

September Activities 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>JASA is closed Labor Day</p>	<p>3</p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) 1:00 Intern. Song (L.3) 1:00 Zumba (GYM) Project "From Heart to Heart"</p>	<p>4</p> <p>10:00 ESL (L.3) 10:00 ESL beginner (L.4) 11:00 Ballroom Dancing(GYM) 12:00 Art Class (L.3) 1:00 Yoga Class (GYM)</p>	<p>5</p> <p>10:00 ESL (L.3) 10:30 Exercise (GYM) 11:30 Lecture w/Jean(L.R.) 1:00 Computer Class (L.3) 1:15 WWE (L.R)</p>	<p>6</p> <p>9:30 Belly Dancing (L.R.) 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 12:45 Hebrew Class (L.3)</p> <hr/> <p>PICNIC 09/08/2019</p>
<p>9</p> <p>9:00 Wii Sport (L.R.) 10:00 Literary Club (L.3) 10:00 ESL beginner (L.4) 11:10 Body in movement (GYM) 1:00 Belly Dancing (GYM)</p>	<p>10</p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) 12:45 Labor Day Concert by International Songs Class under the direction of Zhanna Reznik (GYM)</p>	<p>11</p> <p>10:00 ESL (L.3) 10:00 ESL beginner (L.4) 10:00 ESL First Steps (L.R.) 11:00 Ballroom Dancing(GYM) 11:45 Nutritionist presentation(LR) 12:00 Art Class (L.3) 1:00 Yoga Class (GYM)</p>	<p>12</p> <p>10:00 ESL (L.3) 10:30 Exercise (GYM) 11:30 Lecture w/Jean(L.R.) 11:45 US Census 2020 Presentation (L.R.) 1:00 Computer Class (L.3) 1:15 Latin Dancing (GYM) 1:15 WWE (L.R.)</p>	<p>13</p> <p>9:30 Belly Dancing (L.R.) 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 11:30 Israeli Dancing (GYM) 11:45 Elder Abuse Presentation (L.R.) 12:45 Hebrew Class (L.3)</p> <hr/> <p>TRIP Sunday, 09/15/2019 Ground for Sculpture Bus leaves at 9:00am</p>
<p>16</p> <p>9:00 Wii Sport (L.R.) 10:00 Literary Club (L.3) 10:00 ESL beginner (L.4) 11:00 Movie Day (L.R.) 11:10 Body in movement (GYM) 1:00 Belly Dancing (GYM)</p>	<p>17</p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) 1:00 Intern. Song (L.3) 1:00 Zumba (GYM)</p>	<p>18</p> <p>10:00 ESL (L.3) 10:00 ESL beginner (L.4) 10:00 ESL First Steps (L.R.) 11:00 Ballroom Dancing(GYM) 12:00 Benefits Clinic (L.R.) 12:00 Art Class (L.3) 1:00 Yoga Class (GYM)</p>	<p>19</p> <p>10:00 ESL (L.3) 10:30 Exercise (GYM) 11:30 Lecture w/Jean(L.R.) 1:00 Computer Class (L.3) 1:15 Latin Dancing (GYM) 1:15 WWE (L.R.)</p>	<p>20</p> <p>9:30 Belly Dancing (L.R.) 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:00am BP screening training 11:30 Israeli Dancing (GYM) 12:30 Music of History (L.4) 12:45 Hebrew Class (L.3)</p>
<p>23</p> <p>9:00 Wii Sport (L.R.) 10:00 Literary Club (L.3) 10:00 ESL beginner (L.4) 11:10 Body in movement (GYM) 12:30 Craft Class (L.3) 1:00 Belly Dancing (GYM)</p>	<p>24</p> <p>10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 10:30 Exercise(GYM) 11:00 Rosh Hashana Program 1:00 Intern. Song (L.3) 1:00 Zumba (GYM)</p>	<p>25</p> <p>10:00 ESL (L.3) 10:00 ESL beginner (L.4) 10:00 ESL First Steps (L.R.) 11:00 Ballroom Dancing(GYM) 12:00 Art Class (L.3) 1:00 Yoga Class (GYM)</p>	<p>26</p> <p>10:00 ESL (L.3) 10:30 Exercise (L.R) 11:30 Lecture w/Jean(L.R.) 11:30 White PARTY(L.R.) 1:00 Computer Class (L.3) 1:15 Latin Dancing (GYM) 1:15 WWE (L.R.)</p>	<p>27</p> <p>9:30 Belly Dancing (L.R.) 10:00 ESL (L.4) 10:00 Citizenship Class (L.3) 11:30 Israeli Dancing (GYM) 12:45 Hebrew Class (L.3) 1:00 Circle of Friends (L.R.)</p>
<p>30</p> <p>JASA is closed Rosh Hashana Day</p>				

