Williamsburg Older Adult Center

(718) 388-6865

202 Graham Ave., Brooklyn NY, 11206

November 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 10am - Morning Meditation 11am - Arts & Crafts 12pm - Lunch 1pm - Salsa Class 2pm -Music Monday (Karaoke)	**3** **ELECTION DAY** **No Activities** **GRAB AND GO Lunches ONLY** **Only available for Case Assistance**	**4** 10am - Mindteasers 11am - General Meeting 12pm - Lunch 1pm - Balance & Flow Exercise 2pm - Leisure Games	**5** 10am - Coffee & Current Events 11am - Sharing Reflections w/ BPL 12pm - Lunch 1pm - Nutrition Foodletter 2pm - Bingo	**6** 10am - Beading and Bracelets 12pm - Lunch 1pm - Zumba w/ Desi 2pm - Leisure Games
9 10am - Morning Meditation 11am - Support Group 12pm - Lunch 1pm - Salsa Class 2pm - Music Monday (Karaoke)	**10** 10am - Storytelling w/ Robin 12pm - Lunch 1pm - ESL w/Jess (Rec Room) 1pm - Spin Class (Main Area) 2pm - Tech Tuesday	**11** 10am - Mindteasers 11am - Morning Stretch 12pm - Lunch 1pm - Balance & Flow Exercise 2pm - Leisure Games **Veteran's Day**	**12** 10am - Coffee & Current Events 11am - St. Nick's Housing Presentation 12pm - Lunch 1pm - Chair Yoga Demo 2pm -Leisure Games	**13** 10am - Beading and Bracelets 12pm - Lunch 1pm - -Zumba w/ Desi 2pm - Billiards
16 10am - Morning Meditation 11am - Arts & Crafts 12pm - Lunch 1pm - Salsa Class 2pm - Music Monday (Karaoke)	**17** 10am - Storytelling w/ Robin 12pm - Lunch 1pm - Nutrition Services Lesson w/ Tiana 2pm - Bingo	**18** **TRIP DAY** 10am - Mindteasers 11am - Morning Stretch 12pm - Lunch 1pm - Balance & Flow Exercise 2pm - Leisure Games	**19** 10am - Coffee & Current Events 11am - Health Discussion 12pm - Lunch 1pm - Movie	**20** 10am - Beading and Bracelets 11am - Rent Freeze and Benefits Presentation 12pm - Lunch 1pm - -Zumba w/ Desi 2pm - Leisure Games

Partially funded by: NYC Aging & Councilmember Jennifer Gutierrez

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Monday	Tuesday	Wednesday	Thursday	Friday
23 10am - Morning Meditation 11am - Support Group 12pm - Lunch 1pm - Salsa Class 2pm - Music Monday (Karaoke)	**24** 10am - Storytelling w/ Robin 12pm - Thanksgiving Luncheon 1pm - Spin Class 2pm - Tech Tuesday	**25** 10am - Mindteasers 11am - Morning Stretch 12pm - Lunch 1pm - Thanksgiving Party w/ DJ Woody	**26** **CLOSED FOR THANKSGIVING**	**27** **CLOSED HAPPY THANKSGIVING**
30 10am - Morning Meditation 11am - Arts & Crafts 12pm - Lunch 1pm - Salsa Class 2pm - Music Monday (Karaoke)				

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November 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Dominican Vegan Sancocho (Root Vegetable Stew) Puerto Rican Style Arroz Con Gandules (Brown Rice w/ Pigeon Peas) Whole wheat Bread Caesar Salad Orange 1% Low Fat Milk Orange Pineapple Juice	3 Italian Style Pork Loin Whole Wheat Bread Yuca con Mojo (Yuca w/ Garlic Sauce) Baby Spinach w/ Lemon vinaigrette Apple 1% Low Fat Milk	4 Beef Meatballs Whole wheat Spaghetti California Blend Vegetables Banana 1% Low Fat Milk	5 Baked Chicken Quarters Yellow Rice Capri Blend Blend Vegetables Orange 1% Low Fat Milk Apple Juice	6 Baked Fish w/ Garlic Sauce Herbed Quinoa Steamed Carrots and Green Beans Apple 1% Low Fat Milk
9 Cozy Lentil and Veggie Soup Perfect White rice Whole Wheat Bread Roasted Broccoli Orange 1% Low Fat Milk	10 Baked Chicken Thighs Mexican Confetti Rice Black Bean Soup Italian Blend Vegetables Apple 1% Low Fat Milk	11 Beef Empanadas WHole Wheat Bread Boiled Southern Green Beans Banana 1% Low Fat Milk	12 Lemon Chicken Brown Rice California Blend Vegetables Orange 1% Low Fat Milk Apple Juice	13 Baked Ziti with Turkey (Dairy Free) Sauteed Green Beans Whole Wheat Bread Sauteed String Beans Apple 1% Low Fat Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
16 Stewed Beans (Habichelas Guisadas) Perfect White Rice Garden Salad Orange 1% Low Fat Milk	17 Baked Chicken Quarters Whole Wheat Bread Garlic Mashed Potatoes Steamed Spinach Apple 1% Low Fat Milk Apple Juice	18 Pernil (Roasted Pork Shoulder) Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas) Black Bean Soup Roasted Broccoli Banana 1% Low Fat Milk	19 Beef Hamburger Whole Wheat Hamburger Bun Lettuce and Tomato Roasted Sweet Potato Fries Orange 1% Low Fat Milk Ketchup	20 Asoapo de Pollo (Puerto Rican Chicken Stew) Whole Wheat Bread Garlic and Rosemary Roasted Potatoes Steamed Collard Greens Apple 1% Low Fat Milk Apple Juice
23 Tasty Whole Wheat Lo Mein w/ Chick Peas Whole Wheat Bread Sauteed Green Beans w/ Onions Orange 1% Low Fat Milk	24 Baked Fish w/ Rustic Tomato Sauce Black Beans and Rice Kale w/ Tomato Apple 1% Low Fat Milk Orange Pineapple Juice	25 Chicken Empanadas Baked Fries California Blend Vegetables Banana 1% Low Fat Milk	26 CLOSED FOR THANKSGIVING	27 CLOSED FOR THANKSGIVING
30 Stewed Beans (Habichuelas Guiasadas) Brown Rice Steamed Broccoli Orange 1% Low Fat Milk				

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www.jasa.org

Hours

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

Closed for Federal and Jewish Holidays

CLOSED FOR THANKSGIVING on November 26-27

Daily Lunch

Mondays - Fridays

11:00am - 1:00pm - Dining Room

Williamsburg Older Adult Center Staff

Kennon Gaffney Jr., 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 November 2026 Activities/Programming

Sharing Reflections w/ Brooklyn Public Library - 11/5 @ 11:00am - 12:00pm

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

New Chair Yoga Demo w/ Barbara - 11/12 @ 1:00pm - 2:00pm

Nutrition Services Lunch and Lecture w/ Tiana - 11/17 @ 12:30pm - 1:30pm

Trip to Walmart - 11/18 @ 10am Departure Return at 2pm

Rent Freeze and Benefits Presentation - 11/20 @ 1:00pm - 2:00pm

Thanksgiving Party w/ DJ Woody - 11/25 @ 12:00pm -3:00pm

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