



May 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>New Event</i> Book Club "The Book Of Joy" <i>Every other Monday</i> <i>Enjoy Our</i> Puzzle Table & Reading Center</p>	<p>TRANSPORTATION IS AVAILABLE BUT LIMITED Call Lena Rivera Transportation Coordinator 718-471-3200</p>	<p>1 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</p>	<p>2 Remembering the Holocaust 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</p>	<p>3 Blood Pressure Screening 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</p>
<p>6 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria 1:00 Su Casa Drama Class</p>	<p>7 Advocacy Day 9:00am Food Shopping 9:30 Walking in Place 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>8 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</p>	<p>9 Nutrition Lecture with Stephanie Cordaro 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</p>	<p>10 Tenants' Rights Protection 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</p>
<p>13 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria 1:00 Su Casa Drama Class</p>	<p>14 9:30 Walking in Place 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>15 Food Demonstration with Chef Lee 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</p>	<p>16 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</p>	<p>17 Mother's Day Celebration 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</p>
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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Fajitas Pita Halves White Rice Garden Salad Cold Lunch: Tuna/Egg Salad	2 Breaded Pollock Fish Fillet Corn and red peppers Coleslaw Cold Lunch: Chicken Salad	3 Hawaiian Chicken Leg Challah California Blend Vegetables Mashed Potatoes Cold Lunch: Gefilte Fish
6 Turkey Burger with BBQ Whole Wheat Bun Spiced Sweet Potatoes Green Beans Wax Beans Cold Lunch: Tuna Salad	7 Chicken Francaise Orzo with Vegetables California Blend Vegetables Cold Lunch: Egg Salad	8 Beef Lasagna Tossed Salad with Dressing Fruit Cocktail Cold Lunch: Salmon Salad	9 Poached Salmon Barley, Corn, And Black Bean Salad Cucumber salad Cold Lunch: Turkey Salad	10 Rosemary Chicken Challah Bread Noodle Kugel Steamed Carrots Cold Lunch: Gefilte Fish
13 California Turkey Meatloaf Whole Wheat Bread Homemade Mashed Potatoes Steamed Carrots and Green Beans Cold Lunch : Tuna Salad	14 Chicken Shawarma Pita Halves Israeli Salad Alternate Hot: Baked Falafel	15 Stuffed Cabbage with Beef Pasta Whole wheat Bread California Blend Vegetables Canned Pears Cold Lunch: Salmon Salad	16 Salmon Burger Hamburger Bun Home fries with Peppers and on Cucumber dill salad Cold Lunch: Curried chicken	17 Roasted Chicken Noodles Gefilte Fish
20 Pepper Steak Chinese Style Spaghetti Cabbage With Shredded Carrots Whole Wheat Bread Cold lunch: Tuna Salad	21 Spanish Style Roast Chicken Rice & Beans Whole Wheat Bread Cold Lunch: Salmon Salad	22 Shepherd's pie with Beef & Turkey Whole Wheat Bread Tossed Salad with Dressing Cold Salad: Egg Salad	23 Breaded Sole Fish Fillet Bulgur Salad Creamy Spinach Whole Wheat Bread Cold Salad: Turkey Salad	24 Grilled Caribbean Chicken Breast Challah Noodle Kugel Beet Salad Cold Lunch: Gefilte fish
29 Turkey with Gravy Mashed Sweet Potatoes Whole Grain Stuffing Broccoli Souffle Cold Lunch: Egg Salad	30 Sweet & Sour Meatballs Kasha Green Beans Cold lunch: Salmon Salad			



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

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

