



**MARCH 2023 ACTIVITIES**



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Calendar is subject to change</p>	<p><b>*All activities offered on site</b>  <b>H= Hybrid</b></p> 	<p><b>1.</b>                      11AM - BP Screening  <b>12PM-1PM - Lunch + health presentation</b>                      1PM - Membership Meeting                      2PM - Leisure Bingo</p>	<p><b>2.</b>                      10AM - Technology                      11AM - Tai Chi  <b>12PM-1PM - Lunch</b>                      1PM - Gentle Yoga on DVD                      2PM - Leisure Bingo</p>	<p><b>3.</b>                      10:30AM - Jewelry and Crafts  <b>12PM-1PM - Lunch</b>                      1PM - Zumba                      2PM - Leisure Bingo</p>
<p><b>6.</b>                      10AM - Plant Hero Nutrition Demo  <b>12PM-1PM - Lunch</b>                      1PM - Salsa Class                      2PM - Leisure Bingo</p>	<p><b>7.</b>                      10AM - Storytelling  <b>12PM-1PM - Lunch</b>                      1PM - Color your stress away                      2PM - Leisure Bingo</p>	<p><b>8.</b>                      11AM - BP Screening  <b>12PM-1PM - Lunch + health presentation</b>                      1PM - Support Group (H)                      2PM - Leisure Bingo</p>	<p><b>9.</b>                      10AM - Technology                      11AM - Tai Chi  <b>12PM-1PM - Lunch</b>                      1PM - Gentle Yoga on DVD                      2PM - Leisure Bingo</p>	<p><b>10.</b>                      10:30AM - Jewelry and Crafts  <b>12PM-1PM - Lunch</b>                      1PM - Zumba                      2PM - Leisure Bingo</p>
<p><b>13.</b>                      9:30AM -Paint With Jess (H):                      Women's History Edition  <b>12PM-1PM - Lunch</b>                      1PM - Salsa Class                      2PM - Leisure Bingo</p>	<p><b>14.</b>                      10AM - Storytelling  <b>12PM-1PM - Lunch</b>                      1PM - Color your stress away                      2PM - Leisure Bingo</p>	<p><b>15.</b>                      10AM - PPMNY: Food Demo                      11AM - BP Screening  <b>12PM-1PM - Lunch + health presentation</b>                      1PM - Support Group (H)                      2PM - Leisure Bingo</p>	<p><b>16.</b>                      10AM - Movie: TBD (H)                      11AM - Tai Chi  <b>12PM-1PM - Lunch</b>                      1PM - Gentle Yoga on DVD                      2PM - Leisure Bingo</p>	<p><b>17.</b>                      10:30AM - Jewelry and Crafts  <b>12PM-1PM - Lunch</b>                      1PM - Zumba                      2PM - Leisure Bingo</p>
<p><b>20.</b>                      11AM -Plant Hero Nutrition Demo  <b>12PM-1PM - Lunch</b>                      1PM - Salsa Class                      2PM - Leisure Bingo</p>	<p><b>21.</b>                      10AM - Storytelling  <b>12PM-1PM - Lunch</b>                      1PM - Color your stress away                      2PM - Leisure Bingo</p>	<p><b>22.</b>                      11AM - BP Screening  <b>12PM-1PM - Lunch + health presentation</b>                      1PM - Support Group (H)                      2PM - Leisure Bingo</p>	<p><b>23.</b>                      10AM - Technology                      11AM - Tai Chi  <b>12PM-1PM - Lunch</b>                      1PM - Gentle Yoga on DVD                      2PM - Leisure Bingo</p>	<p><b>24.</b>                      10:30AM - Jewelry and Crafts  <b>12PM-1PM - Lunch</b>                      1PM - Zumba                      2PM - Leisure Bingo</p>
<p><b>27.</b>                      11AM -Plant Hero Nutrition Demo  <b>12PM-1PM - Lunch</b>                      1PM - Salsa Class                      2PM - Leisure Bingo</p>	<p><b>28.</b>                      10AM - Storytelling  <b>12PM-1PM - Lunch</b>                      1PM - Color your stress away                      2PM - Leisure Bingo</p>	<p><b>29. PARTY</b>                      10AM-12PM - Diabetes Spanish                      Workshop                      11AM - BP Screening  <b>12PM-1PM - Lunch</b>                      1PM - Party w/ DJ Woody</p>	<p><b>30.</b>                      10AM - Technology                      11AM - Tai Chi  <b>12PM-1PM - Lunch</b>                      1PM - Gentle Yoga on DVD                      2PM - Leisure Bingo</p>	<p><b>31.</b>                      10:30AM - Jewelry and Crafts  <b>12PM-1PM - Lunch</b>                      1PM - Zumba                      2PM - Leisure Bingo</p>

