Williamsburg Older Adult Center

(718) 388-6865

202 Graham Ave., Brooklyn, NY 11206

September 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10am - Color Your Stress Away 11am - Nutrition Foodletter 12pm - Lunch 1pm - ESL w/ Jess 2pm - Leisure Games	**2** 10am - Morning Stretch 11am - Parent Care Presentation 12pm - Lunch 1pm - Balance & Flow Exercise 2pm - Leisure Games	**3** 10am - Coffee & Current Events 11am - Health Discussion 12pm - Lunch 1pm - Chair Exercise 2pm - Bingo	**4** 10am - Beading and Bracelets 12pm - Lunch 1pm - -Zumba w/ Desi 2pm - Billiards
7 **CLOSED FOR LABOR DAY**	**8** 10am - Color Your Stress Away 11am - Tech Tuesday 12pm - Lunch 1pm - ESL w/ Jess 2pm - General Membership Meeting	**9** 10am - Morning Stretch 11am - Elder Justice Presentation 12pm - Lunch 1pm - Balance & Flow Exercise 2pm - Leisure Games	**10** 10am - Coffee & Current Events 11am - Health Discussion 12pm - Lunch 1pm - Emergency Preparedness Presentation 2pm - Game Show Hour	**11** 10am - Beading and Bracelets 12pm - Lunch 1pm - Zumba w/ Desi 2pm - Leisure Games
14 10am - Morning Meditation 11am - Arts & Crafts 12pm - Lunch 1pm - Salsa Class 2pm - Music Monday (Karaoke)	**15** 10am - Color Your Stress Away 11am - Tech Tuesday 12pm - Lunch 1pm - ESL w/ Jess 2pm - Creative Writing	**16** 10am - Morning Stretch 11am - Mindteasers 12pm - Lunch 1pm - Balance & Flow Exercise 2pm - Leisure Games	**17** 10am - Coffee & Current Events 11am - Health Discussion 12pm - Lunch 1pm - Harmony Road Presentation 2pm -Leisure Games	**18** 10am - Beading and Bracelets 12pm - Lunch 1pm - -Zumba w/ Desi 2pm - Billiards

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Monday	Tuesday	Wednesday	Thursday	Friday
21 **CLOSED FOR YOM KIPPUR**	**22** 10am - Color Your Stress Away 11am - Tech Tuesday 12pm - Lunch 1pm - ESL w/ Jess 2pm - Leisure Games	**23** 10am - Morning Stretch 11am - Mindteasers 12pm - Lunch 1pm - Balance & Flow Exercise 2pm - Leisure Games	**24** 10am - Coffee & Current Events 11am - Health Discussion 12pm - Lunch 1pm - Movie Day (Mary Poppins) 2pm - Chair Exercise	**25** 10am - Beading and Bracelets 12pm - Lunch 1pm - -Zumba w/ Desi 2pm - Drama Club
28 10am - Morning Meditation 11am - Arts & Crafts 12pm - Lunch 1pm - Salsa Class 2pm - Music Monday	**29** 10am - Color Your Stress Away 11am - Tech Tuesday 12pm - Lunch 1pm - ESL w/ Jess 2pm - Leisure Games	**30** 10am - Morning Stretch 11am - Mindteasers 12pm - Lunch 1pm - Rodeo Hoedown Party w/ DJ Woody		

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September 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tuna Salad Black Beans and Rice Kale with Tomato Apple 1% Low Fat Milk Whole Wheat Bread	2 Chicken Empanada Baked Fries California Blend Veggies Banana 1% Low Fat Milk Whole Wheat Bread	3 Shepherd's Pie Normandy blend Vegetables Orange 1% Low Fat Milk Whole Wheat Bread	4 Over Fried Chicken Garlic Mashed Potatoes Italian Blend Vegetables Apple 1% Low Fat Milk Whole Wheat Bread
7 **CLOSED FOR LABOR DAY**	8 Chicken Adobo Yellow Rice California Blend Vegetables Apple 1% Low Fat Milk Whole Wheat Bread	9 Mojo Pork Mixed Green Salad with Dressing Banana 1% Low Fat Milk Whole Wheat Bread	10 Baked Chicken Quarters Black Beans and Rice Garden Salad Orange 1% Low Fat Milk Whole Wheat Bread	11 Tuna-Egg Salad Supreme Baby Carrots and Parsley Apple 1% Low Fat Milk Whole Wheat Bread
14 Cozy Lentil and Veggie Soup White Rice Roasted Potatoes and Vegetables Orange 1% Low Fat Milk Whole Wheat Bread	15 Chicken Fajitas Caesar Salad Apple 1% Low Fat Milk Whole Wheat Bread	16 Beef Picadillo Roasted Potatoes Steamed Broccoli Banana 1% Low Fat Milk Whole Wheat Bread	17 Peruvian Chicken Arroz con Gandules Mixed Gree Salad Orange 1% Low Fat Milk Whole Wheat Bread	18 Chicken Empanada Garlic Mashed Potatoes Apple 1% Low Fat Milk Whole Wheat Bread

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Monday	Tuesday	Wednesday	Thursday	Friday
21 **CLOSED FOR YOM KIPPUR**	22 Italian Style Pork Loin Arroz con Gandules Baby Spinach Salad with Lemon vinaigrette Apple 1% Low Fat Milk Whole Wheat Bread	23 Beef Meatballs California Blend Vegetables Banana 1% Low Fat Milk Whole Wheat Bread	24 Baked Chicken Leg Quarters Yellow Rice Orange 1% Low Fat Milk Whole Wheat Bread	25 Chickpea of the Sea Tuna Salad Steamed Carrots Apple 1% Low Fat Milk Whole Wheat Bread
28 Cozy Lentil and Veggie Soup White Rice Roasted Potatoes and Vegetables	29 Baked Chicken Thighs Mexican Confetti Rice Black BEan Soup Italian Blend Vegetables Apple 1% Low Fat Milk Whole Wheat Bread	30 Beef Empanadas Southern reens Garlic Mashed Potatoes Banana 1% Low Fat Milk Whole Wheat Bread		

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www.jasa.org

Hours

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

Daily Lunch

Mondays - Fridays

12:00pm - 1:00pm - Dining Room

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 August 2026 Activities/Programming

ESL w/ Jess continues - Weekly on Tuesdays @ 1:00 pm - 2:00 pm

Sharing Reflections w/ Brooklyn Public Library @ 11:00 am - 12:00 pm

Parent Care Presentation w/ Rosnelly Javier - 9/2 @11:00 am - 12:00 pm

General Membership Meeting- 9/8 @ 2:00 pm- 3:00 pm

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Emergency Preparedness w/ Citizens Preparedness Corps - 9/10 @ 11:00 am - 12:00 pm

Harmony Road Recovery Presentation w/ Aron Zelcer - 9/17 @ 1:00pm -2:00pm

Rodeo Hoedown Throwdown w/ DJ Woody - 7/29 @12:00 pm - 3:00 pm

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