



June 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria 1:00 Su Casa Drama Class	4 9:30 Walking in Place 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games	5 Advisory Board Meeting 9:00 Day at The Opera 10:00-11:00 Computer Lab with Larry 11:00-12:00 Advanced Computer lab with Larry 11:00 Yoga with Christine 11:00 Leisure Games 1:00 Fun with Trivia with Steve	6 Volunteer Brunch at Cross Bay Diner 9:30 Day at the opera (DVD) 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 1:30-2:30 Arts & Crafts with Annette	7 10:00 Knitting class with Gloria 11:00 Tai-Chi with Joe 12:30 Drama Class 1:00 Popcorn & movies at JASA 1:00 Su Casa Drama Class
10 Trip- Hunterdon Playhouse, NJ Luncheon & Show 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria 1:00 Su Casa Drama Class	11 9:30 Walking in Place 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 1:30 Avoiding strokes 2:00 Leisure Games	12 9:00 Day at The Opera 10:00-11:00 Computer Lab with Larry 11:00-12:00 Advanced Computer lab with Larry 11:00 Yoga with Christine 11:00 Leisure Games 1:00 Fun with Trivia with Steve	13 Blood Pressure Screening 9:30 Day at the opera (DVD) 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 1:30-2:30 Arts & Crafts with Annette 1:00- Prepare for Hurricane season	14 Father's Day Party With Sira the Belly Dancer Su Casa Performance at Jasa 10:00 Knitting class with Gloria 11:00 Tai-Chi with Joe 12:30 Drama Class 1:00 Popcorn & movies at JASA
17 10:00 Day at the Opera (DVD) 11:00 Yoga with Christine 1:00 Quilting with Gloria 1:00 Su Casa Drama Class	18 Su Casa Performance at Queens theatre in the park 9:30 Walking in Place 10:30-11:30 Yoga With Christine 1:00 Bingo for Candy 2:00 Leisure Games	19 9:00 Day at The Opera 10:00-11:00 Computer Lab with Larry 11:00-12:00 Advanced Computer lab with Larry 11:00 Yoga with Christine 11:00 Leisure Games 1:00 Fun with Trivia with Steve	20 9:30 Day at the opera (DVD) 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 1:30-2:30 Arts & Crafts with Annette	21 10:00 Knitting class with Gloria 11:00 Tai-Chi with Joe 12:30 Drama Class 1:00 Popcorn & movies at JASA 1:00 Su Casa Drama Class
24 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria 1:00 Su Casa Drama Class	25 9:30 Walking in Place 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games	26 9:00 Day at The Opera 10:00-11:00 Computer Lab with Larry 11:00 Yoga with Christine 11:00 Leisure Games 1:00 Fun with Trivia with Steve	27 Food Shopping 9:30 Day at the opera (DVD) 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 1:30-2:30 Arts & Crafts with Annette	28 10:00 Knitting class with Gloria 11:00 Tai-Chi with Joe 12:30 Drama Class 1:00 Popcorn & movies at Jasa



June 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Stuffed Peppers With Turkey Roasted Vegetable Couscous Green Beans Cold Lunch: Tuna Salad</p>	<p>4 Shake & Bake Chicken Succotash Salad Winter blend Bread Cold Lunch: Egg Salad</p>	<p>5 Beef Hamburger Potato Salad Coleslaw with Olive oil & Vinegar Cold Lunch: Salmon Salad</p>	<p>6 Baked Salmon with Cilantro Citrus Lime Sauce Brown Rice with Mushrooms Baby Carrots with parsley Cold Lunch: Curried Chicken</p>	<p>7 Roasted Chicken In Brown Gravy Potato Kugel Creamy Spinach Cold Lunch: Gefilte fish</p>
<p>10 Fish Entree</p>	<p>11 Sweet & Sour Meatballs Kasha Green Beans Cold Lunch: Salmon</p>	<p>12 Chicken Fajitas Garden Salad White Rice Cold Lunch : Tuna Salad</p>	<p>13 Breaded Pollock Fish Fillet Corn & Red Peppers Coleslaw Cold Lunch: Chicken Salad</p>	<p>14 Hawaiian Chicken California Blend Vegetables Mashed Potatoes Cold Lunch: Gefilte fish</p>
<p>17 Turkey Burger With BBQ Sauce Spiced Sweet Potatoes Green Beans Wax Bean Cold Lunch: Tuna Salad</p>	<p>18 Chicken Francaise Orzo with Vegetables California Blend Vegetables Cold Lunch: Egg Salad</p>	<p>19 Beef Lasagna Tossed Salad Cold Lunch: Salmon Salad</p>	<p>20 Poached Salmon Barley, Corn & Black Bean Salad Cucumber Salad Cold Lunch: Turkey Salad</p>	<p>21 Rosemary Chicken Noodle Kugel Steamed Carrots Cold Lunch: Gefilte Fish</p>
<p>24 California Meatloaf Homemade Mashed Potatoes Steamed Carrots & Green Beans Cold Lunch: Tuna Salad</p>	<p>25 Chicken Schwarma Israeli Salad Hummus Alternate hot Lunch: Baked Falafel</p>	<p>26 Stuffed Cabbage Pasta California Blend Vegetables Cold Lunch: Salmon Salad</p>	<p>27 Salmon Burger Home fries with Peppers & onions Cucumber Dill Sauce Cold Lunch: Curried Chicken</p>	<p>28 Roasted Chicken Challah Bread Kasha Varnishkes Spinach Souffle Cold Lunch: Gefilte Fish</p>



JASA Rockaway Senior Center
106-20 Shorefront Parkway
Rockaway Park, NY 11694
Phone # 718-634-3044
Fax # 718-634-3056
jasa.org

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

Staff:

Project Director: Fay Schwimmer
Program Coordinator : Christina Rivera
Food Tech: Evelyn Bryant-Batton
Porter: Lamont Bogan

Daily Lunch

- Daily Hot Kosher Lunch-(Monday-Friday)
- 12:00 PM-1:00 PM

Contact Information

Senior Center Phone # 718-634-3044
Transportation Phone # 718-471-3200 Ex. 4402
Social Service Phone # 718-471-6677

ACTIVITIES OFFERED

- Exercise Classes (Yoga, Tai Chi, Aerobics, Staywell)
 - Arts & Crafts Classes
 - Computer Lab
- Jasa Rockaway Park Library & Movies
 - Trips & Lectures
- Volunteer Opportunities

*****Calendar & Menu are subject to change*****

Additional funding with generous grants from Councilman Eric Ulrich, Assemblywoman Stacy Pheffer-Amatto & Queens BP Melinda Katz

