



# JULY 2022 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Calendar is subject to change</p> 	<p><b>*All activities offered on site*</b>  <b>H= Hybrid activities</b></p> 			<p><b>1.</b>                      10:30AM - Jewelry and Crafts  <b>12PM-1PM - Lunch</b>                      1PM - Chair Exercise                      2PM - Leisure Bingo</p>
<p><b>4. INDEPENDENCE DAY</b>  <b>CLOSED</b></p>	<p><b>5.</b>                      10AM - Storytelling  <b>12PM-1PM - Lunch</b>                      1PM - Color your stress away                      2PM - Leisure Bingo</p>	<p><b>6.</b>                      10AM - Zumba                      11AM - BP Screening  <b>12PM-1PM - Lunch + Presentation</b>                      1PM - Support group (H)                      2PM - Leisure Bingo</p>	<p><b>7.</b>                      11AM - Tai Chi  <b>12PM-1PM - Lunch</b>                      1PM - Gentle Yoga                      2PM Leisure Bingo</p>	<p><b>8.</b>                      10:30AM - Jewelry and Crafts  <b>12PM-1PM - Lunch</b>                      1PM - Chair Exercise                      2PM - Leisure Bingo</p>
<p><b>11.</b>                      10AM - Nutrition Demo Plant Hero  <b>12PM-1PM - Lunch</b>                      1PM - Salsa Class                      2PM - Leisure Bingo</p>	<p><b>12.</b>                      10AM - Storytelling  <b>12PM-1PM - Lunch</b>                      1PM - General Membership Meeting                      2PM - Leisure Bingo</p>	<p><b>13.</b>                      10AM - Zumba                      11AM - BP Screening  <b>12PM-1PM - Lunch + Presentation</b>                      1PM - Support group (H)                      2PM - Leisure Bingo</p>	<p><b>14.</b>                      10AM - Technology                      11AM - Tai Chi  <b>12PM-1PM - Lunch</b>                      1PM - Gentle Yoga                      2PM Leisure Bingo</p>	<p><b>15.</b>                      10:30AM - Jewelry and Crafts  <b>12PM-1PM - Lunch</b>                      1PM - Chair Exercise                      2PM - Leisure Bingo</p>
<p><b>18.</b>                      10AM - Paint w/ Jess (H)  <b>12PM-1PM - Lunch</b>                      1PM - Salsa Class                      2PM - Leisure Bingo</p>	<p><b>19.</b>                      10AM - Storytelling  <b>12PM-1PM - Lunch</b>                      1PM - Color your stress away                      2PM - Leisure Bingo</p>	<p><b>20.</b>                      10AM - Zumba                      11AM - BP Screening  <b>12PM-1PM - Lunch + Presentation</b>                      1PM - Support group (H)                      2PM - Leisure Bingo</p>	<p><b>21.</b>                      11AM - Tai Chi  <b>12PM-1PM - Lunch</b>                      1PM - Gentle Yoga                      2PM Leisure Bingo</p>	<p><b>22.</b>                      10:30AM - Jewelry and Crafts  <b>12PM-1PM - Lunch</b>                      1PM - Chair Exercise                      2PM - Leisure Bingo</p>
<p><b>25.</b>                      10AM - Nutrition Demo Plant Hero  <b>12PM-1PM - Lunch</b>                      1PM - Salsa Class                      2PM - Leisure Bingo</p>	<p><b>26.</b>                      10AM - Storytelling  <b>12PM-1PM - Lunch</b>                      1PM - Color your stress away                      2PM - Leisure Bingo</p>	<p><b>27.</b>                      10AM - Zumba                      11AM - BP Screening  <b>12PM-1PM - Lunch + Party</b>  <b>1PM - Party W/ DJ Woody</b></p>	<p><b>28.</b>                      10AM - Technology                      11AM - Tai Chi  <b>12PM-1PM - Lunch</b>                      1PM - Gentle Yoga                      2PM Leisure Bingo</p>	<p><b>29.</b>                      10:30AM - Jewelry and Crafts  <b>12PM-1PM - Lunch</b>                      1PM - Chair Exercise                      2PM - Leisure Bingo</p>

## JULY 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1. Baked Fish with Black Bean Sauce Pasta Normandy Blend Vegetables Whole Wheat Bread Fruit, Milk and Juice
<b>4. INDEPENDENCE DAY CLOSED</b>	5. Curried Chicken Legs Perfect White Rice Normandy Blend Vegetables Whole Wheat Bread Fruit, Milk and Juice	6. Pork Tenderloin with Cilantro Sauce Baked Red Potato Wedges Carrots Whole Wheat Bread Fruit, Milk and Juice	7. Chicken Fajitas Cilantro Lime Rice Italian Blend Vegetables Whole Wheat Bread Fruit, Milk and Juice	8. Fish With Salsa Relish Brown Rice Steamed Kale Whole Wheat Bread Fruit, Milk and Juice
11. Tofu Rasta Pasta Steamed Spinach Whole Wheat Bread Fruit, Milk and Juice	12. Brown Stew Chicken Yellow Rice Cabbage with Carrots Whole Wheat Bread Fruit, Milk and Juice	13. Beef Meatball with Sofrito Whole Wheat Spaghetti Carrots with Parsley Whole Wheat Bread Fruit, Milk and Juice	14. Stewed Codfish with Eggplant Barley Steamed Green Beans Whole Wheat Bread Fruit, Milk and Juice	15. Chicken Breast And Rice Broccoli with Garlic Whole Wheat Bread Fruit, Milk and Juice
18. Vegetarian Brown Stew Carrots with Parsley Collard Greens Whole Wheat Bread Fruit, Milk and Juice	19. Spanish Style Catfish Chinese Style Spaghetti Oriental Blend Vegetables Whole Wheat Bread Fruit, Milk and Juice	20. Jerk Chicken Orzo Steamed Broccoli Whole Wheat Bread Fruit, Milk and Juice	21. Spanish Style Beef Stew Baked Red Potato Wedges Roasted Zucchini Cupcakes Milk and Juice	22. Coconut Breaded Fish Quinoa Sautéed Spinach Whole Wheat Bread Fruit, Milk and Juice
25. BBQ Pork Chops White Rice Steamed Kale Whole Wheat Bread Fruit, Milk and Juice	26. Jerk Chicken Baked Sweet Potato Steamed Cabbage Whole Wheat Bread Fruit, Milk and Juice	<b>27. PARTY</b> Oven Fried Chicken Baked Macaroni and Cheese Collard Greens Whole Wheat Bread Fruit, Milk and Juice	28. Stewed Codfish Yuca Steamed Spinach Whole Wheat Bread Fruit, Milk and Juice	29. String Bean and Tofu Curry Yellow Rice and Pigeon Peas Okra with Tomatoes Whole Wheat Bread Fruit, Milk and Juice





## **Williamsburg Older Adult Center**

**202 Graham Ave  
Brooklyn, NY 11206  
718-388-6865  
8am-4pm  
www.jasa.org**

### **Special Announcements**

- Williamsburg OAC is Closed Monday July 4 in observance of Independence Day
- Blood Pressure Screenings on Wednesdays from 11am-12pm, followed by Health Management Presentations during Lunch
  - General Membership Meeting July 12 at 1pm
  - Party With DJ Woody Wednesday July 27 from 12pm-3pm

*Partially funded by DFTA & Councilmember Jennifer Gutiérrez*

