



# MAY 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1.</b> 10AM - Plant Hero Nutrition Demo <b>12PM-1PM - Lunch</b> 1PM - Chair Exercise on DVD 2PM - Leisure Bingo</p>	<p><b>2.</b> 10AM - Storytelling <b>12PM-1PM - Lunch</b> 1PM - Membership Meeting 2PM - Leisure Bingo</p>	<p><b>3.</b> 10AM - Diabetes Spanish Workshop 11AM - BP Screening <b>12PM-1PM - Lunch + health presentation</b> 1PM - Balance and Flow Exercise 2PM - Leisure Bingo</p>	<p><b>4.</b> 10AM - Technology 11AM - Tai Chi <b>12PM-1PM - Lunch</b> 1PM - Gentle Yoga on DVD 2PM - Leisure Bingo</p>	<p><b>5.</b> 10:30AM - Jewelry and Crafts <b>12PM-1PM - Lunch</b> 1PM - Zumba 2PM - Leisure Bingo</p>
<p><b>8.</b> 10AM - Movie: TBD (H) <b>12PM-1PM - Lunch</b> 1PM - Salsa Class 2PM - Leisure Bingo</p>	<p><b>9.</b> 10AM - Storytelling <b>12PM-1PM - Lunch</b> 1PM - Guided Meditation 2PM - Leisure Bingo</p>	<p><b>10.</b> 10AM - Diabetes Spanish Workshop 11AM - BP Screening <b>12PM-1PM - Lunch + health presentation</b> 1PM - Balance and Flow Exercise 2PM - Leisure Bingo</p>	<p><b>11.</b> 1030AM - Color your stress 11AM - Tai Chi <b>12PM-1PM - Lunch</b> 1PM - Gentle Yoga on DVD 2PM - Leisure Bingo</p>	<p><b>12.</b> 10:30AM - Jewelry and Crafts <b>12PM-1PM - Lunch</b> 1PM - Zumba 2PM - Leisure Bingo</p>
<p><b>15.</b> 10AM - Plant Hero Nutrition Demo <b>12PM-1PM - Lunch</b> 1PM - Salsa Class 2PM - Leisure Bingo</p>	<p><b>16. Mother's Day Trip</b> 10AM - Storytelling <b>12PM-1PM - Lunch</b> 1PM - Guided Meditation 2PM - Leisure Bingo</p>	<p><b>17.</b> 10AM - PPMNY Food Demo 11AM - BP Screening <b>12PM-1PM - Lunch + health presentation</b> 1PM - Balance and Flow Exercise 2PM - Leisure Bingo</p>	<p><b>18.</b> 10AM - Technology 11AM - Tai Chi <b>12PM-1PM - Lunch</b> 1PM - Gentle Yoga on DVD 2PM - Leisure Bingo</p>	<p><b>19.</b> 10:30AM - Jewelry and Crafts <b>12PM-1PM - Lunch</b> 1PM - Zumba 2PM - Leisure Bingo</p>
<p><b>22.</b> 10AM - Movie: TBD (H) <b>12PM-1PM - Lunch</b> 1PM - Salsa Class 2PM - Leisure Bingo</p>	<p><b>23.</b> 10AM - Storytelling <b>12PM-1PM - Lunch</b> 1PM - Guided Meditation 2PM - Leisure Bingo</p>	<p><b>24.</b> 10AM - Diabetes Spanish Workshop 11AM: BP Screening <b>12PM-1PM - Lunch + health presentation</b> 1PM - Balance and Flow Exercise 2PM - Leisure Bingo</p>	<p><b>25.</b> 1030AM - Color your stress 11AM - Tai Chi <b>12PM-1PM - Lunch</b> 1PM - Gentle Yoga on DVD 2PM - Leisure Bingo</p>	<p><b>26.</b> 10:30AM - Jewelry and Crafts <b>12PM-1PM - Lunch</b> 1PM - Zumba 2PM - Leisure Bingo</p>
<p><b>29. CLOSED</b> <b>MEMORIAL DAY</b></p>	<p><b>30.</b> 10AM - Storytelling <b>12PM-1PM - Lunch</b> 1PM - Guided Meditation 2PM - Leisure Bingo</p>	<p><b>31. OLDER ADULTS's DAY PARTY</b> 930AM - Paint w/ Jess (H) 11AM - BP Screening <b>12PM-1PM - Lunch</b> 1PM - Party w/ DJ Woody</p>	 <p>PROUD PARTNER</p> 	<p><b>*All activities offered on site</b> <b>*H= Hybrid</b> <b>*Calendar is subject to change</b></p>

