



Williamsburg Older Adult Center

(718) 388-6865

202 Graham Ave., Brooklyn, NY 11206

February 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 10am - Monday Morning Meditation 11am - Arts & Crafts 12pm - Lunch 1pm - Salsa Class 2pm - Leisure Bingo	3 10am - Storytelling w/ Robin (Rec Room) 12pm - Lunch 1pm - Tech Tuesday Brain Teasers 2pm - Leisure & Bingo	4 10am - Morning Stretch 11am - Poetry Reading (Langston Hughes) 12pm - Lunch 1pm - Balance & Flow Exercise 2pm - Leisure & Bingo	5 10am - Coffee & Current Events 11am - Creative Writing 12pm - Lunch 1pm - Health Discussion 2pm - Leisure & Bingo	6 10am - Beading and Bracelets 12pm - Lunch 1pm - Zumba w/ Desi 2pm - Leisure & Bingo
9 10am - Monday Morning Meditation 11am - Plant Based Nutrition Presentation from Aging 12pm - Lunch 1pm - Salsa Class 2pm - Leisure Bingo	10 10am - Storytelling w/ Robin (Rec Room) 12pm - Lunch 1pm - Cab Meeting / Brain Teasers 2pm - Leisure & Bingo	11 10am - Morning Stretch 11am - Elder Justice Presentation 12pm - Lunch 1pm - Balance & Flow Exercise 2pm - Leisure & Bingo	12 10am - Coffee & Current Events 11am - St. Nick's Housing Presentation 12pm - Lunch 1pm - Health Discussion 2pm - Leisure & Bingo	13 10am - Beading and Bracelets 12pm - Lunch 1pm - Zumba w/ Desi 2pm - Leisure & Bingo

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p>CLOSED FOR PRESIDENT'S DAY</p>	<p>17</p> <p>10am - Storytelling w/ Robin (Rec Room)</p> <p>12pm - Lunch</p> <p>1pm - Tech Tuesday</p> <p>2pm - Leisure & Bingo</p>	<p>18</p> <p>10am - Morning Stretch</p> <p>11am - Color your Stress Away</p> <p>12pm - Lunch</p> <p>1pm - Balance & Flow Exercise</p> <p>2pm - Leisure & Bingo</p>	<p>19</p> <p>10am - Coffee & Current Events</p> <p>11am - Game Show Hour</p> <p>12pm - Lunch</p> <p>1pm - Anchor Health Presentation</p> <p>2pm - Leisure & Bingo</p>	<p>20</p> <p>10am - Beading and Bracelets</p> <p>12pm - Lunch</p> <p>1pm - Zumba w/ Desi</p> <p>2pm - Leisure & Bingo</p>
<p>23</p> <p>10am - Monday Morning Meditation</p> <p>11am - Music Monday</p> <p>12pm - Lunch</p> <p>1pm - Salsa Class</p> <p>2pm - Leisure Bingo</p>	<p>24</p> <p>10am - Storytelling w/ Robin (Rec Room)</p> <p>11am - Fall Prevention Presentation w/ VNS</p> <p>12pm - Lunch</p> <p>1pm - Tech Tuesday</p> <p>2pm - Leisure & Bingo</p>	<p>25</p> <p>10am - Morning Stretch</p> <p>11am - Support Group</p> <p>12pm - Lunch</p> <p>1pm - Valentine's Day/ Mardis Gras party w/ DJ Woody (Pink & Purple color theme)</p>	<p>26</p> <p>10:00 - Sunrise Cinema Movie Club "The Butler"</p> <p>11am - Support Group</p> <p>12pm - Lunch</p> <p>1pm - Health Discussion</p> <p>2pm - Leisure & Bingo</p>	<p>27</p> <p>10am - Beading and Bracelets</p> <p>12pm - Lunch</p> <p>1pm - Zumba w/ Desi</p> <p>2pm - Leisure & Bingo</p>



