



January 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. 10AM - Nutrition Demo Plant Hero 12PM-1PM - Lunch 1PM - Salsa Class 2PM - Leisure Bingo</p>	<p>4. 11AM - Nintendo Wii 12PM-1PM - Lunch 1PM - Health Presentation 2PM - Leisure Bingo</p>	<p>5. 10AM - Zumba 11AM - Cafe and Music 12PM-1PM - Lunch 1PM - Support group (Hybrid) 2PM - Leisure Bingo</p>	<p>6. 11AM - Color your stress away 12PM-1PM - Lunch 1PM - Gentle Yoga 2PM Leisure Bingo</p>	<p>7. 10:30AM - Jewelry and Crafts 12PM-1PM - Lunch 1PM - Chair Exercise 2PM - Leisure Bingo</p>
<p>10. 10AM - Movie Club 12PM-1PM - Lunch 1PM - Salsa Class 2PM - Leisure Bingo</p>	<p>11. 11AM - Nintendo Wii 12PM-1PM - Lunch 1PM - Technology Class 2PM - Leisure Bingo</p>	<p>12. 10AM - Zumba 11AM - Cafe and Music 12PM-1PM - Lunch 1PM - Support group (Hybrid) 2PM - Leisure Bingo</p>	<p>13. 11AM - Elder Abuse Presentation 12PM-1PM - Lunch 1PM - Gentle Yoga 2PM Leisure Bingo</p>	<p>14. 10:30AM - Jewelry and Crafts 12PM-1PM - Lunch 1PM - Chair Exercise 2PM - Leisure Bingo</p>
<p>17. CLOSED</p>	<p>18. 11AM - Nintendo Wii 12PM-1PM - Lunch 1PM - Health Presentation 2PM - Leisure Bingo</p>	<p>19. 10AM - Zumba 11AM - Cafe and Music 12PM-1PM - Lunch 1PM - Support group (Hybrid) 2PM - Leisure Bingo</p>	<p>20. 11AM - Color your stress away 12PM-1PM - Lunch 1PM - Gentle Yoga 2PM Leisure Bingo</p>	<p>21. 10:30AM - Jewelry and Crafts 12PM-1PM - Lunch 1PM - Chair Exercise 2PM - Leisure Bingo</p>
<p>24. 10AM - Movie Club 12PM-1PM - Lunch 1PM - Salsa Class 2PM - Leisure Bingo</p>	<p>25. 11AM - Nintendo Wii 12PM-1PM - Lunch 1PM - Technology Class 2PM - Leisure Bingo</p>	<p>26. 10AM - Zumba 11AM - Cafe and Music 12PM-1PM - Lunch 1PM - Support group (Hybrid) 2PM - Leisure Bingo</p>	<p>27. 11AM - Color your stress away 12PM-1PM - Lunch 1PM - Gentle Yoga 2PM Leisure Bingo</p>	<p>28. 10:30AM - Jewelry and Crafts 12PM-1PM - Lunch 1PM - Chair Exercise 2PM - Leisure Bingo</p>
<p>31. 10AM - Nutrition Demo Plant Hero 12PM-1PM - Lunch 1PM - Salsa Class 2PM - Leisure Bingo</p>				<p>*All activities offered on site* Calendar is subject to change</p> 



January 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3. Apricot-Glazed Pork Chops Baked Potatoes Steamed Spinach Whole Wheat Bread Fruit, Milk and Juice	4. Chicken Marsala Cous Cous Italian Blend Vegetables Whole Wheat Bread Fruit, Milk and Juice	5. Beef Meatballs Whole Wheat Spaghetti Baby Carrots Whole Wheat Bread Fruit, Milk and Juice	6. Baked Breaded Fish Barley Steamed Green Beans Whole Wheat Bread Fruit, Milk and Juice	7. Vegetarian Chili Baked Brown Rice Pilaf Broccoli Whole Wheat Bread Fruit, Milk and Juice
10. Chili con Carne White Rice Baby Carrots Whole Wheat Bread Fruit, Milk and Juice	11. Baked Turkey Breast Chinese Style Spaghetti Oriental Blend Vegetables Whole Wheat Bread Fruit, Milk and Juice	12. Chicken Cacciatore Orzo Steamed Broccoli Whole Wheat Bread Fruit, Milk and Juice	13. Rasta Pasta Sauce Tofu Pasta Roasted Zucchini Whole Wheat Bread Fruit, Milk and Juice	14. Baked Tilapia Quinoa Sautéed Spinach Whole Wheat Bread Fruit, Milk and Juice
17. CLOSED	18. Jerk Chicken Baked Sweet Potato Steamed Cabbage Whole Wheat Bread Fruit, Milk and Juice	19. Sweet and Sour Tofu Yellow Rice and Pigeon Peas Okra with Tomatoes Whole Wheat Bread Fruit, Milk and Juice	20. Stewed Codfish Yucca Steamed Spinach Whole Wheat Bread Fruit, Milk and Juice	21. Spanish Style Baked Chicken Brown Rice Baby Carrots Whole Wheat Bread Fruit, Milk and Juice
24. Tofu and Vegetable Fried Rice Braised Collard Greens Whole Wheat Bread Fruit, Milk and Juice	25. BBQ Chicken Leg Roasted Butternut Squash Sautéed Spinach Whole Wheat Bread Fruit, Milk and Juice	26. Pork Tenderloin Baked Red Potato Wedges Steamed Broccoli Whole Wheat Bread Fruit, Milk and Juice	27. Baked Fish Fillets Baked Macaroni and Cheese Normandy Blend Vegetables Whole Wheat Bread Fruit, Milk and Juice	28. Curried Chicken Legs Brown Rice with Pigeon Peas Okrai Whole Wheat Bread Fruit, Milk and Juice
31. Eggplant and Lentil Curry Bowtie Pasta Steamed Carrots Whole Wheat Bread Fruit, Milk and Juice				*Menu is subject to change



Williamsburg Older Adult Center

202 Graham Ave

Brooklyn, NY 11206

718-388-6865

8am-4pm

www.jasa.org