

# JASA STARRETT CITY OLDER ADULT CENTER

**1540 Van Siclen Ave, Brooklyn, NY 11239 (718) 642-1010**



## January 2022 - ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b>  <b>10am-11am</b> Computer Classes: Intro to Your Tablet w/ Natasha <b>(In Person)</b></p> <p><b>11am-12pm</b> Concerts in Motion <b>(Virtual)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p> <p><b>1pm-2pm</b> Domino Champs <b>(In Person)</b></p>	<p><b>4</b>  <b>9am-10am</b> Computer Classes: Intro to Your Tablet w/ Natasha <b>(In Person)</b></p> <p><b>10am-11am</b> Jewelry Making <b>(In Person)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p> <p><b>2pm-3pm</b> Let's Play Bingocize <b>(In Person)</b></p>	<p><b>5</b>  <b>11am-12pm</b> Concerts in Motion <b>(Virtual)</b> <b>(Russian and English)</b></p> <p><b>11am- 12pm</b> Tie Die <b>(In Person)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p> <p><b>1pm-2pm</b> Pools Cue <b>(In Person)</b></p> <p><b>2pm-3pm</b> Chess Central <b>(In Person)</b></p>	<p><b>6</b>  <b>10am-11am</b> Meditative Yoga w/ Cynthia <b>(Hybrid)</b></p> <p><b>11am-12pm</b> Zumba Gold w/ Cynthia <b>(Hybrid)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p> <p><b>1pm-2pm</b> Health Discussion: You Are What You Eat w/ Mildred <b>(In Person)</b></p>	<p><b>7</b>  <b>9:30am-11am</b> Acrylic Painting w/ Tom <b>(Hybrid)</b></p> <p><b>10am-11am</b> Meditative Yoga w/ Cynthia <b>(Hybrid)</b></p> <p><b>11am-12pm</b> Zumba Gold w/ Cynthia <b>(In Person)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p>
<p><b>10</b>  <b>10am-11am</b> Computer Classes: Accessing Zoom w/ Natasha <b>(In Person)</b></p> <p><b>11am-12pm</b> Concerts in Motion <b>(Virtual)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p> <p><b>1pm-2pm</b> Domino Champs <b>(In Person)</b></p>	<p><b>11</b>  <b>9am-10am</b> Computer Classes: Accessing Zoom w/ Natasha <b>(In Person)</b></p> <p><b>10am-11am</b> Jewelry Making <b>(In Person)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p> <p><b>2pm-3pm</b> Let's Play Bingocize <b>(In Person)</b></p>	<p><b>12</b>  <b>11am-12pm</b> Concerts in Motion <b>(Virtual)</b> <b>(Russian and English)</b></p> <p><b>11am- 12pm</b> Tie Die <b>(In Person)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p> <p><b>1pm-2pm</b> Pools Cue <b>(In Person)</b></p> <p><b>2pm-3pm</b> Chess Central <b>(In Person)</b></p>	<p><b>13</b>  <b>10am-11am</b> Meditative Yoga w/ Cynthia <b>(Hybrid)</b></p> <p><b>11am-12pm</b> Zumba Gold w/ Cynthia <b>(Hybrid)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p>	<p><b>14</b>  <b>9:30am-11am</b> Acrylic Painting w/ Tom <b>(In Person)</b></p> <p><b>10am-11am</b> Meditative Yoga w/ Cynthia <b>(Hybrid)</b></p> <p><b>11am-12pm</b> Zumba Gold w/ Cynthia <b>(Hybrid)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p>