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February 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pork Roast with Mango Chutney Brown Rice Cooked Cabbage and Shredded Carrots Apple Whole Wheat Bread 1% Low Fat Milk	3 Baked Chicken Mashed Sweet Potatoes California Blend Vegetables Orange Whole Wheat Bread 1% Low Fat Milk	4 Blackeye Pea Curry with Potatoes and Tomatoes Steamed Broccoli Apple Whole Wheat Bread 1% Low Fat Milk	5 Dairy Free Baked Ziti with beef or turkey (TBA) Baby Carrots and Parsley Banana Whole Wheat Bread 1% Low Fat Milk	6 Spanish Chicken with Potatoes and Garlic Sauteed Green Beans with Onions Orange Whole Wheat Bread 1% Low Fat Milk
9 Pork Spare Ribs Garlic Mashed Potatoes Steamed Collard Greens Apple Whole Wheat Bread 1% Low Fat Milk	10 Latin Sweet Potato and Red Bean Chili White Rice Steamed Cauliflower Orange Whole Wheat Bread 1% Low Fat Milk	11 Jumbo Stuffed Shells with Meat Sauce Vegetable Mix Apple Whole Wheat Bread 1% Low Fat Milk	12 Baked Asian Style Honey Chicken Half White Rice Half Quinoa Steamed Broccoli Banana Whole Wheat Bread 1% Low Fat Milk	13 Fish with Tomatoes and Herbs Sauteed Spinach Caribbean Rice and Red Beans Orange Whole Wheat Bread 1% Low Fat Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p>CLOSED FOR PRESIDENTS DAY</p>	<p>17</p> <p>Spanish Style Roast Pork White Rice California Blend Vegetables Orange Whole Wheat Bread 1% Low Fat Milk</p>	<p>18</p> <p>No Cheese Spring Vegetable Lasagna Sauteed Green Beans w/ Onions Apple Whole Wheat Bread 1% Low Fat Milk</p>	<p>19</p> <p>Baked Fish with Mushrooms and Peppers Cous Cous Cauliflower, Carrots and Parsley Banana Whole Wheat Bread 1% Low Fat Milk</p>	<p>20</p> <p>Caesar Salad w/ Grilled Chicken Pasta Salad Cabbage Carrot Slaw Orange Whole Wheat Bread 1% Low Fat Milk</p>
<p>23</p> <p>Beef Hamburger Baked Potato Wedges Cooked Cabbage w/ Shredded Carrots Apple Plain Hamburger Bun 1% Low Fat Milk</p>	<p>24</p> <p>Bright and Lemony Stewed White Beans Perfect White Rice Steamed Broccoli Orange Whole Wheat Bread 1% Low Fat Milk</p>	<p>25</p> <p>Fish with Mushrooms, Peppers and Tomatoes Pasta Baby Carrots and Parsley Apple Whole Wheat Bread 1% Low Fat Milk</p>	<p>26</p> <p>Spanish Style Roast Pork Black Beans and Rice Steamed Collard Greens Banana Whole Wheat Bread 1% Low Fat Milk</p>	<p>27</p> <p>Chicken Legs with Stewed Tomatoes Coconut Rice and Pigeon Peas Normandy Blend</p>

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www.jasa.org

Hours

Mondays - Fridays 8:00am - 4:00pm

Closed for Federal and Jewish Holidays

February 16th for President's Day

Daily Lunch

Mondays - Fridays

12:00pm - 1:00pm - Dining Room

Williamsburg Older Adult Center Staff

Kennon Gaffney, Program Director Kgaffney@jasa.org

Eva Marie Ruiz, Assistant Director ERuiz@jasa.org

Ericka Arzu Martinez, Program Coordinator Earzumartinez@jasa.org

Jessica Caba, Case Manager JCaba@jasa.org

NEW February 2026 Activities/Programming

Plant Based Nutrition Presentation w/ Aging - 2/9 @ 11:00am - 12:00pm

JASA Elder Justice Presentation - 2/11 @ 11:00am - 12:00pm

St. Nick's Housing Presentation - 2/12 @ 11:00am - 12:00pm

Anchor Health - 2/19 @ 12:00pm - 1:30pm

Valentine's Party w/ DJ Woody 2/25 @ 12:00pm-3:00pm