

**MARCH 2023 ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>27</b>	<b>28</b>  <b>THE CALENDAR IS SUBJECT TO CHANGE</b>	<b>1</b>  10:00 Pilates (In person) 11:30am-1:00pm Lunch 11:30 Lunch and a Movie (+discussion)	<b>2</b>  11:00am Chat with Staff (in-person) 11:30am-1:00pm Lunch 12:15pm <b>ADVANCED MOVEMENT EXERCISE w/Anatoly (in-person)</b> 1:15pm Technology Class (in-person)	<b>3</b>  11:00am- Health Lecture (in-person) 11:30am-1:00pm Lunch 1:15pm <b>AEROBIC w/louri (in-person)</b>
<b>6</b> 10:00 Zumba (in person) 11:30am-1:00pm Lunch 12:00 Mixed Media Open Art Studio w/Jennifer (in-person)	<b>7</b> 10:00am Belly Dancing 11:30 <b>PURIM Reading (food packages)</b> 11:30 FINE ART CLASS w/Roza (in-person) 11:30am-1:00pm Lunch	<b>8</b> 10:00 Pilates (In person) ♀ 11:30am-1:00pm Lunch 11:30 Lunch and a Movie (+discussion) 12:00 <b>GIRL POWER!</b> <b>INTERNATIONAL WOMEN'S DAY PARTY</b>	<b>9</b> 11:00am Chat with Staff (in-person) 11:00am-12:00pm <b>Advisory Board</b> 11:30am-1:00pm Lunch 12:15pm <b>ADVANCED MOVEMENT w/Anatoly (in-person)</b> 1:15pm Technology in Class	<b>10</b> 11:00am- Health Lecture (in-person) 11:30am-1:00pm Lunch 12:00pm-1:30pm <b>Mixed Media Art Studio w/Jennifer (in-person)</b> 1:15pm <b>AEROBIC w/louri (in-person)</b>
<b>13</b> 10:00 Zumba (in person) 11:30am-1:00pm Lunch 12:00 Mixed Media Open Art Studio w/Jennifer (in-person)	<b>14</b> 10:30am Belly Dancing 11:30 FINE ART CLASS w/Roza (in-person) 11:30am-1:00pm Lunch	<b>15</b> 9:00 am <b>TRIP TO METROPOLITAN MUSEUM of ART</b> 10:00 Pilates (In person) 11:30am-1:00pm Lunch 11:30 Lunch and a Movie (+discussion)	<b>16</b> 11:00am Chat with Staff (in-person) 11:30am-1:00pm Lunch 12:15pm <b>ADVANCED MOVEMENT EXERCISE w/Anatoly (in-person)</b> 1:15pm Technology Class (in-person)	<b>17</b> 11:00am- Health Lecture (in-person) 11:30am-1:00pm Lunch 1:15pm <b>AEROBIC w/louri (in-person)</b>
<b>20</b> 10:00 Zumba (in person) 11:30am-1:00pm Lunch 12:00 Mixed Media Open Art Studio w/Jennifer (in-person)	<b>21</b> 10:00am Belly Dancing with Dinara 11:30 FINE ART CLASS w/Roza (in-person) 11:30am-1:00pm Lunch	<b>22</b> 10:00 Pilates (In person) 11:30am-1:00pm Lunch 11:30 Lunch and a Movie	<b>23</b> 11:00am Chat with Staff (in-person) 11:00 <b>Nutrition ED &amp; Cooking Demo</b> 11:30am-1:00pm Lunch 12:15pm <b>ADVANCED MOVEMENT</b> 1:15pm Technology Class	<b>24</b> 11:00am- Health Lecture (in-person) 11:30am- 1:00pm Lunch 12:00pm-1:30pm <b>Mixed Media Art Studio w/Jennifer (in-person)</b> 1:15pm <b>AEROBIC w/louri (in-person)</b>
<b>27</b> 10:00 Zumba (in person) 11:30am-1:00pm Lunch 12:00 Mixed Media Open Art Studio w/Jennifer (in-person)	<b>28</b> 10:00am Belly Dancing with Dinara 11:30 FINE ART CLASS w/Roza (in-person) 11:30am-1:00pm Lunch	<b>29</b> 10:00 Pilates (In person) 11:00 <b>Emergency Preparedness (National Guard)</b> 11:30am-1:00pm Lunch 11:30 Lunch and a Movie	<b>30</b> 11:00am Chat with Staff (in-person) 11:30am-1:00pm Lunch 12:15pm <b>ADVANCED MOVEMENT EXERCISE w/Anatoly (in-person)</b> 1:15pm Technology Class	<b>31</b> 11:00am- Health Lecture (in-person) 11:30am- 1:00pm Lunch 1:15pm <b>AEROBIC w/louri (in-person)</b>