September Menu 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>JASA is closed Labor Day</p>	<p>3</p> <p>Sweet and Sour Meatballs Kasha Whole Wheat Bread Green Beans</p> <p>Cold - Salmon Salad</p>	<p>4</p> <p>Chicken Fajitas Pita Halves White Rice Garden Salad</p> <p>Cold - Tuna Salad with Eggs</p>	<p>5</p> <p>Breaded Pollock Fish Fillet Corn and Red Peppers Whole Wheat Bread Coleslaw</p> <p>Cold - Chicken Salad</p>	<p>6</p> <p>Hawaiian Chicken Legs Challah Bread California Blend Vegetables Mashed Potatoes, 4 oz</p> <p>Cold - Gelfite Fish</p>
<p>9</p> <p>BBQ Sauce Turkey Burger Hamburger Bun, plain Spiced Sweet Potatoes Green Beans Wax Beans</p> <p>Cold - Tuna Salad</p>	<p>10</p> <p>Chicken Francaise Orzo with Vegetables Whole Wheat Bread California Blend Vegetables</p> <p>Cold - Egg Salad</p>	<p>11</p> <p>Beef Lasagna Whole Wheat Bread Tossed Salad with Dressing</p> <p>Cold - Salmon Salad</p>	<p>12</p> <p>Poached Salmon Barley, Corn and Black Bean Salad Whole Wheat Bread Cucumber Salad</p> <p>Cold - Turkey Salad</p>	<p>13</p> <p>Rosemary Chicken Challah Bread Noodle Kugel Steamed Carrots</p> <p>Cold - Gelfite Fish</p>
<p>16</p> <p>California Turkey Meatloaf Whole Wheat Bread Homemade Mashed Potatoes Steamed Carrots and Green Beans</p> <p>Cold - Tuna Salad</p>	<p>17</p> <p>Chicken Shawarma (OvenRoasted) Pita Halves Israeli Salad</p> <p>Cold - Baked Falafel Patties</p>	<p>18</p> <p>Stuffed Cabbage with Beef Pasta (1/2 cup) - OR - Whole Wheat Bread California Blend Vegetables</p> <p>Cold - Salmon Salad</p>	<p>19</p> <p>Salmon Burger Hamburger Bun, plain Home Fries with Peppers and Onions Cucumber Dill Salad</p> <p>Cold - Curried Chicken Salad</p>	<p>20</p> <p>Roasted Chicken Challah Bread Kasha Varnishkes Spinach Souffle</p> <p>Cold - Gelfite Fish</p>
<p>23</p> <p>Pepper Steak Chinese Style Spaghetti Whole Wheat Bread Cabbage with Shredded Carrots</p> <p>Cold - Tuna Salad with Eggs</p>	<p>24</p> <p>Spanish Style Roast Chicken Rice and Beans Whole Wheat Bread Green Beans Wax Beans</p> <p>Cold - Salmon Salad</p>	<p>25</p> <p>Shepherd's Pie with Beef & Turkey Whole Wheat Bread Tossed Salad with Dressing</p> <p>Cold - Egg Salad</p>	<p>26</p> <p>Breaded Sole Fish Fillet Bulgur Salad Whole Wheat Bread Creamy Spinach (Dairy-Free)</p> <p>Cold - Turkey Salad</p>	<p>27</p> <p>Grilled Caribbean Chicken Breast Challah Bread Noodle Kugel Beet Salad</p> <p>Cold - Gelfite Fish</p>
<p>30</p> <p>JASA is closed Rosh Hashana Day</p>				



Shorefront Senior Center

3300 Coney Island Ave

Brooklyn NY 11235

929-346-3120

Olha Medytska, Program Director

Janina Dubickaite, Program Coordinator

Liubava Fokina, Administrative Assistant

omedytska@jasa.org

Open Monday- Friday

8:30am-4:30pm

- **Literary Club**
- **ESL beginners and citizenship Classes**
 - **Exercise, Zumba, and Yoga**
 - **International Singing Class**
 - **Art Class**
 - **Computer Class**
 - **Hebrew**
- **Ballroom, Latin, Israeli, and Belly Dancing**
 - **Lectures, presentations**
 - **Party**
 - **Trips**

Partially Funded by a Special Legislative Grant from Council Member Chaim Deutsch

