



Williamsburg Older Adult Center



(718) 388-6865

202 Graham Ave., Brooklyn NY 11206

June Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 10am – Monday Morning Meditation 11am – Support Group 12pm-1pm—Lunch 1pm - Salsa Class 2pm - Leisure Bingo & Dominoes	4 9:30am— MOVIE TRIP Kingdom of the Planet of the Apes 10:30am—Storytelling: Come Share & Create Your Story 12pm-1pm—Lunch 1pm—Tech Tuesday 2pm - Leisure Bingo & Dominoes	5 10am— BP Screening 11am – VISIONS Presentation 12pm-1pm—Lunch 1pm - Balance & Flow Exercise 2pm - Leisure Bingo & Dominoes	6 10:30am—Self Defense w/Jimmy 12pm-1pm—Lunch 1pm - Hand Massages, w/ Oak street 2pm - Leisure Bingo & Dominoes	7 10:30am - Jewelry Making and Crafts 12pm-1pm—Lunch 1pm - Zumba w/Desi 2pm - Leisure Bingo & Dominoes	8

Partially funded by: NYC Aging & Councilmember Jennifer Gutiérrez

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10 10am—Monday Morning Meditation 11am— Support Group 12pm-1pm—Lunch 1pm – Salsa Class 2pm - Leisure Bingo & Dominoes	11 10:30am—Storytelling: Come Share & Create Your Story 12pm-1pm—Lunch 1pm—Support Group 2pm - Leisure Bingo & Dominoes	12 10am—BP Screening 11am – Health Discussion: 12pm-1pm—Lunch 1pm - Balance & Flow Exercise 2pm - Leisure Bingo & Dominoes	13 10:30am—Fall Prevention w/Jimmy 12pm-1pm—Lunch 1pm - Gentle Yoga on DVD 2pm - Leisure Bingo & Dominoes	14 10:30am - Jewelry Making and Crafts 12pm-1pm—Lunch 1pm - Zumba w/Desi 2pm - Leisure Bingo & Dominoes	15 
16	17 10am—Monday Morning Meditation 11am – Support Group 12pm-1pm—Lunch 1pm - Salsa Class 2pm - Leisure Bingo & Dominoes	18 11:00am— Color Your Stress Away 12pm-1pm—Lunch 1pm—Yoga w/ VNS 2pm - Leisure Bingo & Dominoes	19 CLOSED FOR JUNETEENTH 	20 11am—Self Defense w/Jimmy 12pm-1pm—Lunch 1pm - Gentle Yoga on DVD 2pm - Leisure Bingo & Dominoes	21 10:30am - Arts and Crafts 12pm-1pm—Lunch 1pm - Zumba w/Desi 2pm - Leisure Bingo & Dominoes	22
23	24 10am—Monday Morning Meditation 11am— Support Group 12pm-1pm—Lunch 1pm – Salsa Class 2pm - Leisure Bingo & Dominoes	25 10:30am—Storytelling: Come Share & Create Your Story 12pm-1pm—Lunch 1pm—Tech Tuesday 2pm - Leisure Bingo & Dominoes	26 10am — BP Screening 11am - Health Discussion: 12pm-1pm—Lunch 12pm – 3pm – Party with DJ Woody	27 10am— 11am – Painting w/ Ericka 12pm-1pm—Lunch 1pm - Membership Meeting 2pm - Leisure Bingo & Dominoes	28 10:30am - Arts and Crafts 12pm-1pm—Lunch 1pm - Zumba w/Desi 2pm - Leisure Bingo & Dominoes	29 OPEN SATURDAY 10am— IN HOUSE MOVIE 12pm-1pm—Lunch 1pm – Karaoke Party w/ DJ Woody

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May Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Aromatic Lentil Stew w/ Carrots and Turnips White Rice Steamed Cauliflower Apple or Applesauce Whole Wheat Bread 1% Low Fat Milk	4 Spanish Style Catfish Chinese Style Spaghetti Oriental Blend Vegetables Orange Whole Wheat Bread 1% Low Fat Milk	5 Jerk Chicken Black Beans and Rice Steamed Broccoli Apple or Pear Whole Wheat Bread 1% Low Fat Milk	6 Spanish Style Beef Stew Homemade Mashed Potatoes Vegetable Mix (non-starchy) Banana Whole Wheat Bread 1% Low Fat Milk	7 Homemade Coconut Breaded Fish Brown Rice Sauteed Spinach Orange or Plums Whole Wheat Bread 1% Low Fat Milk	8

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10 BBQ Pork Chops White Rice California Blend Vegetables Apple or Watermelon Whole Wheat Bread 1% Low Fat Milk	11 Baked Asian Style Honey Chicken Egg Noodles Steamed Red or Green Cabbage Orange Whole Wheat Bread 1% Low Fat Milk	12 Lemony Chickpea and Kale Stir-Fry Brown Rice Cauliflower w/ Carrots and Parsley Apple Whole Wheat Bread 1% Low Fat Milk	13 Baked fish w/ Mushrooms and Peppers Couscous Sauteed Green Beans w/ Onions Banana Whole Wheat Bread 1% Low Fat Milk	14 Oven Fried Chicken Baked Macaroni and Cheese Steamed Collard Greens Orange Whole wheat Bread 1% Low Fat Milk	15
16	17 Spanish Style Roast Pork (Pernil) Black Beans and Rice Braised Collard Greens Apple Whole Wheat Bread 1% Low Fat Milk	18 Caribbean Style BBQ Chicken Roasted Potatoes Sauteed Spinach Orange Whole Wheat Bread 1% Low Fat Milk	19 CLOSED FOR JUNETEENTH	20 Fish w/ Mushrooms, Peppers and Tomatoes Coconut rice and Pigeon Peas Normandy Blend Banana Whole Wheat Bread 1% Low Fat Milk	21 Curried Chicken Penne Baby Carrots Orange Whole Wheat Bread 1% Low Fat Milk	22
23	24 Spanish Style Beef Stew Homemade Mashed Potatoes Steamed Broccoli Apple or Pear Whole Wheat Bread 1% Low Fat Milk	25 Jerk Chicken Rice & Beans Braised Collard Greens Orange Whole Wheat Bread 1% Low Fat Milk	26 Buffalo Chickpea Power Grain Bowl Pasta Steamed Carrots Apple Whole Wheat Bread 1% Low Fat Milk	27 Spanish Style Baked Chicken Italian Blend Vegetables Roasted Sweet Potatoes Apple Whole Wheat Bread 1% Low Fat Milk	28 Baked Fish with Black Bean Sauce Pasta Normandy Blend Orange or Cantaloupe Whole Wheat Bread 1% Low Fat Milk	29 OPEN SATURDAY

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www.jasa.org

Hours

Mondays - Fridays 8:00am - 4:00pm

Williamsburg Older Adult Center Staff

Kennon Gaffney, Program Director Kgaffney@jasa.org

Eva Marie Ruiz, Assistant Director ERuiz@jasa.org

Ericka Arzu Martinez, Program Coordinator Earzumartinez@jasa.org

Jessica Caba, Case Manager JCaba@jasa.org

Kwame Fulcott, Food Technician

NEW [Month] Activities/Programming

Monthly Party w/ DJ Woody, June 26th at 12pm

Blood Pressure Screening every Wednesday at 11am

Movie Trip on June 4th at 9:30am

Yoga with VNS on June 18th at 11am

Smoothie Making with Wellcare on June 26th at 1pm

Open Saturday on June 29th with Karaoke party and movie

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