Steamed Broccoli & Cauliflower</p>	<p>8 Orange Jerk Chicken Rice & Beans Cabbage w. Shredded Carrots</p>	<p>9 Banana Oven Baked Pork Chops Sweet Baked Yams Green Bean Sautee</p>	<p>10 Apple Chicken Parmesan Penne Pasta Broccoli w. Toasted Garlic</p>
<p>13 Pear Beef Meatballs in Tomato Sauce Spaghetti Broccoli & Red Peppers</p>	<p>14 Banana BBQ Chicken Legs Garlic & Rosemary Potatoes Braised Collard Greens</p>	<p>15 Orange Pernil (Pork shoulder) Yellow Rice Sauteed Zucchini</p>	<p>16 Banana Oven Fried Chicken Baked Mac & Cheese Steamed Kale</p>	<p>17 Apple Baked Tilapia Mashed Butternut Squash Steamed Green Beans</p>
<p>20</p> <p>Center Closed Centro Cerrado</p>	<p>21 Banana Chicken w. Black Bean Sauce White Rice Steamed Kale</p>	<p>22 Orange Beef Stew Baked Potato Wedges Broccoli w. Toasted Garlic</p>	<p>23 Banana Hawaiian Chicken Legs Yellow Rice Sauteed String Beans</p>	<p>24 Apple Baked Whiting Fish Fillets Pasta Okra w. Tomatoes</p>
<p>27 Apple Chicken Stir Fry W. Vegetables Brown Rice Steamed Cauliflower</p>	<p>28 Banana Stewed Pork Chops Baked Potato Wedges Tangy Green Beans</p>	<p>29 Orange Baked Turkey Breast Baked Sweet Potato Collard Greens</p>	<p>30 Banana Teriyaki Baked Fish Rice Pilaf Oriental Blend</p>	<p>31 Apple Garlic Chicken Rice W. Vegetables Sauteed Brussel Sprouts & Kale</p>



JASA Throggs Neck Senior Center

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www.jasa.org

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