



JUNE 2022 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>*All activities offered on site* Calendar is subject to change</p> 	<p>1. 10AM - Zumba 11AM - BP Screening 12PM-1PM - Lunch 1PM - Support group (Hybrid) 2PM - Leisure Bingo</p>	<p>2. 11AM - Tai Chi 12PM-1PM - Lunch 1PM - Gentle Yoga 2PM Leisure Bingo</p>	<p>3. 10:30AM - Jewelry and Crafts 12PM-1PM - Lunch 1PM - Chair Exercise 2PM - Leisure Bingo</p>
<p>6. 10AM - Nutrition Demo Plant Hero 12PM-1PM - Lunch 1PM - Salsa Class 2PM - Leisure Bingo</p>	<p>7. 10AM - Storytelling 12PM-1PM - Lunch 1PM - Advisory Council Meeting 2PM - Leisure Bingo</p>	<p>8. 10AM - Zumba 11AM - BP Screening 12PM-1PM - Lunch 1PM - Support group (Hybrid) 2PM - Leisure Bingo</p>	<p>9. 11AM - Tai Chi 12PM-1PM - Lunch 1PM - Gentle Yoga 2PM Leisure Bingo</p>	<p>10. 10:30AM - Jewelry and Crafts 12PM-1PM - Lunch 1PM - Chair Exercise 2PM - Leisure Bingo</p>
<p>13. 10AM - Nutrition Demo Plant Hero 12PM-1PM - Lunch 1PM - Salsa Class 2PM - Leisure Bingo</p>	<p>14. 10AM - Storytelling 12PM-1PM - Lunch 1PM - Zumba 2PM - Leisure Bingo</p>	<p>15. 10AM -12PM: PPMNY Cooking Demo 12PM-1PM - Lunch 1PM - Support group (Hybrid) 2PM - Leisure Bingo</p>	<p>16. 11AM - Tai Chi 12PM-1PM - Lunch 1PM - Gentle Yoga 2PM Leisure Bingo</p>	<p>17. 10:30AM - Jewelry and Crafts 12PM-1PM - Lunch 1PM - Chair Exercise 2PM - Leisure Bingo</p>
<p>20. JUNETEENTH CLOSED</p>	<p>21. 10AM - Storytelling 12PM-1PM - Lunch 1PM - Color your stress away 2PM - Leisure Bingo</p>	<p>22. 10AM - Zumba 11AM - BP Screening 12PM-1PM - Lunch 1PM - Support group (Hybrid) 2PM - Leisure Bingo</p>	<p>23. 11AM - Tai Chi 12PM-1PM - Lunch 1PM - PRIDE PARTY w/ DJ Woody</p>	<p>24. 10:30AM - Jewelry and Crafts 12PM-1PM - Lunch 1PM - Chair Exercise 2PM - Leisure Bingo</p>
<p>27. 10AM -Juneteenth Paint (Hybrid) 12PM-1PM - Lunch 1PM - Salsa Class 2PM - Leisure Bingo</p>	<p>28. 10AM - Storytelling 12PM-1PM - Lunch 1PM - Color your stress away 2PM - Leisure Bingo</p>	<p>29. 10AM - Zumba 11AM - BP Screening 12PM-1PM - Lunch 1PM - Support group (Hybrid) 2PM - Leisure Bingo</p>	<p>30. 11AM - Tai Chi 12PM-1PM - Lunch 1PM - Gentle Yoga 2PM Leisure Bingo</p>	

JUNE 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1. Beef Meatballs with Sofrito Whole Wheat Spaghetti Baby Carrots w/ Parsley Whole Wheat Bread Fruit, Milk and Juice	2. Stewed Codfish w/ Eggplant Barley Steamed Green Beans Fruit, Milk and Juice	3. Chicken with Rice Broccoli with Garlic Whole Wheat Bread Fruit, Milk and Juice
6. Vegetarian Tofu Stew Baby Carrots Collard Greens Whole Wheat Bread Fruit, Milk and Juice	7. Spanish Style Catfish Chinese Style Spaghetti Oriental Blend Vegetables Whole Wheat Bread Fruit, Milk and Juice	8. Jerk Chicken Orzo Steamed Broccoli Whole Wheat Bread Fruit, Milk and Juice	9. Spanish Style Beef Stew Baked Red Potato Wedges Roasted Zucchini Whole Wheat Bread Fruit, Milk and Juice	10. Coconut breaded Fish Quinoa Sauteed Spinach Whole Wheat Bread Fruit, Milk and Juice
13. BBQ Pork Chops White Rice Steamed Kale Whole Wheat Bread Fruit, Milk and Juice	14. Jerk Chicken Baked Sweet Potato Steamed Cabbage Whole Wheat Bread Fruit, Milk and Juice	15. String Bean and Tofu Curry Yellow Rice and Pigeon Peas Okra with Tomatoes Whole Wheat Bread Fruit, Milk and Juice	16. Stewed Codfish Yuca Steamed Spinach Whole Wheat Bread Fruit, Milk and Juice	17. Oven Fried Chicken Baked Macaroni and Cheese Collard Greens Whole Wheat Bread Fruit, Milk and Juice
20.CLOSED Spanish Style Roast Pork Penne Braised Collard Greens Whole Wheat Bread Fruit, Milk and Juice	21. BBQ Chicken Roasted Butternut Squash Sauteed Spinach Whole Wheat Bread Fruit, Milk and Juice	22. Curried Veggie, chickpea and Quinoa Stir Fry Steamed Broccoli Whole Wheat Bread Fruit, Milk and Juice	23. Fish with Salsa Relish Baked Macaroni and Cheese Normandy Blend Vegetables Whole Wheat Bread Fruit, Milk and Juice	24. Curried Chicken Legs Brown Rice with Pigeon Peas Okra Whole Wheat Bread Fruit, Milk and Juice
27. Tofu Broccoli Curry Pasta Steamed Carrots Whole Wheat Bread Fruit, Milk and Juice	28. Jerk Chicken Rice and Beans Braised Collard Greens Whole Wheat Bread Fruit, Milk and Juice	29. Spanish Style Beef Stew Baked Red Potato Wedges Steamed Broccoli Whole Wheat Bread Fruit, Milk and Juice	30. Spanish Style Baked Chicken Cous Cous Italian Blend Vegetables 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

- Blood Pressure Screenings on Wednesdays from 11am-12pm, followed by Health Presentations during Lunch (*Except June 15*)
 - Gentle Yoga is back Thursdays from 1pm-2pm (*Except June 23*)
 - Advisory Council Meeting June 7th at 1pm
 - Pride Party With DJ Woody Thursday June 23 12pm-3pm
- Williamsburg OAC is Closed Monday June 20th in honor of Juneteenth