## MAY 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1.</b> Italian Sausage Penne Green Beans Whole Wheat Bread Fruit, Milk and Juice	<b>2.</b> Lentil Stew Yellow Rice Sauteed Spinach Whole Wheat Bread Fruit, Milk and Juice	<b>3.</b> Pork Chops Mashed Potatoes Mixed Vegetables Whole Wheat Bread Fruit, Milk and Juice	<b>4.</b> Curry Chicken White Rice Cabbage with Carrots Whole Wheat Bread Fruit, Milk and Juice	<b>5.</b> Lemon Pepper Fish Pasta Steamed Broccoli Whole Wheat Bread Fruit, Milk and Juice
<b>8.</b> Jerk Chicken Rice and Beans Mixed Vegetables Whole Wheat Bread Fruit, Milk and Juice	<b>9.</b> Turkey Chili Sweet Potatoes and Corn Steamed Green Beans Whole Wheat Bread Fruit, Milk and Juice	<b>10.</b> Beef and Broccoli Bowtie Pasta Steamed Sliced Carrots Whole Wheat Bread Fruit, Milk and Juice	<b>11.</b> Stewed Beans White Rice Salad with Blended Vegetables Whole Wheat Bread Fruit, Milk and Juice	<b>12.</b> Chicken with Sauce Smashed Red Potatoes Blended Vegetables Whole Wheat Bread Fruit, Milk and Juice
<b>15.</b> Pork Spare Ribs Baked Macaroni and Cheese Blended Vegetables Whole Wheat Bread Fruit, Milk and Juice	<b>16.</b> Stew Chicken Yellow Rice Sauteed Spinach Whole Wheat Bread Fruit, Milk and Juice	<b>17.</b> Baked Fish Pasta Steamed Carrots Whole Wheat Bread Fruit, Milk and Juice	<b>18.</b> Baked Vegetable Alfredo Pasta Sauteed String Beans Whole Wheat Bread Fruit, Milk and Juice	<b>19.</b> Baked Chicken Yellow Rice Cabbage with Green Peas Whole Wheat Bread Fruit, Milk and Juice
<b>22.</b> Stuffed Shells Cheese Steamed Broccoli Whole Wheat Bread Fruit, Milk, and Juice	<b>23.</b> Spanish Chicken with Potatoes Perfect White Rice Steamed Sliced Carrots Whole Wheat Bread Fruit, Milk and Juice	<b>24.</b> BBQ Pulled Pork Garlic Mashed Potatoes Sauteed Spinach Whole Wheat Bread Fruit, Milk and Juice	<b>25.</b> Sweet Potato with Curry Fish Brown Rice Green Beans with Onions Whole Wheat Bread Fruit, Milk and Juice	<b>26.</b> Beef Steak Pasta Cabbage with Carrots Whole Wheat Bread Fruit, Milk and Juice
<b>29.</b> <b>CLOSED</b> <b>MEMORIAL DAY</b>	<b>30.</b> Cornmeal Crusted Fish Cabbage with Carrots Home Fries with Peppers and Onions Whole Wheat Bread Fruit, Milk and Juice	<b>31. PARTY</b> BBQ Chicken Yellow Rice Green Beans with Onions Whole Wheat Bread Fruit, Milk and Juice		<b>*Menu is subject to change</b>





## **Williamsburg Older Adult Center**

**202 Graham Ave  
Brooklyn, NY 11206  
718-388-6865  
8am-4pm  
www.jasa.org**

### **Special Announcements**

- Center is closed Monday, May 29th
- PPMNY Food Demo (Plant based)
- Hybrid Movies, Movie TBD, members register in advance for zoom link
- Hybrid Paint @ 930am, NYC members register in advance for the zoom link and supplies, members attending in person do not need to register in advance
  - Party With DJ Woody 12pm-3pm
  - Diabetes Spanish Workshops Wednesdays 10am-12pm until May 24
- Mothers Day Trip: Spirit Cruise on May 16, members register in advance, 20 members max
- New Class Tuesdays at 1pm: Guided Meditation to help reduce stress and anxiety

*Partially funded by DFTA & Councilmember Jennifer Gutiérrez*

