





Williamsburg Older Adult Center


(718) 388-6865

202 Graham Ave., Brooklyn NY 11206

October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 10am –Storytelling with Robin (Rec Room) 11am- Meet and Greet w/ JASA COO 12pm-1pm - Lunch 1pm - Tech Tuesdays 2pm - Leisure & Bingo</p>	<p>2 10am – BP Screening 11am – Health Discussion 12pm-1pm—Lunch 1pm - Balance & Flow Exercise 2pm - Leisure Bingo & Dominoes</p>	<p>3 CLOSED FOR ROSHASHANA</p> 	<p>4 10:30am -Arts and Crafts 12pm-1pm—Lunch 1pm - Zumba w/Desi 2pm - Leisure Bingo & Dominoes</p>
<p>7 10am - Monday Morning Meditation 11am - Music Monday (Spanish Heritage) 12pm-1pm - Lunch 1pm - Salsa Class 2pm - Leisure & Bingo</p>	<p>8 10am - Storytelling with Robin 12pm-1pm - Lunch 1pm - Tech Tuesdays 2pm - Leisure & Bingo</p>	<p>9 10am – BP Screening 11am – Health Discussion 12pm-1pm—Lunch 1pm - Balance & Flow Exercise 2pm - Leisure Bingo & Dominoes</p>	<p>10 10am -Coffee & Current Events 11am - Support Group 12pm -1pm - Lunch 1pm - Belly Dancing w/ VNS 2pm - Leisure & Bingo</p>	<p>11 10:30am -Arts and Crafts 12pm-1pm—Lunch 1pm - Zumba w/Desi 2pm - Leisure Bingo & Dominoes</p>

Partially funded by: NYC Aging & Councilmember Jennifer Gutiérrez

Monday	Tuesday	Wednesday	Thursday	Friday
<p>14 10am - Monday Morning Meditation 11am - Beading and Bracelets 12pm-1pm - Lunch 1pm - Salsa Class 2pm - Leisure & Bingo</p>	<p>15 10am –Storytelling with Robin (Rec Room) 12pm-1pm - Lunch 1pm - Tech Tuesdays 2pm - Leisure & Bingo</p>	<p>16 10am – BP Screening 11am – Health Discussion 12pm-1pm—Lunch 1pm - Balance & Flow Exercise 2pm - Leisure Bingo & Dominoes</p>	<p>17 10am -Coffee & Current Events 11am - Membership Meeting 12pm -1pm - Lunch 1pm - Gentle Yoga 2pm - Leisure & Bingo</p>	<p>18 10:30am -Arts and Crafts 12pm-1pm—Lunch 1pm - Zumba w/Desi 2pm - Leisure Bingo & Dominoes</p>
<p>21 10am - Monday Morning Meditation 11am - Music Monday (Celia Cruz) 12pm-1pm - Lunch 1pm - Salsa Class 2pm - Leisure & Bingo</p>	<p>22 10am –Storytelling with Robin (Rec Room) 12pm-1pm - Lunch 1pm - Tech Tuesdays 2pm - Leisure & Bingo</p>	<p>23 10:30- Art Deco Zoom Call (Rec Room) 11am – Health Discussion/ BP Screening 12pm-1pm—Lunch 1pm - Balance & Flow Exercise 2pm - Leisure Bingo & Dominoes</p>	<p>24 10am -Coffee & Current Events 11am - Support Group 12pm -1pm - Lunch 1pm - Gentle Yoga 2pm - Leisure & Bingo</p>	<p>25 10:30am -Arts and Crafts 12pm-1pm—Lunch 1pm - Zumba w/Desi 2pm - Leisure Bingo & Dominoes</p>
<p>28 10am - Monday Morning Meditation 11am - Beading and Bracelets 12pm-1pm - Lunch 1pm - Salsa Class 2pm - Leisure & Bingo</p>	<p>29 10am –Storytelling with Robin (Rec Room) 12pm-1pm - Lunch 1pm - Tech Tuesdays 2pm - Leisure & Bingo</p>	<p>30 10am – BP Screening 11am – Health Discussion 12pm-1pm—Lunch 1pm - Balance & Flow Exercise 2pm - Leisure Bingo & Dominoes</p>	<p>31 10am -Coffee & Current Events 11am - Support Group 12pm -1pm - Lunch 1pm - Gentle Yoga 2pm - Leisure & Bingo</p>	

