



SEPTEMBER 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>THE CENTER WILL BE CLOSED FOR LABOR DAY</p>	<p>3 9am – 4pm LEISURE GAMES</p> <p>9:30 BINGO</p> <p>10:00 NYC ROAD RUNNERS</p> <p>11am – WALK IN PLACE</p> <p>12 NOON LUNCH</p> <p>12:30 COLOR YOUR WORLD</p> <p>12:45 ACRYLIC PAINTING</p> 	<p>4 9am – 4pm LEISURE GAMES</p> <p>9:15AM BRAIN CANDY TRIVIA</p> <p>10am ZUMBA GOLD</p> <p>10:15am NAME THAT TUNE</p> <p>11am YOGA</p> <p>12 NOON LUNCH</p>	<p>5 9am – 4pm LEISURE GAMES</p> <p>9:30 BINGO</p> <p>10am LINE DANCE W/ MICHELE & ETHEL</p> <p>11am <u>BUS DEPARTS FOR SENIOR RESOURCE DAY FAIR</u></p> <p>12 NOON LUNCH</p> 	<p>6 9am – 4pm LEISURE GAMES</p> <p>9:30 BINGO</p> <p>10:30 GENTLE AEROBICS</p> <p>12 NOON LUNCH</p>
<p>9 9am – 4pm LEISURE GAMES</p> <p>10am COFFEE WITH MILDRED</p> <p>11am SENIORCISE</p> <p>12 NOON LUNCH</p> <p>12:30pm CREATE & DESIGN W/ ARLENE</p> 	<p>10 9am – 4pm LEISURE GAMES</p> <p>9:30 BINGO</p> <p>10:00 NYC ROAD RUNNERS</p> <p>11am – WALK IN PLACE</p> <p>12 NOON LUNCH</p> <p>12:30 COLOR YOUR WORLD</p> <p>12:45 ACRYLIC PAINTING</p>	<p>11 9am – 4pm LEISURE GAMES</p> <p>9:15AM BRAIN CANDY TRIVIA</p> <p>10am ZUMBA GOLD</p> <p>10:15am NAME THAT TUNE</p> <p>11am YOGA</p> <p>12 NOON LUNCH</p> 	<p>12 9am – 4pm LEISURE GAMES</p> <p>9:30 BINGO</p> <p>10am LINE DANCE W/ MICHELE & ETHEL</p> <p>11 am <u>DR. RICK SHIELDS – NUTRITION DURING THE COLD AND FLU SEASON</u></p> <p>12 NOON LUNCH</p>	<p>13 9am – 4pm LEISURE GAMES</p> <p>9:30 BINGO</p> <p>10:30 GENTLE AEROBICS</p> <p>11:30 MOVING & GROOVING W/ LISA</p> <p>12 NOON LUNCH</p>
<p>16 9am – 4pm LEISURE GAMES</p> <p>10am COFFEE WITH MILDRED</p> <p>11am SENIORCISE</p> <p>12 NOON LUNCH</p> <p>12:30pm CREATE & DESIGN W/ ARLENE</p> 	<p>17 9am – 4pm LEISURE GAMES</p> <p>9:30 BINGO</p> <p>10:00 NYC ROAD RUNNERS</p> <p>11am – WALK IN PLACE</p> <p>12 NOON LUNCH</p> <p>12:30 COLOR YOUR WORLD</p> <p>12:45 ACRYLIC PAINTING</p>	<p>18 9am – 4pm LEISURE GAMES</p> <p>9:15 BRAIN CANDY TRIVIA</p> <p>10am ZUMBA GOLD</p> <p>10:15am NAME THAT TUNE</p> <p>11am YOGA</p> <p>12 NOON LUNCH</p>	<p>19 9am – 4pm LEISURE GAMES</p> <p>9:30 am BINGO</p> <p>11AM LINE DANCE W/ MICHELE & ETHEL</p> <p>12 NOON LUNCH</p> 	<p>20 9am – 4pm LEISURE GAMES</p> <p>9:30 BINGO</p> <p>10:30 GENTLE AEROBICS</p> <p>12 NOON LUNCH</p>
<p>23 9am – 4pm LEISURE GAMES</p> <p>10am COFFEE WITH MILDRED</p> <p>11am SENIORCISE</p> <p>12 NOON LUNCH</p> <p>12:30pm CREATE & DESIGN W/ ARLENE</p>	<p>24 9am – 4pm LEISURE GAMES</p> <p>9:30 BINGO</p> <p>10:00 NYC ROAD RUNNERS</p> <p>11am – WALK IN PLACE</p> <p>12 NOON LUNCH</p> <p>12:30 COLOR YOUR WORLD</p> <p>12:45 ACRYLIC PAINTING</p>	<p>25 9am – 4pm LEISURE GAMES</p> <p>9:15 BRAIN CANDY TRIVIA</p> <p>10am ZUMBA GOLD</p> <p>10:15am NAME THAT TUNE</p> <p>11am YOGA</p> <p>12 NOON LUNCH</p> 	<p>26 9am – 4pm LEISURE GAMES</p> <p>9:30 BINGO</p> <p>11 am LINE DANCE W/ MICHELE & ETHEL</p> <p>12 NOON LUNCH</p>	<p>27 9am – 4pm LEISURE GAMES</p> <p>9:30 BINGO</p> <p>10:30 GENTLE AEROBICS</p> <p>11:30 MOVING & GROOVING W/ LISA</p> <p>12 NOON LUNCH</p>
<p>30</p> <p>THE CENTER WILL BE CLOSED FOR THE FIRST DAY OF ROSH HASHANAH</p>				<p>VOTER REGISTRATION FORMS AVAILABLE IN THE CENTER OFFICE</p>

