

JANUARY 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3) 11:00a - 12:00p TONING WITH TOBI: Zoom 11a - 12p: CONCERTS IN MOTION: CLASSICAL Zoom</p> <p>1:45p-2:45p: CHESS with Jonathan Turbin: ON SITE AT CLUB 76!</p>	<p>4) 9:30a - 10:30a DRAMA/COMMUNITY THEATER Zoom; ON SITE & VIRTUAL! 12:00p - 1:30p GRAB 'N GO LUNCH 12p- 1:30p: CONCERTS IN MOTION: JAZZ: Zoom 12:30p-2:00:CURRENT EVENTS: Zoom 2:30p - 3:30p: KNITTING WITH JUDITH Zoom ON SITE & VIRTUAL!</p>	<p>5) 11:00a - 12:00p: WALKING GROUP: ON SITE AT CLUB 76! 11a-12p: CONCERTS IN MOTION: RUSSIAN MUSIC: Zoom 12p - 1p: CONCERTS IN MOTION: BROADWAY : Zoom 1p - 2p: TECH DROP-IN-HOUR Zoom: ON SITE AT CLUB 76</p>	<p>6) 12:00p-1:30p:GRAB'N'GO LUNCH CONCERTS IN MOTION: KLEZMER 1p - 2p Zoom 1p - 2:30p: CREATIVE WRITING With Royal Alvis :Zoom ON SITE AND VIRTUAL</p>	<p>7) 10a-11a KEN GRAY TAI CHI: Zoom: ON SITE AND VIRTUAL! 11a - 12p CATCHING UP/HANGING OUT Phyllis Roth Zoom</p>
<p>10) 11:00a - 12:00p TONING WITH TOBI: Zoom 11a - 12p: CONCERTS IN MOTION: CLASSICAL Zoom</p> <p>1:45p-2:45p: CHESS with Jonathan Turbin: ON SITE AT CLUB 76!</p>	<p>11) 9:30a - 10:30a DRAMA/COMMUNITY THEATER Zoom; ON SITE & VIRTUAL! 12:00p - 1:30p GRAB 'N GO LUNCH 12p- 1:30p: CONCERTS IN MOTION: JAZZ: Zoom 12:30p-2:00:CURRENT EVENTS: Zoom 2:30p - 3:30p: KNITTING WITH JUDITH Zoom ON SITE & VIRTUAL!</p>	<p>12) 11:00a - 12:00p: WALKING GROUP: ON SITE AT CLUB 76! 11a-12p: CONCERTS IN MOTION: RUSSIAN MUSIC: Zoom 12p - 1p: CONCERTS IN MOTION: BROADWAY : Zoom 1p - 2p: TECH DROP-IN-HOUR Zoom: ON SITE AT CLUB 76!</p>	<p>13) 12:00p-1:30p:GRAB'N'GO LUNCH CONCERTS IN MOTION: KLEZMER 1p - 2p Zoom 1p - 2:30p: CREATIVE WRITING With Royal Alvis :Zoom ON SITE AND VIRTUAL</p>	<p>14) 10a-11a KEN GRAY TAI CHI: Zoom: ON SITE AND VIRTUAL! 11a - 12p CATCHING UP/HANGING OUT Phyllis Roth Zoom</p>
<p>17) 1:00a - 12:00p TONING WITH TOBI: Zoom 11a - 12p: CONCERTS IN MOTION: CLASSICAL Zoom</p> <p>1:45p - 2:45p: CHESS with Jonathan Turbin: ON SITE AT CLUB 76!</p>	<p>18) 9:30a - 10:30a DRAMA/COMMUNITY THEATER Zoom; ON SITE & VIRTUAL! 12:00p - 1:30p GRAB 'N GO LUNCH 12p- 1:30p: CONCERTS IN MOTION: JAZZ: Zoom 12:30p -2:00p CURRENT EVENTS: Zoom 2:30p - 3:30p: KNITTING WITH JUDITH Zoom ON SITE & VIRTUAL!</p>	<p>19) 11:00a - 12:00p: WALKING GROUP: ON SITE AT CLUB 76! 11a-12p: CONCERTS IN MOTION: RUSSIAN MUSIC: Zoom 12p - 1p: CONCERTS IN MOTION: BROADWAY : Zoom 1p - 2p: TECH DROP-IN-HOUR Zoom: ON SITE AT CLUB 76!</p>	<p>20) 11:30am - 1:00pm Colgate Univ. Acapella Performance: Zoom ON SITE AND VIRTUAL 12:00p-1:30p:GRAB'N'GO LUNCH CONCERTS IN MOTION: KLEZMER 1p - 2p Zoom 1p - 2:30p: CREATIVE WRITING With Royal Alvis :Zoom ON SITE AND VIRTUAL</p>	<p>21) 10a-11a KEN GRAY TAI CHI: Zoom: ON SITE AND VIRTUAL! 11a - 12p CATCHING UP/HANGING OUT Phyllis Roth Zoom</p>
<p>24) 1:00a - 12:00p TONING WITH TOBI: Zoom 11a - 12p: CONCERTS IN MOTION: CLASSICAL Zoom</p> <p>1:45p - 2:45p: CHESS with Jonathan Turbin: ON SITE AT CLUB 76!</p>	<p>25) 9:30a - 10:30a DRAMA/COMMUNITY THEATER-REHEARSAL Zoom; ON SITE IN PERSON & VIRTUAL! 12:00p - 1:30p GRAB 'N GO LUNCH 12p- 1:30p: CONCERTS IN MOTION: JAZZ: Zoom 12:30p -2:00p CURRENT EVENTS:</p>	<p>26) 11:00a - 12:00p: WALKING GROUP: ON SITE AT CLUB 76! 11a-12p: CONCERTS IN MOTION: RUSSIAN MUSIC: Zoom 12p - 1p: CONCERTS IN MOTION: BROADWAY : Zoom 1p - 2p: TECH DROP-IN-HOUR Zoom: ON SITE AT CLUB 76!</p>	<p>27) 12:00p-1:30p:GRAB'N'GO LUNCH CONCERTS IN MOTION: KLEZMER 1p - 2p Zoom 1p - 2:30p: CREATIVE WRITING With Royal Alvis :Zoom ON SITE AND VIRTUAL</p>	<p>28) 10a-11a KEN GRAY TAI CHI: Zoom: ON SITE AND VIRTUAL! 11a - 12p CATCHING UP/HANGING OUT Phyllis Roth Zoom</p>