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	1 Pork Spare Ribs Instant Mashed Potatoes Sautéed Green Beans w/ Onions Apple Whole Wheat Bread 1% Low Fat Milk	2 Smoky Black Bean and Sweet Potato Chili Brown Rice Steamed Green Beans Apple Whole Wheat Bread 1% Low Fat Milk	3 CLOSED FOR ROSH HASHANA	4 Arroz Con Pollo Chicken Breast And Rice Broccoli with Toasted garlic Orange Whole Wheat Bread 1% Low Fat Milk
7 Spanish Style Catfish Chinese Style Spaghetti Oriental Blend Vegetables Apple Whole Wheat Bread 1% Low Fat Milk	8 Aromatic Lentil Stew w/ Carrots and Turnips White Rice Steamed Cauliflower Orange Whole Wheat Bread 1% Low Fat Milk	9 Spanish Style Beef Stew Homemade Mashed Potatoes Vegetable Mix (non-starchy) Apple Whole Wheat Bread 1% Low Fat Milk	10 Jerk Chicken or Roasted Chicken Black Beans and Rice Steamed Broccoli Banana Whole Wheat Bread 1% Low Fat Milk	11 Homemade Coconut Breaded Fish Brown Rice Sautéed Spinach Orange Whole Wheat Bread 1% Low Fat Milk

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14 Baked Asian Style Honey Chicken Egg Noodles Steamed Red or Green Cabbage Apple Whole Wheat Bread 1% Low Fat Milk	15 BBQ Pork Chops White Rice California Blend Vegetables Orange Whole Wheat Bread 1% Low Fat Milk	16 Baked fish w/ Mushrooms and Peppers Couscous Sauteed Green BEans w/ Onions Apple Whole Wheat Bread 1% Low Fat Milk	17 Lemony Chickpea and Kale Stir-Fry Brown Rice Cauliflower w/ Carrots and Parsley Banana Whole Wheat Bread 1% Low Fat Milk	18 Oven Fried Chicken Baked Macaroni and Cheese Steamed Collard Greens Orange Whole wheat Bread 1% Low Fat Milk
21 Caribbean Style BBQ Chicken Roasted Potatoes Sauteed Spinach Apple Whole Wheat Bread 1% Low Fat Milk	22 Spanish Style Roast Pork (Pernil) Black Beans and Rice Braised Collard Greens Orange Whole Wheat Bread 1% Low Fat Milk	23 Curried Chicken Pasta Baby Carrots and Parsley Apple Whole Wheat Bread 1% Low Fat Milk	24 Chickpea & Vegetable Curry w/ Quinoa Steamed Broccoli Banana Whole Wheat Bread 1% Low Fat Milk	25 Fish w/ Mushrooms, Peppers and Tomatoes Coconut Rice and Pigeon Peas Normandy Blend Whole Wheat Bread 1% Low Fat Milk
28 Spanish Style Baked Chicken Italian blend Vegetables Roasted Sweet Potatoes Apple Whole Wheat Bread 1% Low Fat Milk	29 Spanish Style Beef Stew Mashed Potatoes Steamed Broccoli Orange Whole Wheat Bread 1% Low Fat Milk	30 Jerk Chicken Rice and beans Collard Greens Apple Whole Wheat Bread 1% Low Fat Milk	31 Buffalo ChickPea Power Grain Bowl Pasta Salad Banana Whole Wheat Bread 1% Low Fat Milk	

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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

NEW September Activities/Programming

CLOSED on October 3rd for Rosh Hashana

Belly Dancing Class with VNS on October 10th at 1pm

General Membership Meeting October 17th at 11am

Art Deco Zoom Call on October 23 at 10:30am

Halloween Party w/ DJ Woody, October 30th at 12pm

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