



September 2019 ACTIVITIES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 2 CENTER CLOSED CENTRO CERRADO | 3 Pantry Day 12:00 Lunch 1:00 Table Games | 4 8:30 Relaxation Music 10:00 Healing Arts Class 11:30 Aerobics w/ Tommy 1:00 Bingo | 5 LABOR DAY PARTY 8:30 Brain Teasers 10:00 BP Screening 11:30 Zumba w/ Oscar 1:00 PARTY! | 6 8:30 Leisure Games 9:00 Current Events 10:00 Walk with Ease Signups 1:00 Leisure Bingo |
| 9 8:30 Relaxation Music 9:00 Current Events 10:00 Health Management 1:00 Aerobics w/ Tommy | 10 CASINO TRIP 8:30 Leisure Games 9:00 Current Events 10:00 Arts & Crafts 1:00 Karaoke | 11 Healing Arts w. Evelyn! 8:30 Relaxation Music 10:00 Healing Arts Class 11:30 Aerobics w/ Tommy 1:00 Bingo | 12 8:30 Brain Teasers 10:00 BP Screening 11:30 Zumba w/ Oscar 1:00 Technology | 13 8:30 Leisure Games 9:00 Current Events 10:00 Walk with Ease 1:00 Leisure Bingo |
| 16 Lecture @11am 8:30 Relaxation Music 9:00 Current Events 11:00 Nutrition Ed 1:00 Aerobics w/ Tommy | 17 8:30 Leisure Games 9:00 Current Events 10:00 Arts & Crafts 11:00 Karaoke | 18 Healing Arts w. Evelyn! 8:30 Relaxation Music 10:00 Healing Arts Class 11:30 Aerobics w/ Tommy 1:00 Bingo | 19 8:30 Brain Teasers 10:00 BP Screening 11:30 Zumba w/ Oscar 1:00 Cultural Arts | 20 8:30 Leisure Games 9:00 Current Events 10:00 Walk with Ease 1:00 Leisure Bingo |
| 23 8:30 Relaxation Music 9:00 Current Events 10:00 Health Management 1:00 Aerobics w/ Tommy | 24 Birthday Party 8:30 Leisure Games 9:00 Current Events 10:00 Arts & Crafts 1:00 Karaoke | 25 Healing Arts w. Evelyn! 8:30 Relaxation Music 10:00 Healing Arts Class 11:30 Aerobics w/ Tommy 1:00 Bingo | 26 8:30 Brain Teasers 10:00 BP Screening 11:30 Zumba w/ Oscar 1:00 Movie Discussion | 27 8:30 Leisure Games 9:00 Current Events 10:00 Walk with Ease 1:00 Leisure Bingo |
| 30 8:30 Relaxation Music 9:00 Current Events 10:00 Health Management 1:00 Aerobics w/ Tommy | | | HABLAMOS ESPAÑOL | Lunch / Almuerzo 12pm-1pm DAILY |



September 2019 MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| 2 Center Closed Centro Cerrado | 3 Banana Lemon Chicken Egg Noodles Italian Blend Vegetables | 4 Apple Fish Cakes Roasted Potatoes Cole Slaw | 5 Banana Pork Stir Fry White Rice Broccoli w. Garlic | 6 Orange Chicken Salad Macaroni Salad Israeli Salad |
| 9 Apple Oven Fried Chicken Baked Mac N Cheese Green Bean Sautee | 10 Banana Mango Chutney Pork Roast Baked Potatoes Vegetables | 11 Orange Arroz Con Pollo Okra w. Tomatoes | 12 Banana Beef and Pepper Pasta Sauteed Spinach | 13 Apple Fish W. Creole Sauce Black Beans and rice Lettuce and Tomato |
| 16 Pear Baked Asian Style Honey Chicken Mashed Potato Green Bean Sautee | 17 Banana BBQ Pork Chops Rice and Beans Vegetables | 18 Orange Rosemary Chicken Baked Potato Baby carrots w. Parsley | 19 Banana Baked Breaded Fish Pasta Primavera Steamed Broccoli | 20 Apple Turkey Salad Garden Salad Sweet Potato Salad |
| 23 Pear Beef Pot Roast Roasted Potatoes Italian Blend Vegetables | 24 Banana Baked Chicken Quarters Brown Rice Cabbage Carrot Slaw | 25 Orange Sweet & Sour Pork Loin Mashed Potatoes Cauliflower & Carrots | 26 Banana Curried Chicken Legs White Rice Broccoli w. Toasted Garlic | 27 Apple Baked Fish w. Black Bean Sauce Egg noodles Steamed Green Beans |
| 30 Apple Steak w. Mushroom sauce Yellow Rice Carrots | | | Please Reserve for lunch by 1PM the day before. Thank You! | Por Favor reserven el almuerzo antes de las 1PM el dia anterior Gracias! |



JASA Throggs Neck Senior Center

2705 Schley Avenue

Bronx, New York 10465

718 823 1771

www.jasa.org

Funded in part by generous grants from Councilman Mark Gjonaj