<p><b>17</b> <b>CLOSED FOR MARTIN LUTHER KING JR. DAY</b></p>	<p><b>18</b> <b>9am-10am</b> Computer Classes: w/ Natasha <b>(In Person)</b></p> <p><b>10am-11am</b> Jewelry Making <b>(In Person)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p> <p><b>2pm-3pm</b> Let's Play Bingocize <b>(In Person)</b></p>	<p><b>19</b> <b>11am-12pm</b> Concerts in Motion <b>(Virtual (Russian and English))</b></p> <p><b>11am- 12pm</b> Tie Die <b>(In Person)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p> <p><b>1pm-2pm</b> Pools Cue <b>(In Person)</b></p> <p><b>2pm-3pm</b> Chess Central <b>(In Person)</b></p>	<p><b>20</b> <b>10am-11am</b> Meditative Yoga w/ Cynthia <b>(Hybrid)</b></p> <p><b>11am-12pm</b> Zumba Gold w/ Cynthia <b>(Hybrid)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p>	<p><b>21</b> <b>9:30am-11am</b> Acrylic Painting w/ Tom <b>(In Person)</b></p> <p><b>10am-11am</b> Meditative Yoga w/ Cynthia <b>(Hybrid)</b></p> <p><b>11am-12pm</b> Zumba Gold w/ Cynthia <b>(Hybrid)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p>
<p><b>24</b> <b>10am-11am</b> Computer Classes w/ Natasha <b>(In Person)</b></p> <p><b>11am-12pm</b> Concerts in Motion <b>(Virtual)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p> <p><b>1pm-2pm</b> Domino Champs <b>(In Person)</b></p>	<p><b>25</b> <b>9am-10am</b> Computer Classes w/ Natasha <b>(In Person)</b></p> <p><b>10am-11am</b> Jewelry Making <b>(In Person)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p> <p><b>2pm-3pm</b> Let's Play Bingocize <b>(In Person)</b></p>	<p><b>26</b> <b>11am-12pm</b> Concerts in Motion <b>(Virtual (Russian and English))</b></p> <p><b>11am- 12pm</b> Tie Die <b>(In Person)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p> <p><b>1pm-2pm</b> Pools Cue <b>(In Person)</b></p> <p><b>2pm-3pm</b> Chess Central <b>(In Person)</b></p>	<p><b>27</b> <b>10am-11am</b> Meditative Yoga w/ Cynthia <b>(Hybrid)</b></p> <p><b>11am-12pm</b> Zumba Gold w/ Cynthia <b>(Hybrid)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p>	<p><b>28</b> <b>9:30am-11am</b> Acrylic Painting w/ Tom <b>(In Person)</b></p> <p><b>10am-11am</b> Meditative Yoga w/ Cynthia <b>(Hybrid)</b></p> <p><b>11am-12pm</b> Zumba Gold w/ Cynthia <b>(Hybrid)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p>
<p><b>31</b> <b>10am-11am</b> Computer Classes w/ Natasha <b>(In Person)</b></p> <p><b>11am-12pm</b> Concerts in Motion <b>(Virtual)</b></p> <p><b>11am -1pm</b> Congregate Meals Served <b>(In Person)</b></p> <p><b>1pm-2pm</b> Domino Champs <b>(In Person)</b></p>				

