

JASA WILLIAMSBURG SENIOR CENTER * 202 Graham Ave Brooklyn, NY 11206 * 718-388-6865
SEPTEMBER 2019 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. CLOSED</p>	<p>3. 10 A.M. Plant Hero Nutrition demo 12:00 P.M.-Lunch 1:00 P.M.- Color Your Stress 2:00-3:00 P.M.-Leisure Bingo</p>	<p>4. 10AM-Breakfast w/ Mildred 11:00AM-Café & Music 12:00 P.M.-Lunch 1:00 P.M.- Tai Chi 2:00-3:00 P.M.-Leisure Bingo</p>	<p>5. 11:00 A.M.- BP 12:00 P.M.-Lunch 1:00 P.M.- Nintendo Wii 2:00-3:00 P.M.-Leisure Bingo</p>	<p>6. 10:00 A.M.-12PM-Movie 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo</p>
<p>9. 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Tai Chi 2:00-3:00 P.M.-Leisure Bingo</p>	<p>10. 11 AM Computers w/ Jess 12:00 P.M.-Lunch 1:00 P.M.- Karaoke Hour 2:00-3:00 P.M.-Leisure Bingo</p>	<p>11. 10AM-Breakfast w/ Mildred 11:00AM-Café & Music 12:00 P.M.-Lunch 1:00 P.M.- Tai Chi 2:00-3:00 P.M.-Leisure Bingo</p>	<p>12. 10:00 A.M.- BP 11 A.M.- Nutrition Presentation 12:00 P.M.-Lunch 1:00 P.M.- Nintendo Wii 2:00-3:00 P.M.-Leisure Bingo</p>	<p>13. 11:00 A.M.-Color your stress 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo</p>
<p>16. 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Color your stress 2:00-3:00 P.M.-Leisure Bingo</p>	<p>17. 10:00 A.M.-12PM-Movie 12:00 P.M.-Lunch 1:00 P.M.- Nintendo Wii 2:00-3:00 P.M.-Leisure Bingo</p>	<p>18. 10AM-Breakfast w/ Mildred 12:00 P.M.-Lunch 1:00 P.M.- Yoga 2:00-3:00 P.M.-Leisure Bingo</p>	<p>19. 11:00 A.M.- BP 12:00 P.M.-Lunch 1:00 P.M.- Tai Chi 2:00-3:00 P.M.-Leisure Bingo</p>	<p>20. 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo</p>
<p>23. 11:00 A.M.- Chair Zumba 12:00 P.M.-Lunch 1:00 P.M.- Membership Meeting 2:00-3:00 P.M.-Leisure Bingo</p>	<p>24. 11 AM Computers w/ Jess 12:00 P.M.-Lunch 1:00 P.M.- Yoga 2:00-3:00 P.M.-Leisure Bingo</p>	<p>25. 10AM-Breakfast w/ Mildred 11:00AM-Café & Music 12:00 P.M.-Lunch 1:00 P.M.- PARTY</p>	<p>26. 10AM- BP 11AM- Prevent Falls Presentation 12PM-Lunch 1PM- Tai Chi for Falls Prevention 2:00-3:00 P.M.-Leisure Bingo</p>	<p>27. 11:00 A.M.-Gentle Yoga 12:00 P.M.-Lunch 1:00 P.M.-Zumba 2:00-3:00 P.M.-Leisure Bingo</p>
<p>30. CLOSED</p>				<p>*Calendar is subject to change</p>

Partly funded by a special legislative grant from councilmember, Antonio Reynoso

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SEPTEMBER 2019 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
2. CLOSED FOR LABOR DAY	3. Apple Juice Lemon Chicken Egg Noodles Italian Blend Vegetables WW Bread Banana	4. Orange Juice Fish Cake Roasted Potatoes Cole Slaw WW Bread Apple	5. Apple Juice Pork Stir Fry w/ Vegetables White Rice Broccoli w/ Toasted Garlic WW Bread Banana	6. Grape Juice Chicken Salad Macaroni Salad Israeli Salad Pita Halves Orange
17. Orange Juice Oven Fried Chicken Macaroni & Cheese Green Bean Sauté Apple	10. Apple Juice Mango Chutney Pork Roast Baked Potatoes Normandy Blend Vegetables WW Bread Banana	11. Orange Juice Chicken w/ Rice Okra w/ Tomatoes WW Bread Apple	12. Grape Juice Beef & Pepper Pasta Spinach WW Bread Banana	13. Apple Juice Fish w/ Creole Sauce Black Beans & Rice Lettuce & Tomato Orange
16. Orange Juice Baked Asian Style Honey Chicken Green Bean Sauté Smashed Red Potatoes WW Bread Apple	17. Apple Juice BBQ Pork Chops Rice & Beans Normandy Blend Vegetables Banana	18. Grape Juice Rosemary Chicken Carrots w/ Parsley Baked Potatoes WW Bread Orange	19. Apple Juice Baked Breaded Fish Pasta Primavera Steamed Broccoli WW Bread Banana	20. Grape Juice Turkey Salad Garden Salad Sweet Potato Salad WW Bread Apple
23. Orange Juice Beef Pot Roast Italian Blend Vegetables Roasted Potatoes WW Bread Apple	24. Apple Juice Baked Chicken Brown Rice Cabbage Carrot Slaw WW Bread Banana	25. PARTY Orange Juice Sweet & Sour Pork Cauliflower w/ Carrots & Parsley Mashed Potatoes WW Bread Orange	26. Apple Juice Curried Chicken Legs White Rice Broccoli w/ Toasted Garlic WW Bread Banana	27. Grape Juice Baked Fish w/ Black Bean Sauce Egg Noodles Steamed Green Beans WW Bread Apple
30. CLOSED FOR ROSH HASHANAH				*Menu is subject to change

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Jasa WilliamsBurg Senior Center

**202 Graham Ave
Brooklyn, NY 11206
718-388-6865
www.jasa.org**

**Monday-Friday
8am-4pm**

1. Breakfast with Mildred every Wednesday at 10am and support group discussions
2. Monthly Party September 25 with DJ Woody
3. Membership/Advisory board meeting September 23 at 1pm
4. Falls Prevention day with presentation and Tai Chi September 26