LUNA PARK ANNEX \* 2880 West 12<sup>th</sup> Street, Brooklyn, NY 11224 \* Tel 718-996-6666



# MARCH 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
27	28 <b>THE MENU IS SUBJECT TO CHANGE</b>	1 <b>TURKEY W/GRAVY</b> Mashed potatoes, whole wheat stuffing, green beans • Juice • Milk, low fat, 1% • Fruit • Margarine	2 <b>TERYAKI BAKED FISH</b> Yellow rice, Oriental blend veggies • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread <b>GRAB &amp; GO OPTION: STUFFED CABBAGE</b>	3 <b>ROASTED CHICKEN</b> Potato kugel, carrot Tsimmis Juice • Milk, low fat, 1% • Fruit • Margarine • Challah bread
6 <b>SWEDISH MEATBALLS (beef/turkey)</b> Egg noodles, green beans, steamed carrots Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	7 <b>BREADED EGGPLANT CUTLETS (tom. sauce)</b> Pasta w/parsley, Italian blend veggies Juice • Milk, low fat, 1% • Fruit • Margarine • Garlic Bread	8 <b>BEEF POT ROAST</b> Mashed potatoes, creamy spinach (non-dairy) • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	9 <b>SALMON CAKES / dill lemon sauce</b> Roast potatoes, Winter blend veggies • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread <b>GRAB &amp; GO: SWEDISH MEATBALLS</b>	10 <b>ROASTED CHICKEN (Spanish style)</b> Rice-A Roni, sautéed zucchini • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah bread
13 <b>ITALIAN MEATBALLS (beef/turkey)</b> Green beans, pasta • Juice • Milk, low fat, 1% • Fruit • Margarine • Garlic bread	14 <b>VEGGIE BURGER</b> Mashed potatoes, braised red cabbage • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	15 <b>STUFFED CABBAGE (BEEF)</b> Kasha varnishkes, Capri blend veggies • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	16 <b>FISH FRANCAISE (dill lemon sauce)</b> Yellow rice, creamy spinach (non-dairy) • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread <b>GRAB &amp; GO: STUFFED CABBAGE (BEEF)</b>	17 <b>HAWAIIAN CHICKEN</b> Toasted barley/onion, steamed carrots • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah bread
20 <b>SHEPHERD PIE (beef/turkey)</b> Garden salad Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	21 <b>CHICKEN MARSALA</b> Yellow rice, roasted beets • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread <b>GRAB &amp; GO: KOTLETY (CHICKEN PATTIES)</b>	22 <b>VEGAN STUFFED PEPPERS</b> Roasted potatoes, green beans Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	23 <b>SWEET &amp; SOUR MEATBALLS</b> Toasted barley/onion, creamy spinach (non-dairy) Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	24 <b>ROASTED CHICKEN (brown gravy)</b> Potato Kugel, carrot tsimmis • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah bread
27 <b>SLOPPY JOE</b> Rice & beans, Cali blend veggies • Juice • Milk, low fat, 1% • Fruit • Margarine • burger bun	28 <b>CHICKEN FRANCAIS</b> Sweet potatoes, wh. Grain stuffing, veggie mix (non-starchy) • Juice • Milk, low fat, 1% • Fruit • Margarine	29 <b>BEEF MEATLOAF (mushroom gravy)</b> Mashed potatoes, creamy spinach (non-dairy) Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	30 <b>FISH FRANCAISE (Creole sauce)</b> Rice-A Roni, steamed carrots • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread <b>GRAB &amp; GO: BEEF MEATLOAF</b>	31 <b>CRANBERRY CHICKEN</b> Noodle Kugel, green beans • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah bread



**SCHEUER HOUSE OF CI OAC & LUNA PARK ANNEX**  
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**Hours**

Open Daily Monday thru Friday 8:00 am-4:00 pm

**Staff:**

Program Director: Lidia Shneyer  
Assistant Director: Anatoli Kardiukov  
Program Coordinator: Dianne Russell  
Case Manager: Nansi Harb

**Daily Lunch**

Daily Hot Kosher Lunch-(Monday-Friday)  
11:30 AM-1:00 PM- DINING ROOM

Additional funding with generous grants from Councilman I. Vernikov