# JASA STARRETT CITY OLDER ADULT CENTER

**1540 Van Siclen Ave, Brooklyn, NY 11239 (718) 642-1010**



## January 2022 - MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Fish with Tomatoes and Herbs Jeera Rice (Cumin Spiced Rice) Kale with Garlic Sauce Whole Wheat Bread Canned Mandarin Oranges Low Fat Milk 1 %	<b>4</b> Chicken Marsala Roasted Beets Smashed Red Potatoes Whole Wheat Bread Applesauce Orange Juice Low Fat Milk 1 %	<b>5</b> Lasagna Rولاتيني Mixed Vegetables Sauteed Zucchini Whole Wheat Bread Fruit Cocktail Orange Pineapple Juice Low Fat Milk 1 %	<b>6</b> Sweet and Sour Meatballs Mauzone Toasted Barley and Onion Green Beans Whole Wheat Bread Banana Orange Juice Low Fat Milk 1 %	<b>7</b> Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Apple Juice Kiwi Low Fat Milk 1 %
<b>10</b> Baked Fish Fillets Dill Lemon Sauce Rice Pilaf Kale with Garlic Sauce Whole Wheat Bread Apple Juice Fruit Cocktail Low Fat Milk 1 %	<b>11</b> Baked Turkey Mashed Sweet Potatoes Vegetable Mix (non-starchy) Whole Wheat Bread Apple Orange Juice Low Fat Milk 1 %	<b>12</b> Vegan Stuffed Bell Peppers Cous Cous Steamed Carrots Whole Wheat Bread Orange Pineapple Juice Sliced Canned Peaches Low Fat Milk 1 %	<b>13</b> Beef Meatloaf with Mushroom Gravy Kasha Varnishkes Italian Cut Green Beans Whole Wheat Bread Banana Orange Juice Low Fat Milk 1 %	<b>14</b> Lemon Chicken Roasted Potatoes Winter Blend Vegetables Challah Bread Apple Orange Low Fat Milk 1 %
<b>17</b> Baked Pollack Fish Mustard Fish Sauce Brown Rice and Black Beans Prince Edward Blend Vegetables Whole Wheat Bread Apple Juice Orange Low Fat Milk 1 %	<b>18</b> Baked Onions Turkey Burger Creamy Spinach (dairy-free) Spiced Sweet Potatoes Whole Wheat Bread Applesauce Orange Juice Low Fat Milk 1 %	<b>19</b> Cheese Blintzes Italian Blend Vegetables Roasted Butternut Squash Whole Wheat Bread Apple Juice Kiwi Low Fat Milk 1 %	<b>20</b> Breaded Southern Steak Homemade Mashed Potatoes Green Beans Whole Wheat Bread Banana Orange Juice Low Fat Milk 1 %	<b>21</b> Chicken Shawarma Lentils with Spiced Rice & Caramelized Onions Capri Blend Vegetables Challah Bread Pear Apple Juice Low Fat Milk 1 %

<p><b>24</b>  Baked Fish Fillets  Dill Lemon Sauce  Rice Pilaf  Kale with Garlic Sauce  Whole Wheat Bread  Apple Juice  Orange  Low Fat Milk 1 %</p>	<p><b>25</b>  Chicken Marsala  Roasted Beets  Smashed Red Potatoes  Whole Wheat Bread  Pear  Orange Juice  Low Fat Milk 1 %</p>	<p><b>26</b>  Lasagna Rولاتini  Mixed Vegetables (starchy)  Sauteed Zucchini  Whole Wheat Bread  Apple Juice  Fruit Cocktail  Low Fat Milk 1 %</p>	<p><b>27</b>  Stuffed Cabbage with Beef  Toasted Barley with Onions  Roasted Zucchini  Whole Wheat Bread  Banana  Orange Juice  Low Fat Milk 1 %</p>	<p><b>28</b>  Roasted Chicken  Carrot Tzimmes  Potato Kugel  Challah Bread  Apple  Orange Pineapple Juice  Low Fat Milk 1 %</p>
<p><b>31</b>  Teriyaki Tilapia  Chinese Style Spaghetti  Whole Wheat Bread  Oriental Blend Vegetables  Orange Juice  Pear  Low Fat Milk 1 %</p>				



**JASA Starrett City Older Adult Center**

**1540 Van Sicken Ave**

**Brooklyn, NY 11239**

**718-642-1010**

**Donna Forde, Program Director**

**dforde@gmail.com**

**www.jasa.org**

**Hours**

**8 AM - 4 PM**

**January 6<sup>th</sup> 1pm-2pm Health Discussion: You Are What You Eat w/ Mildred  
(In Person)**

**Mondays: 10am-11am Computer Classes w/Natasha (In Person)**

**Tuesdays: 9am-10am Computer Classes w/Natasha (In Person)**

**JASA Starrett City Older Adult Center will be closed January 17, 2022 in observance of  
Martin Luther King Jr. Day**

**\*\* Please wear your mask when entering the building\***

