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<td><strong>September 15th - Hispanic Heritage Month Begins</strong>&lt;br&gt;September 18th is National HIV/AIDS and Aging Awareness Day&lt;br&gt;National Sickle Cell Awareness Month</td>
<td><strong>September 18th - 25th is Fall Prevention Awareness Week</strong>&lt;br&gt;September 21st is World Alzheimer’s Day</td>
<td><strong>9:30am-Meditative Yoga</strong>&lt;br&gt;11am- Congregate/Grab and Go Lunch&lt;br&gt;1pm-Ping Pong</td>
<td><strong>9am-Computer Class for Tablets</strong>&lt;br&gt;9:30am-Acrylic Painting&lt;br&gt;11am-Congregate/Grab and Go Lunch&lt;br&gt;12pm-Library</td>
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<td><strong>9:30am-Tai Chi</strong>&lt;br&gt;10am-Jewelry Making&lt;br&gt;11am-Congregate/Grab and Go Lunch&lt;br&gt;*12pm-Center for Hearing and Communication Virtual Presentation by Carol Stern&lt;br&gt;1pm- Let’s Play Bingo</td>
<td><strong>9:30am-Tai Chi</strong>&lt;br&gt;10am-Elements of Tie Dye&lt;br&gt;<strong>11am- Cardio Dance Party</strong>&lt;br&gt;*11am-Concerts in Motion-Russian Concert&lt;br&gt;11am-Congregate/Grab and Go Lunch&lt;br&gt;1pm-Pool Cues Game&lt;br&gt;2pm-Chess Central</td>
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<td><strong>CLOSED FOR LABOR DAY</strong></td>
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<td>Black Beans &amp; Mushroom Vegan Burger</td>
<td>Stuffed Cabbage with Beef</td>
<td>Homemade Breaded Fish Brown Rice &amp; Black Beans Carrots</td>
<td>Chicken Shawarma Lentils with Spiced Rice &amp; Onions Israeli Salad</td>
<td>Gefilte Fish Macaroni &amp; Pea Salad Russian Coleslaw</td>
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<td>Homemade Mashed Potatoes Whole Wheat Bread Applesauce Orange Juice Milk, low fat, 1 %</td>
<td>Toasted Barley with Onions Capri Blend Vegetables Whole Wheat Bread Pear Apple Juice Milk, low fat, 1 %</td>
<td>Vegetable Bean Chili Yellow Rice Kale with Garlic Sauce Whole Wheat Bread Orange Juice Strawberry and Applesauce Milk, low fat, 1 %</td>
<td>Roasted Chicken Potato Kugel Carrot Tzimmes Whole Wheat Bread Banana Orange Juice Milk, low fat, 1 %</td>
<td>Turkey Salad Bowtie Pasta Salad Cucumber &amp; Red Bean Salad Chhallah Bread Apple Orange Pineapple Juice Milk, low fat, 1 %</td>
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<td>Baked Breaded Fish Fillets Dill Lemon Sauce Rice Pilaf Sautéed Zucchini Whole Wheat Bread Orange Apple Juice Milk, low fat, 1 %</td>
<td>Beef Pot Roast Kasha Varnishes Steamed Broccoli Whole Wheat Bread Apple Orange Juice Milk, low fat, 1 %</td>
<td>Eggplant Rounds with Tomato Sauce Tofu Pasta Italian Blend Vegetables Garlic Bread Applesauce Orange Pineapple Juice Milk, low fat, 1 %</td>
<td>Lemon Chicken Roasted Potatoes Winter Blend Vegetables Whole Wheat Bread Banana Orange Juice Milk, low fat, 1 %</td>
<td>Gefilte Fish Potato Salad Coleslaw Chhallah Bread Orange Apple Juice Milk, low fat, 1 %</td>
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<td>Salmon Cakes Dill Lemon Sauce Creamy Spinach Homemade Mashed Potatoes Whole Wheat Bread Pear Apple Juice Milk, low fat, 1 %</td>
<td>Veggie Burgers Homemade Mashed Potatoes Braised Red Cabbage Whole Wheat Bread Orange Apple Juice Milk, low fat 1 %</td>
<td>Stuffed Cabbage with Beef Noodles and Cabbage Capri Blend Vegetables Whole Wheat Bread Pear Orange Juice Milk, low fat 1 %</td>
<td>Hawaiian Chicken with Vegetables Toasted Barley &amp; Onion Steamed Carrots Whole Wheat Bread Banana Apple Juice</td>
<td>Salmon Salad Tricolor Pasta Salad Beet Salad Chhallah Bread Strawberry and Applesauce Orange Juice Milk, low fat, 1 %</td>
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JASA Starrett City Older Adult Center
1540 Van Siclen Ave
Brooklyn, NY 11239
718-642-1010

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

Hours
8 AM – 4 PM

New Programming for September 2022
September is National Senior Center Month: Strengthening Community Connections
September 5th- CENTER IS CLOSED FOR LABOR DAY
September 6th- 12 pm - Center for Hearing and Communication Virtual Presentation
September 8th- 1 pm - Advisory Board Meeting
September 8th, 15th, 22nd, & 29th- 12:15 pm Chronic Pain Self Management Series/JASA Health Program
September 13th-National HIV/AIDS & Aging Awareness Day-Health Discussion by CAREMAX
September 19th, 20th, 21st & 22nd-Fall Prevention Series
September 21st-12:15pm-Know Dementia/Know Alzheimer's Day-Health Discussion by CAREMAX
September 26th- CENTER IS CLOSED FOR ROSH HASHANA
September 30th- 12:30pm-2:30pm-Party Celebrating National Senior Center Month

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

VIRTUAL LINKS
• Tai Chi
https://us06web.zoom.us/j/85794169383
Meeting ID: 857 9416 9383
Passcode: 540502

• Cardio Dance Party
https://us06web.zoom.us/j/81329534620
Meeting ID: 813 2953 4620
Passcode: 810224

• Meditative Yoga
https://us06web.zoom.us/j/87300997109
Meeting ID: 873 0099 7109
Passcode: 688424

• Chronic Pain Self Management Series/JASA Health Program
https://us06web.zoom.us/j/87237257535
Meeting ID: 872 3725 7535
Passcode: 560446

• National HIV/AIDS & Aging Awareness
https://us06web.zoom.us/j/89507532347
Meeting ID: 895 0753 2347
Passcode: 705456

• Food that Support Memory-Nutrition Lecture
https://us06web.zoom.us/j/87467357420
Meeting ID: 874 6735 7420
Passcode: 856446

• Total Body Workout/AlwayzFit4Lyfe
https://us06web.zoom.us/j/88304319454
Meeting ID: 883 0431 9454
Passcode: 532185

• OUTREACH Rehab + JASA: Arthritis Exercise Class
https://us02web.zoom.us/j/83613772779
Meeting ID: 836 1377 2779
Passcode: 692132

• Know Dementia/Know Alzheimer’s-Health Discussion by CAREMAX
https://us06web.zoom.us/j/87670201843
Meeting ID: 876 7020 1843
Passcode: 544669