31) 1:00a - 12:00p
 TONING WITH TOBI: [Zoom](#)
 11a - 12p: CONCERTS IN MOTION:
 CLASSICAL [Zoom](#)
 1:45p - 2:45p: CHESS with Jonathan
 Turbin: **ON SITE AT CLUB 76!**

JASA Club 76 * 120 West 76th St. N.Y, N.Y., 10023 * (212) 712-0170

JANUARY 2022 MENU *All meals are served w/whole wheat bread and 1% milk

Monday	Tuesday	Wednesday	Thursday	Friday
01/03/2022 Fish / Tomatoes /Herbs Rice /Cumin Spiced Kale w/ Garlic Sauce Apple Canned Mandarin Oranges	01/04/2022 Chicken Marsala Roasted Beets Smashed Red Potatoes Orange Juice Applesauce	01/05/2022 Lasagna Rollatini Mixed Vegetables (starchy) Sauteed Zucchini Fruit Cocktail Orange Pineapple Juice	01/06/2022 Sweet and Sour Meatballs Mauzone Toasted Barley and Onion Green Beans Banana Orange Juice	01/07/2022 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Kiwi Apple Juice
01/10/2022 Baked Fish Fillets Dill Lemon Sauce Rice Pilaf Kale w Garlic Sauce Fruit Cocktail Apple Juice	01/11/2022 Baked Turkey Breast Mashed Sweet Potatoes Vegetable Mix (non-starchy) Apple Orange Juice	01/12/2022 Vegan Stuffed Bell Peppers Cous Cous Steamed Carrots Sliced Canned Peaches Orange Pineapple Juice	01/13/2022 Beef Meatloaf with Mushroom Gravy Kasha Varnishkes Italian Green Beans Banana Orange Juice	01/14/2022 Lemon Chicken Roasted Potatoes Blended Vegetables Apple Juice Orange
01/17/2022 Baked Pollack Fish Mustard Fish sauce Brown Rice w Black Beans Blended Veggies Apple Juice Orange	01/18/2022 Baked Onions Turkey Burger Creamy Spinach (dairy free) Spiced Sweet Potatoes Applesauce Orange Juice	01/19/2022 Cheese Blintzes Italian Vegetables Roasted Butternut Squash Kiwi Apple Juice	01/20/2022 Breaded Southern Steak Green Beans Homemade Mashed Potatoes Banana Orange Juice	01/21/2022 Chicken Shwarma (Oven-Roasted) Lentils with Spiced Rice & Onions Blend Vegetables Pear Apple Juice
01/24/2022 Baked Fish Fillets Dill Lemon Sauce Rice Pilaf Kale w Garlic Sauce Apple Juice Orange	01/25/2022 Chicken Marsala Roasted Beets Smashed Red Potatoes Pear Orange Juice	01/26/2022 Lasagna Rollatini Mixed Vegetables (starchy) Sauteed Zucchini Fruit Cocktail Apple Juice	01/27/2022 Stuffed Beef Cabbage Toasted Barley and Onion Roasted Zucchini Banana Orange Juice	01/28/2022 Roasted Chicken Carrot Tzimmes Potato Kugel Apple Orange Pineapple Juice Challah Bread
01/31/2022 Teriyaki Tilapia Chinese Style Spaghetti Oriental Vegetables Pear Orange Juice				





JASA Club 76

120 West 76th Street

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www.jasa.org

Hours:
8:00 a - 4:00 p

