<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| **9:30am-Tai Chi for Arthritis**  
10:30am-Computer Lab/Mobile Device  
11am-Congregate/Grab and Go Lunch  
11:30am-Computer Lab/Basic Computer  
*12pm-Concerts in Motion-Classical Music*  
1pm- Domino Champs | **9:30am-Tai Chi**  
**11am-Elements of Tie Dye**  
**11am-Concerts in Motion-Rusian Concert**  
**11am-Congregate/Grab and Go Lunch**  
**12:15pm-TEA CHAT WITH COURTLYN**  
1pm- Let’s Play Bingo | **9:30am-Tai Chi**  
**10am-Elements of Tie Dye**  
**11am-Cardio Dance Party**  
**11am-Concerts in Motion-Rusian Concert**  
**11am-Congregate/Grab and Go Lunch**  
**12:15pm-ELDER ABUSE PRESENTATION**  
1pm-Pool Cues Game  
2pm-Chess Central | **9:30am-Meditative Yoga**  
**11am- Congregate/Grab and Go Lunch**  
**10am-KOT BLOOD PRESSURE MONITORING**  
**11am-Total Body Workout-AlwaysFit4Lyfe**  
**12:15pm-EATING ANTI-INFLAMMATORY FOODS/NUTRITION EDUCATION LECTURE**  
**12:30pm-Diabetes Self Management Program**  
1pm-Ping Pong | **9:30am-Computer Class for Tablets**  
9:30am-Acrylic Painting  
11am-Congregate/Grab and Go Lunch  
12pm- Library |
| **9:30am-Tai Chi for Arthritis**  
10:30am-Computer Lab/Mobile Device  
11am-Congregate/Grab and Go Lunch  
11:30am-Computer Lab/Basic Computer  
*12pm-Concerts in Motion-Classical Music*  
**12:15pm-FACTORS THAT CONTRIBUTE TO ELDER ABUSE PRESENTATION**  
1pm- Domino Champs | **9:30am-元素的染料**  
**10am-元素的染料**  
**11am-Cardio Dance Party**  
**11am-Concerts in Motion-Rusian Concert**  
**11am-Congregate/Grab and Go Lunch**  
**12:15pm-TEA CHAT WITH COURTLYN**  
1pm- Let’s Play Bingo | **9:30am-Tai Chi**  
**10am-Elements of Tie Dye**  
**11am-Cardio Dance Party**  
**11am-Concerts in Motion-Rusian Concert**  
**11am-Congregate/Grab and Go Lunch**  
**12:15pm-ELDER ABUSE PRESENTATION**  
1pm-Pool Cues Game  
2pm-Chess Central | **9:30am-Meditative Yoga**  
**11am- Congregate/Grab and Go Lunch**  
**10am-KOT BLOOD PRESSURE MONITORING**  
**11am-Total Body Workout-AlwaysFit4Lyfe**  
**12:15pm-Diabetes Self Management Program**  
1pm-Ping Pong | **9:30am-Computer Class for Tablets**  
9:30am-Acrylic Painting  
11am-Congregate/Grab and Go Lunch  
12pm- Library |
| **SECOND DAY OF HANUKKAH**  
**9:30am-Tai Chi for Arthritis**  
10:30am-Computer Lab/Mobile Device  
11am-Congregate/Grab and Go Lunch  
11:30am-Computer Lab/Basic Computer  
*12pm-Concerts in Motion-Classical Music*  
1pm- Domino Champs | **9:30am-元素的染料**  
**10am-元素的染料**  
**11am-Cardio Dance Party**  
**11am-Concerts in Motion-Rusian Concert**  
**11am-Congregate/Grab and Go Lunch**  
**12:30pm-TEA CHAT WITH COURTLYN**  
1pm- Let’s Play Bingo | **9:30am-Tai Chi**  
**10am-Elements of Tie Dye**  
**11am-Cardio Dance Party**  
**11am-Concerts in Motion-Rusian Concert**  
**11am-Congregate/Grab and Go Lunch**  
**12:30pm-TEA CHAT WITH COURTLYN**  
1pm- Let’s Play Bingo | **9:30am-Meditative Yoga**  
**11am- Congregate/Grab and Go Lunch**  
**11:15am-Total Body Workout-AlwaysFit4Lyfe**  
**12:30pm-Diabetes Self Management Program**  
1pm-Ping Pong | **9:30am-Computer Class for Tablets**  
9:30am-Acrylic Painting  
11am-Congregate/Grab and Go Lunch  
12pm- Library |
| **KWANZAA BEGINS**  
**CENTRAL CLOSED IN OBSERVANCE OF CHRISTMAS** | **9:30am-元素的染料**  
**10am-元素的染料**  
**11am-Cardio Dance Party**  
**11am-Concerts in Motion-Rusian Concert**  
**11am-Congregate/Grab and Go Lunch**  
**12:30pm-TEA CHAT WITH COURTLYN**  
1pm- Let’s Play Bingo | **9:30am-Tai Chi**  
**10am-Elements of Tie Dye**  
**11am-Cardio Dance Party**  
**11am-Concerts in Motion-Rusian Concert**  
**11am-Congregate/Grab and Go Lunch**  
**12:30pm-TEA CHAT WITH COURTLYN**  
1pm- Let’s Play Bingo | **9:30am-Meditative Yoga**  
**11am- Congregate/Grab and Go Lunch**  
**11:15am-Total Body Workout-AlwaysFit4Lyfe**  
**12:30pm-Diabetes Self Management Program**  
1pm-Ping Pong | **9:30am-Computer Class for Tablets**  
9:30am-Acrylic Painting  
11am-Congregate/Grab and Go Lunch  
12pm- Library |
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stuffed Cabbage with Beef</td>
<td>Baked Falafel Patties</td>
<td>Turkey with Gravy</td>
<td>Teriyaki Baked Fish</td>
<td>Roasted Chicken</td>
</tr>
<tr>
<td>Toasted Barley with Onions</td>
<td>Hummus</td>
