












Williamsburg Older Adult Center: 202 Graham Ave, Brooklyn, NY, 11206—(718) 388-6865  
 March 2024—ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 10:30am - <b>Jewelry Making and Crafts</b></p>  <p>11am - <b>Game Day Friday's</b>                      12pm-1pm—Lunch                      1pm - <b>Zumba w/Desi</b>                      2pm - Leisure Bingo &amp; Dominoes</p>
<p>4 11am— <b>Painting w/Ericka</b>                      12pm-1pm—Lunch                      1pm - <b>Salsa Class</b>                      2pm - Leisure Bingo &amp; Dominoes</p>	<p>5 10:30am—<b>Storytelling: Come Share &amp; Create Your Story</b></p>  <p>12pm-1pm—Lunch                      1pm—<b>Support Group</b>                      2pm - Leisure Bingo &amp; Dominoes</p>	<p>6 11am - <b>Health Discussion: Keeping Active</b>                      12pm-1pm—Lunch                      1pm - <b>Balance &amp; Flow Exercise</b>                      2pm - Leisure Bingo &amp; Dominoes</p>	<p>7 11am - <b>Hand Therapy w/ElderPlan</b>                      12pm-1pm—Lunch                      1pm - <b>Support Group Discussion</b>                      2pm - Leisure Bingo &amp; Dominoes</p>	<p>8 10:30am - <b>Jewelry Making and Crafts</b>                      11am - <b>Game Day Friday's</b>                      12pm-1pm—Lunch                      1pm - <b>Zumba w/Desi</b></p>  <p>2pm - Leisure Bingo &amp; Dominoes</p>
<p>11 11am - <b>Nutrition Workshop</b></p>  <p>12pm-1pm—Lunch                      1pm - <b>Salsa Class</b>                      2pm - Leisure Bingo &amp; Dominoes</p>	<p>12 11am—<b>Color Your Stress Away</b>                      12pm-1pm—Lunch                      1pm - <b>Support Group</b>                      2pm - Leisure Bingo &amp; Dominoes</p>	<p>13 11am - <b>Health Discussion: Your Aging Eyes</b>                      12pm-1pm—Lunch                      1pm - <b>Balance &amp; Flow Exercise</b>                      2pm - Leisure Bingo &amp; Dominoes</p>	<p>14 10:30am—<b>Self-Defense w/Jimmy</b></p>  <p>12pm-1pm—Lunch                      1pm - <b>Gentle Yoga on DVD</b>                      2pm - Leisure Bingo &amp; Dominoes</p>	<p>15 10:30am - <b>Jewelry Making and Crafts</b>                      11am - <b>Game Day Friday's</b>                      12pm-1pm—Lunch                      1pm - <b>Zumba w/Desi</b>                      2pm - Leisure Bingo &amp; Dominoes</p>
<p>18 11am- <b>Healthy Meals w/Sergio—(PPMNY)</b>                      12pm-1pm—Lunch                      1pm - <b>Salsa Class</b>                      2pm - Leisure Bingo &amp; Dominoes</p>	<p>19 10:30am—<b>Storytelling: Come Share &amp; Create Your Story</b></p>  <p>12pm-1pm—Lunch                      1pm—Support Group</p>	<p>20 11am - <b>Health Discussion: You're Never Too Old</b>                      12pm-1pm—Lunch                      1pm - <b>Balance &amp; Flow Exercise</b>                      2pm - Leisure Bingo &amp; Dominoes</p>	<p>21 11am- <b>Fall Prevention w/Jimmy</b>                      12pm-1pm—Lunch                      1pm - <b>Gentle Yoga on DVD</b>                      2pm - Leisure Bingo &amp; Dominoes</p>	<p>22 10:30am - <b>Jewelry Making and Crafts</b>                      11am - <b>Game Day Friday's</b>                      12pm-1pm—Lunch                      1pm - <b>Zumba w/Desi</b>                      2pm - Leisure Bingo &amp; Dominoes</p>

**Williamsburg Older Adult Center: 202 Graham Ave, Brooklyn, NY 11206— (718) 388-6865**  
**March 2024—LUNCH MENU**

<p>25  11am - <b>Nutrition Workshop</b></p>  <p>12pm-1pm—Lunch  1pm - <b>Salsa Class</b>  2pm - Leisure Bingo &amp; Dominoes</p>	<p>2pm - Leisure Bingo &amp; Dominoes</p> <p>26  11am—<b>Color Your Stress Away</b>  12pm-1pm—Lunch  1pm - <b>Support Group</b>  2pm - Leisure Bingo &amp; Dominoes</p>	<p>27  11am - <b>Health Discussion: Coping w/Caregiving</b>  12pm-1pm—Lunch  <b>12pm - 3pm - Party with DJ Woody</b></p> 	<p>28  10:30am—<b>Self-Defense w/Jimmy</b></p>  <p>12pm-1pm—Lunch  1pm - <b>Gentle Yoga on DVD</b>  2pm - Leisure Bingo &amp; Dominoes</p>	<p>29  10:30am - <b>Jewelry Making and Crafts</b>  11am - <b>Game Day Friday's</b>  12pm-1pm—Lunch  1pm - <b>Zumba w/Desi</b>  2pm - Leisure Bingo &amp; Dominoes</p>
				<p align="center">    <b>*Calendar is subject to change*</b> </p>