SEPTEMBER 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 THE CENTER WILL BE CLOSED FOR LABOR DAY</p>	<p>3 SWEET & SOUR MEATBALLS KASHA & GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD 3 BEAN SALAD & CUCUMBER SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>4 CHICKEN FRAJITAS WHITE RICE & GARDEN SALAD</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD LENTIL SALAD & GARDEN SALAD PITA BREAD MILK TO TAKE HOME</p>	<p>5 BREADED FISH FILET CORN WITH RED PEPPERS & COLE SLAW</p> <p><u>ALTERNATE MEAL</u> - CHICKEN SALAD TRI-COLOR PASTA & COLE SLAW WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>6 HAWAIIAN CHICKEN LEGS MASHED POTATO & MIXED VEGGIES</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH ISRAELI SALAD & CARROT SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>9 BBQ TURKEY BURRGER SPICED SWEET POTATOES & GREEN BEAN</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD BEAN SALAD & SWEET POTATO SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>10 CHICKEN FRANCAISE VEGGIE ORZO & CALIFORNIA BLEND</p> <p><u>ALTERNATE MEAL</u> – EGG SALAD RED CABBAGE SALAD & VEGGIE ORZO WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>11 BEEF LASAGNA GARDEN SALAD WITH DRESSING</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD QUINOA SALAD & GARDEN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>12 POACHED SALMON BLACK BEAN SALAD & CUCUMBER SALAD</p> <p><u>ALTERNATE MEAL</u> – TURKEY SALAD BLACK BEAN SALAD & CUCUMBER SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>13 ROSEMARY CHICKEN NOODLE KUGEL & STEAMED CARROTS</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH 3 BEAN SALAD & CARROT SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>16 CALIFORNIA TURKEY MEATLOAF MASHED POTATO & CARROT/GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD CARROT SALAD & HERBED POTATO SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>17 CHICKEN SHWARMA ISRAELI SALAD & HUMMUS</p> <p><u>ALTERNATE MEAL</u> – BAKED FALAFEL ISRAELI SALAD & HUMMUS PITA BREAD MILK TO TAKE HOME</p>	<p>18 BEEF STUFFED CABBAGE PASTA & MIXED VEGGIES</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD POTATO SALAD & TOSSED SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>19 SALMON BURGER ON BUN HOME FRIES & CUCUMBER SALAD</p> <p><u>ALTERNATE MEAL</u>–CURRY CHICKEN SALAD POTATO SALAD & CUCUMBER SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>20 ROAST CHICKEN KASHA VARNISHKAS & SPINACH SOUFLE</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH COUSCOUS SALAD & BEAN SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>23 PEPPER STEAK CHINESE SPAGHETTI & SHREDDED CABBAGE</p> <p><u>ALTERNATE MEAL</u>– TUNA SALAD MACARONI/PEA SALAD & CABBAGE SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>24 SPANISH STYLE CHICKEN RICE/BEAN MIX & GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD VEGGIE ORZO & CARROT SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>25 SHEPHER'S PIE WITH BEEF GARDEN SALAD WITH DRESSING</p> <p><u>ALTERNATE MEAL</u> – EGG SALAD POTATO SALAD & GARDEN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>26 BREADED FISH FILET BULGUR SALAD & CREAMY NO-DAIRY SPINACH</p> <p><u>ALTERNATE MEAL</u>– TURKEY SALAD BULGUR SALAD & GREEN BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>27 HONEY-APRICOT GLAZED CHICKEN KASHA VARNISHKES & BROCCOLI SOUFFLE</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH BOW-TIE PASTA SALAD & BEET SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>30 THE CENTER WILL BE CLOSED FOR THE FIRST DAY OF ROSH HASHANAH</p>			<p>MAUZONE KOSHER CATERER *****</p> <p><u>THE MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE</u></p>	



JASA at the HES

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STAFF:

SUE ANN PARTNOW – PROGRAM DIRECTOR

LILLIAN McPHAUL – PROGRAM COORDINATOR

ALBERT KADOSH – FOOD TECHNICIAN

MICHAEL FLEISCHER – COMMUNITY AIDE

CASE ASSISTANCE AVAILABLE

SOCIAL WORKER ON PREMISES EVERY MONDAY BEGINNING

CENTER HOURS

8:00am to 4:00pm

Monday-Friday

UPCOMING SPECIAL EVENTS

SEPTEMBER 2ND – THE CENTER WILL BE CLOSED FOR LABOR DAY

SEPTEMBER 3RD – SENIOR BLOCK PARTY

SEPTEMBER 5TH – SENIOR RESOURCE DAY

SEPTEMBER 12TH – COLD & FLU NUTRITION WITH DR. RICK SHIELDS

SEPTEMBER 26TH – DISTRIBUTION OF FARMER'S MARKET COUPONS

SEPTEMBER 30TH – THE CENTER WILL BE CLOSED FOR 1ST DAY OF ROSH HASHANAH

JASA SOCIAL WORKER ON PREMISES EVERY MONDAY FROM 8AM – 4PM

CHECK THE CENTER'S BULLETIN BOARD FOR UPCOMING EVENTS

**ADDITIONAL FUNDING FROM – COUNCILMAN ALAN MAISEL, BOROUGH PRESIDENT ERIC ADAMS, STATE
SENATOR ROXANNE PERSAUD & ASSEMBLYWOMAN JAIME WILLIAMS**

