

**SEPTEMBER 2019 ACTIVITIES**



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>2 LABOR DAY</b> <b>JASA IS CLOSED</b></p>	<p><b>3</b> 11am ESL Bead Jewelry 1pm Creative Writing</p>	<p><b>4</b> 10am-12pm Blood Pressure Screening 11-Tai Chi 1:00pm BINGO</p>	<p><b>5</b> 10:30am Nail Salon 11:00am Health Lecture 12:00pm Dance Class</p>	<p><b>6</b> 10:00am Alert &amp; Alive 10:30am Blood Pressure 10:30am Zumba 11:30am Jewish info. 10:00am to 3:30pm Senior Leisure Games</p>
<p><b>9</b> 10am -12pm Keep on Track Blood Pressure screening 10:00am Yoga 1:00 drawing and painting</p>	<p><b>10</b> 10 am Aerobics 11am ESL Bead Jewelry 1pm Creative Writing</p>	<p><b>11</b> 10am-12pm Blood Pressure Screening 11-Tai Chi 12pm Sept. 11 REMEMBER 10:00am to 3:30pm Senior Leisure games</p>	<p><b>12</b> 10:30am Nail Salon 11:00am Nutrition Lecture</p>	<p><b>13</b> 10:00am Alert &amp; Alive 10:30am Blood Pressure 10:30am Zumba 10:00am to 3:30pm Senior Leisure Games</p>
<p><b>16</b> 10:00am- Blood Pressure Screening and Yoga 11:00am Nutrition-Holiday Food 1:00pm Computer /Art</p>	<p><b>17</b> 10am Aerobics 11am ESL Jewelry making 1pmCreative Writing</p>	<p><b>18</b> 10am-12pm Blood Pressure 11am- Tai Chi 12:30pm HOLIDAY PARTY With HAGIT</p>	<p><b>19</b> 9:30am Trip to the Staten Island Mall with Sharon 10:30am Nail Salon 11:15 am Health lecture 12:30pm Dance class</p>	<p><b>20</b> 10:00am Alert &amp; Alive 10:30am Blood Pressure 10:30am Zumba 10:00am to 3:30pm Senior Leisure Games</p>
<p><b>23</b> 10am-12pm- Blood Pressure 10am Yoga 11am-Nutrition 1pm Computer class art class</p>	<p><b>24</b> 10:00am Aerobics 11:00am ESL/ Jewelry 11:45am Rosh Hashana festivity 1pmCreative Writing</p>	<p><b>25</b> 10am-12pm- Blood Pressure 11am Tai Chi 10am-3:30pm Senior Leisure games</p>	<p><b>26</b> 10:30 am Nail Salon 11am CENSUS INFO. PRESENTATION</p>	<p><b>27</b> 10:00am Alert &amp; Alive 10:30am Blood Pressure 10:30am Zumba 10:00am to 3:30pm Senior Leisure Games</p>
<p><b>30</b> <b>ROSH HASHANA</b> <b>JASA IS CLOSED</b></p>				

SEPTEMBER 2019 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 CENTER CLOSED LABOR DAY</p>	<p>3 Hot Menu: Sweet &amp; Sour Meatballs Cold Menu: Salmon Salad</p>	<p>4 Hot Menu: Chicken Fahitas Cold Menu: Tuna Salad w/egg</p>	<p>5 Hot Menu: Breaded Pollack Cold Menu: Chicken Salad</p>	<p>6 Hot Menu: Hawaiian Chicken Cold Menu: Gefilte Fish</p>
<p>9 Hot Menu: Turkey Burger Cold Menu: Tuna Salad</p>	<p>10 Hot Menu: Chicken Francias Cold Menu: Egg Salad</p>	<p>11 Hot Menu: Beef Lasagna Cold Menu: Salmon Salad</p>	<p>12 Hot Menu: Poached Salmon Cold Menu: Turkey Salad</p>	<p>13 Hot Menu: Rosemary Chicken Cold Menu: Gefilte Fish</p>
<p>16 Hot Menu: Turkey Meatloaf Cold Menu: Tuna Salad</p>	<p>17 Hot Menu: Chicken Shwarma Cold Menu: Falafel</p>	<p>18 Hot Menu: Stuffed Cabbage with Beef Cold Menu: Salmon Salad</p>	<p>19 Hot Menu: Salmon Burger Cold Menu: Curry Chicken</p>	<p>20 Hot Menu: Roasted Chicken Cold Menu: Gefilte Fish</p>
<p>23 Hot Menu: Pepper Steak Cold Menu: Tuna w/Egg Salad</p>	<p>24 Hot Menu: Spanish Style Roast Chicken Cold Menu: Salmon Salad</p>	<p>25 Hot Menu: Shepherd Pie with Beef and Turkey Cold Menu: Egg Salad</p>	<p>26 Hot Menu: Breaded Sole Fish Fillet Cold Menu: Turkey Salad</p>	<p>27 Hot Menu: Grilled Caribbean Chicken Cold Menu: Gefilte Fish</p>
<p>30 Hot menu: Cold menu:</p>			<p>Generous grants funded by Councilman Treyger and Deutsch</p>	



## **JASA Luna Park Senior Center**

2880 West 12 Street  
Brooklyn, N.Y. 11224  
718-996-6666  
[www.jasa.org](http://www.jasa.org)

8am to 4pm

\*Movie Matinees

\*Lectures

\*Parties

\*Senior Leisure Games

\*Health screenings

\*Exercise classes

\*Karaoke

- funded by NYC DFTA, and grants secured by the Honorable NYC Councilmen Mark Treyger and Chaim Deutsch

**generous grants funded by Councilman Deutsch and  
Treyger**