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**March 2024—LUNCH MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Homemade Coconut Breaded Fish Brown Rice (1/2 cup) Quinoa (1/2 cup) Whole Wheat Bread Sautéed Spinach * Orange 1% Low Fat Milk
4 BBQ Pork Chops White Rice (1/2 cup) Whole Wheat Bread California Blend Vegetables * Apple - OR - Watermelon 1% Low Fat Milk	5 Baked Asian Style Honey Chicken Egg Noodles Whole Wheat Bread Steamed Red or Green Cabbage Orange - OR - Fruit Cocktail 1% Low Fat Milk	6 Lemony Chickpea and Kale Stir-Fry Whole Wheat Bread Cauliflower with Carrots and Parsley * Apple - OR - Applesauce 1% Low Fat Milk	7 Baked Fish with Mushrooms and Peppers Cous Cous Whole Wheat Bread Sautéed Green Beans with Onions * Banana - OR - Chocolate Pudding (pre-prepared) - OR - Vanilla Pudding (pre-prepared) 1% Low Fat Milk	8 Oven Fried Chicken Baked Macaroni and Cheese Steamed Collard Greens Orange 1% Low Fat Milk
11 Spanish Style Roast Pork Baked Macaroni and Cheese Whole Wheat Bread Braised Collard Greens * Apple - OR - Cantaloupe 1% Low Fat Milk	12 Caribbean Style BBQ Chicken Roasted Butternut Squash Whole Wheat Bread Sautéed Spinach Orange - OR - Chocolate Pudding (pre-prepared) - OR - Vanilla Pudding (pre-prepared) 1% Low Fat Milk	13 Chickpea and Vegetable Curry with Quinoa Whole Wheat Bread Steamed Broccoli Apple 1% Low Fat Milk	14 Fish with Mushrooms, Peppers, and Tomatoes Coconut Rice and Pigeon Peas Whole Wheat Bread Normandy Blend Banana - OR - Honeydew 1% Low Fat Milk	15 Curried Chicken Legs - OR - Chicken Legs with Stewed Tomatoes Penne (1/2 cup) Whole Wheat Bread Baby Carrots and Parsley * Orange 1% Low Fat Milk
18 Spanish Style Beef Stew Homemade Mashed Potatoes Whole Wheat Bread Steamed Broccoli * Apple - OR - Pear 1% Low Fat Milk	19 Jerk Chicken - OR - Orange Chicken with Rosemary Rice and Beans Whole Wheat Bread Braised Collard Greens Orange 1% Low Fat Milk	20 Buffalo Chickpea Power Grain Bow Pasta (1/2 cup) Whole Wheat Dinner Roll Steamed Carrots Apple - OR - Fruited Jello 1% Low Fat Milk	21 Spanish Style Baked Chicken Mashed Sweet Potatoes Whole Wheat Bread Italian Blend Vegetables Banana 1% Low Fat Milk	22 Baked Fish with Black Bean Sauce Pasta (1/2 cup) Whole Wheat Bread Normandy Blend * Orange - OR - Cantaloupe 1% Low Fat Milk

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<p>25  Homestyle Vegan Whole Grain Mac and Cheese  Italian Blend Vegetables  Whole Wheat Bread  Steamed Broccoli  Apple - OR - Canned Pineapple  1% Low Fat Milk</p>	<p>26  Curried Chicken Legs - OR - Baked Chicken Thighs  Perfect White Rice  Cooked Cabbage with Shredded Carrots *  Orange  1% Low Fat Milk</p>	<p>27  Pork Tenderloin with Zesty Cilantro Sauce  Baked Red Potato Wedges  Whole Wheat Bread  Steamed Carrots *  Apple  - OR -  Applesauce  1% Low Fat Milk</p>	<p>28  Beef Salisbury Steak with Mushroom Sauce  Cilantro Lime Rice  Whole Wheat Dinner Roll  Italian Blend Vegetables  Banana  1% Low Fat Milk</p>	<p>29  Fish with Fresh Salsa Relish  Brown Rice (1/2 cup)  Whole Wheat Bread  Steamed Kale  Orange  - OR -  Canned Mandarin Oranges  1% Low Fat Milk</p>
				<p align="center"><b>*Menu is subject to change*</b></p>

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March 2024—LUNCH MENU**



**Williamsburg Older Adult Center**

**202 Graham Ave  
Brooklyn, NY 11206  
718-388-6865  
8am-4pm  
[www.jasa.org](http://www.jasa.org)**

**Special Announcements**

*Partially funded by NYC Aging & Councilmember Jennifer Gutiérrez*

