

Nov 2022 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1. 10AM - Storytelling 12PM-1PM - Lunch 1PM - Color your stress away 2PM - Leisure Bingo</p>	<p>2. 11AM - BP Screening 12PM-1PM - Lunch + health presentation 1PM - Support group with Eva 2PM - Leisure Bingo</p>	<p>3. 11AM - Tai Chi 12PM-1PM - Lunch 1PM - Gentle Yoga on DVD 2PM - Leisure Bingo</p>	<p>4. 10:30AM - Jewelry and Crafts 12PM-1PM - Lunch 1PM - Zumba 2PM - Leisure Bingo</p>
<p>7. 10AM - Plant Hero Nutrition Demo 12PM-1PM - Lunch 1PM - Salsa Class 2PM - Leisure Bingo</p>	<p>8. Election Day No Activities on site, lunch to go 10AM - Virtual Film: Hocus Pocus 12PM-1PM - Lunch to go 1PM - Virtual Film : Hocus Pocus 2</p>	<p>9. 11AM - BP Screening 12PM-1PM - Lunch + health presentation 1PM - Support group (H) 2PM - Leisure Bingo</p>	<p>10. 10AM - Technology 11AM - Tai Chi 12PM-1PM - Lunch 1PM - Gentle Yoga on DVD 2PM - Leisure Bingo</p>	<p>11. 10:30AM - Jewelry and Crafts 12PM-1PM - Lunch 1PM - Zumba 2PM - Leisure Bingo</p>
<p>14. 10AM - Paint with Jess (H) 12PM-1PM - Lunch 1PM - Salsa Class 2PM - Leisure Bingo</p>	<p>15. 10AM - Storytelling 12PM-1PM - Lunch 1PM - Color your stress away 2PM - Leisure Bingo</p>	<p>16. 11AM - BP Screening 12PM-1PM - Lunch + health presentation 1PM - Support group (H) 2PM - Leisure Bingo</p>	<p>17. 11AM - Tai Chi 12PM-1PM - Lunch 1PM - Gentle Yoga on DVD 2PM - Leisure Bingo</p>	<p>18. 10AM - Jewelry and Crafts 11:30AM - Nutrition Presentation (H) 12PM-1PM - Lunch 1PM - Zumba 2PM - Leisure Bingo</p>
<p>21. 10AM - Plant Hero Special Event 12PM-1PM - Lunch 1PM - Salsa Class 2PM - Leisure Bingo</p>	<p>22. 10AM - Movie 12PM-1PM - Lunch 1PM - Membership/General Meeting 2PM - Leisure Bingo</p>	<p>23. 11AM - BP Screening 12PM-1PM - Lunch + Health Presentation 1PM - Support group (H) 2PM - Leisure Bingo</p>	<p>24. HAPPY THANKSGIVING CLOSED</p>	<p>25. 10:30AM - Jewelry and Crafts 12PM-1PM - Lunch 1PM - Zumba 2PM - Leisure Bingo</p>
<p>28. 10AM - Plant Hero Nutrition Demo 12PM-1PM - Lunch 1PM - Salsa Class 2PM - Leisure Bingo</p>	<p>29. 10AM - Storytelling 12PM-1PM - Lunch 1PM - Color your stress away 2PM - Leisure Bingo</p>	<p>30. PARTY 11AM - BP Screening 12PM-1PM - Lunch 1PM - Party w/ DJ Woody</p>	<p>NYC Department for the Aging Calendar is subject to change</p>	<p>Activities offered on site V= Virtual only H= Hybrid <small>PROUD PARTNER</small> UJA Federation NEW YORK</p>

Nov 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1. BBQ Chicken Yellow Rice Sauteed Green Beans Whole Wheat Bread Fruit, Milk and Juice	2. Cornmeal Crusted Fish Home Fries with Peppers and Onions Cooked Cabbage with Shredded Carrots Whole Wheat Bread Fruit, Milk and Juice	3. Vegetarian Stew Perfect White Rice Steamed Spinach Whole Wheat Bread Fruit, Milk and Juice	4. Curry Chicken Mashed Potatoes Steamed Cabbage with Carrots Whole Wheat Bread Fruit, Milk and Juice
7. Beef Stew Brown Rice String Beans Whole Wheat Bread Fruit, Milk and Juice	8. Baked Chicken Thighs Broccoli with toasted Garlic Baked Sweet Potato Whole Wheat Bread Fruit, Milk and Juice	9. Baked Fish with Mushrooms & Peppers Rice Pilaf Cabbage with Carrots Whole Wheat Bread Fruit, Milk and Juice	10. Pork Roast with Mango Chutney Bowtie Pasta Steamed Spinach Whole Wheat Bread Fruit, Milk and Juice	11. Vegetable Lasagna Baby Carrots with Parsley Oriental Blend Vegetables Whole Wheat Bread Fruit, Milk and Juice
14. Italian Sausage Penne Sauteed Green Whole Wheat Bread Fruit, Milk and Juice	15. Lentil Stew with Carrots and Turnips Yellow Rice Sauteed Spinach Whole Wheat Bread Fruit, Milk and Juice	16. Smothered Pork Chops Mashed Potatoes Vegetable Mix Whole Wheat Bread Fruit, Milk and Juice	17. Curry Chicken Perfect White Rice Cooked Cabbage with Shredded Carrots Whole Wheat Bread Fruit, Milk and Juice	18. Lemon Pepper Fish Pasta Steamed Broccoli Whole Wheat Bread Fruit, Milk and Juice
21. Jerk Chicken Rice and Beans Mix Vegetables Whole Wheat Bread Fruit, Milk and Juice	22. Turkey Chili with Sweet Potatoes and Corn Steamed Green Beans Whole Wheat Bread Fruit, Milk and Juice	23. Italian Roast Chicken Smashed Red Potatoes Oriental Blend Vegetables Whole Wheat Bread Fruit, Milk and Juice	24. Thanksgiving CLOSED	25. Beef and Broccoli Bowtie Pasta Steamed Broccoli Whole Wheat Bread Fruit, Milk and Juice
28. BBQ Pork Chops Baked Macaroni and Cheese Normandy blend vegetables Whole Wheat Bread Fruit, Milk and Juice	29. Stew Chicken Yellow Rice Sauteed Spinach Whole Wheat Bread Fruit, Milk and Juice	30. PARTY Baked Fish with Sweet and Sour Sauce Pasta Steamed Carrots Milk and Juice Dessert or Fruit		Menu is subject to change



Williamsburg Older Adult Center

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

Special Announcements

- Election Day Tuesday Nov 8, no activities on site, only virtual activities, lunch is to go
 - Virtual double feature films on Tuesday Nov 8, Hocus Pocus at 10am and
 - Hocus Pocus 2 at 1pm, members register in advance for the zoom link
 - Hybrid Paint with Jess Nov 14 10am, members register in advance
 - Hybrid Nutrition Presentation with Dr Jensen Nov 18 at 1130am
- In Person Membership Meeting Nov 22 at 1pm/ follow up on lunch survey
 - Center is closed Thanksgiving Day Thursday Nov 24
 - Party With DJ Woody Wednesday Nov 30 from 12pm-3pm

Partially funded by DFTA & Councilmember Jennifer Gutiérrez