## MARCH 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu is subject to change</b>		1. BBQ Pulled Pork Garlic Mash Potatoes Sauteed Spinach Whole Wheat Bread Fruit, Milk and Juice	2. Sweet Potato Coconut Curry Fish Brown Rice Sauteed Green Beans Whole Wheat Bread Fruit, Milk and Juice	3. Baked Fish with Garlic Parmesan Pasta Cabbage and Carrots Whole Wheat Bread Fruit, Milk and Juice
6. Roasted Pork Shoulder Sweet Baked Yams Carrots with Parsley Whole Wheat Bread Fruit, Milk and Juice	7. BBQ Chicken Yellow Rice Sauteed Green Beans Whole Wheat Bread Fruit, Milk and Juice	8. Cornmeal Crusted Fish Home Fries & onion & peppers Cabbage & Carrots Whole Wheat Bread Fruit, Milk and Juice	9. Vegetarian Stewed White Rice Steamed Spinach Whole Wheat Bread Fruit, Milk and Juice	10. Curry Chicken Mashed Potatoes Carrots & Green Beans Whole Wheat Bread Fruit, Milk and Juice
13. Beef Stew Brown Rice Sauteed String Beans Whole Wheat Bread Fruit, Milk and Juice	14. Baked Chicken Thighs Baked Sweet Potato Broccoli with Garlic Whole Wheat Bread Fruit, Milk and Juice	15. Baked Fish Rice Pilaf Cabbage with Carrots Whole Wheat Bread Fruit, Milk and Juice	16. Roast Pork Bowtie Pasta Spinach Whole Wheat Bread Fruit, Milk and Juice	17. Vegetable Lasagna Carrots Mixed Vegetables Whole Wheat Bread Fruit, Milk and Juice
20. Italian Sausage Penne Green Beans Whole Wheat Bread Fruit, Milk and Juice	21. Lentil Stew Yellow Rice Spinach Whole Wheat Bread Fruit, Milk and Juice	22. Pork Chops Mash Potatoes Mix Vegetables Whole Wheat Bread Fruit, Milk and Juice	23. Curry Chicken White Rice Cabbage with Carrots Whole Wheat Bread Fruit, Milk and Juice	24. Lemon Pepper Fish Pasta Broccoli Whole Wheat Bread Fruit, Milk and Juice
27. Jerk Chicken Rice and Beans Mix Vegetables Whole Wheat Bread Fruit, Milk and Juice	28. Turkey Chili With Sweet Potatoes and Corn Green Beans Whole Wheat Bread Fruit, Milk and Juice	29. <b>PARTY</b> Beef and Broccoli Bowtie Pasta Carrots Whole Wheat Bread Fruit, Milk and Juice	30. Stewed Beans White Rice Mix Vegetables Whole Wheat Bread Fruit, Milk and Juice	31. Roast Chicken Mash Potatoes Mix Vegetables Whole Wheat Bread Fruit, Milk and Juice





## **Williamsburg Older Adult Center**

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

### **Special Announcements**

- Hybrid Paint, NYC members register in advance for the zoom link and supplies, members attending in person do not need to register in advance
- Hybrid Movie, Movie TBD but its women history month themed, members register in advance for zoom link
  - Party With DJ Woody March 29 12pm-3pm
- Diabetes Workshop in Spanish starts March 29, every wednesday until May 10 from 10am-12pm

*Partially funded by DFTA & Councilmember Jennifer Gutiérrez*