<td>Mashed Potatoes</td>
<td>Yellow Rice</td>
<td>Potato Kugel</td>
</tr>
<tr>
<td>California Blend Vegetables</td>
<td>Za’atar Spiced Israeli Salad</td>
<td>Green Beans</td>
<td>Oriental Blend Vegetables</td>
<td>Carrot Zimmes</td>
</tr>
<tr>
<td>Whole Wheat Bread</td>
<td>Whole Wheat Pita</td>
<td>Whole Grain Stuffing</td>
<td>Whole Wheat Bread</td>
<td>Challah Bread</td>
</tr>
<tr>
<td>Orange</td>
<td>Pear</td>
<td>Strawberry and Applesauce</td>
<td>Banana</td>
<td>Apple</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>Apple Juice</td>
<td>Orange Juice</td>
<td>Orange Juice</td>
<td>Orange Pineapple Juice</td>
</tr>
<tr>
<td>Milk, low fat, 1%</td>
<td>Milk, low fat, 1%</td>
<td>Milk, low fat, 1%</td>
<td>Milk, low fat, 1%</td>
<td>Milk, low fat, 1%</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>12 Sweden Meatballs with Beef &amp; Turkey</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Egg Noodles</td>
<td>Breaded Eggplant Cutlets</td>
<td>Beef Pot Roast</td>
<td>Salmon Cakes</td>
<td>Spanish Style Roast Chicken</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Tofu</td>
<td>Mashed Potatoes</td>
<td>Roasted Potatoes</td>
<td>Rice A Roni</td>
</tr>
<tr>
<td>Whole Wheat Bread</td>
<td>Fusilli Pasta with Parsley</td>
<td>Creamy Spinach</td>
<td>Winter Blend Vegetables</td>
<td>Sauteed Zucchini</td>
</tr>
<tr>
<td>P ear</td>
<td>Italian Blend Vegetables</td>
<td>Whole Wheat Bread</td>
<td>Whole Wheat Bread</td>
<td>Challah Bread</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>Garlic Bread</td>
<td>Applesauce</td>
<td>Banana</td>
<td>Orange</td>
</tr>
<tr>
<td>Milk, low fat, 1%</td>
<td>Orange Juice</td>
<td>Orange Pineapple Juice</td>
<td>Apple Juice</td>
<td>Milk, low fat, 1%</td>
</tr>
<tr>
<td>19 Italian Meatballs with Beef and Turkey</td>
<td>Veggie Burgers</td>
<td>Beef and Turkey</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Mashed Potatoes</td>
<td>Sweet and Sour Meatballs</td>
<td>Fish Franaise</td>
<td>Hawaiian Chicken with Vegetables</td>
</tr>
<tr>
<td>Pasta</td>
<td>Braised Red Cabbage</td>
<td>Roasted Potatoes</td>
<td>Yellow Rice</td>
<td>Toasted Barley and Onion</td>
</tr>
<tr>
<td>Garlic Bread</td>
<td>Orange</td>
<td>Creamy Spinach</td>
<td>Creamy Spinach</td>
<td>Steamed Carrots</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>Apple Juice</td>
<td>Whole Wheat Bread</td>
<td>Whole Wheat Bread</td>
<td>Challah Bread</td>
</tr>
<tr>
<td>Milk, low fat, 1%</td>
<td>Milk, low fat, 1%</td>
<td>Pear</td>
<td>Pear</td>
<td>Strawberry and Applesauce</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>Shepherd Pie with Beef &amp; Turkey</td>
<td>Chicken Marsala</td>
<td>Vegan Stuffed Peppers</td>
<td>Sweet and Sour Meatballs</td>
<td>Roasted Chicken</td>
</tr>
<tr>
<td>Garden Salad</td>
<td>Yellow Rice</td>
<td>Roasted Potatoes</td>
<td>Roasted Barley and Onion</td>
<td>Potato Kugel</td>
</tr>
<tr>
<td>Whole Wheat Bread</td>
<td>Roasted Beets</td>
<td>Whole Wheat Bread</td>
<td>Creamy Spinach</td>
<td>Carrot Zimmes</td>
</tr>
<tr>
<td>Apple</td>
<td>Green Beans</td>
<td>Orange</td>
<td>Whole Wheat Bread</td>
<td>Challah Bread</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>Orange</td>
<td>Apple Juice</td>
<td>Banana</td>
<td>Kiwi</td>
</tr>
<tr>
<td>Milk, low fat, 1%</td>
<td>Milk, low fat, 1%</td>
<td>Milk, low fat, 1%</td>
<td>Orange Juice</td>
<td>Apple Juice</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>30</td>
<td>30</td>
<td>Milk, low fat, 1%</td>
</tr>
</tbody>
</table>
JASA Starrett City Older Adult Center
1540 Van Siclen Ave
Brooklyn, NY 11239
718-642-1010

Donna Forde, Program Director
dforde@jasa.org
www.jasa.org

Hours
8 AM – 4 PM

New Programming for December 2022
1st - Eating Anti-Inflammatory Foods/Nutrition Education Lecture
6th - Medicare Presentation/Health Insurance Information Counseling and Assistance Program (HIICAP)
7th - Elder Abuse Presentation by JASA’s Legal/Social Work Elder Abuse Program Department
11th - Cooking Live with DFTA-Beef Egg Drop Soup
12th - Factors that Contribute to Elder Abuse Presentation
13th - Safe Disposal of Medication Presentation
16th - JASA MEMBER Holiday Party and Birthday Celebration

** Please wear your mask when entering the building**