

DECEMBER 2018 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>4 Trip- Movie Theater, Metropolitan Ave. & Lunch 9:30 Stretch & Step 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>5 Holiday Party With Chiam 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</p>	<p>6 Lecture On Scams Around The Holidays with Jenna from Live On NY 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>7 Lecture On Holiday Safety with the Officers of the 100th Precinct of Rockaway Park 10:00 Knitting class with Gloria 11:00 Tai-Chi for Arthritis Evidence based with Joe 1:00 Popcorn & movies at JASA</p>
<p>10 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>11 9:30 Stretch & Step 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>12 Nutrition Lecture with Nutritionist, Stephanie Cordaro 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</p>	<p>13 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>14 Trip- So Far So Good & .99 10:00 Knitting class with Gloria 11:00 Tai-Chi for Arthritis Evidence based with Joe 1:00 Popcorn & movies at JASA</p>
<p>17 Health Lecture with Fay 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>18 Scholars Academy Intergenerational Holiday Performance 9:30 Stretch & Step 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>19 Blood Pressure Screening 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</p>	<p>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</p>	<p>21 10:00 Knitting class with Gloria 11:00 Tai-Chi for Arthritis Evidence based with Joe 1:00 Popcorn & movies at JASA</p>
<p>24 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>25 Christmas Day Jasa Closed</p>	<p>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</p>	<p>27 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</p>	<p>28 10:00 Knitting class with Gloria 11:00 Tai-Chi for Better Balance Evidence based with Joe 1:00 Popcorn & movies at JASA</p>
<p>31 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>*** MAKE UP *** SUNDAY DECEMBER 16 WE ARE OPEN</p>	<p><i>Daily Games of Mahjong & Rummy-0</i> <i>Enjoy Our Puzzle Table</i></p>	<p><i>Canned Food Drive & Holiday Bazaar All Month Long!!!!</i> <i>Please Donate!!!!</i></p>	<p>TRANSPORTATION IS AVAILABLE BUT LIMITED Call Lena Rivera Transportation Coordinator 718-471-3200</p>

DECEMBER 2018 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Turkey with Gravy Baked Potato in Skin Steamed Broccoli Or Salmon Salad</p>	<p>4 Chicken Cacciatore Garlic Bread and Pasta Green Beans Or Egg Salad</p>	<p>5 Sweet and Sour Meatballs Mauzone Toasted Barley California Blend Vegetables Or Tuna Salad</p>	<p>6 Breaded Pollock Fish Fillet Corn and Red Peppers Coleslaw Or Chicken Salad</p>	<p>7 Hawaiian Chicken Legs White Rice Spinach Soufflé Or Gefilte Fish</p>
<p>10 Shepherd Pie Tossed Salad w/ dressing Or Tuna Salad</p>	<p>11 Chicken Francaise Orzo w/ vegetables California Blend Vegetables Or Egg Salad</p>	<p>12 Turkey Drumsticks Mashed Sweet Potatoes Green Beans w/ tomatoes Or Salmon Salad</p>	<p>13 Kani Cakes, Rice with vegetables Russian coleslaw Or Turkey Salad</p>	<p>14 Roasted Chicken Noodle Kugel Broccoli & Red Peppers Or Gefilte Fish</p>
<p>17 Turkey Meatloaf Mashed Potatoes Steamed Carrots Or Tuna Salad</p>	<p>18 Chicken Cacciatore Pasta Sauté Zucchini Or Ovo-vegetarian Chopped Liver</p>	<p>19 Stuffed Cabbage with beef California Vegetables Kasha Varnishkes Or Salmon Salad</p>	<p>20 Salmon Burger Yellow Rice Cucumber Salad Or Chicken Salad</p>	<p>21 Roasted Chicken Boiled Carrots & Potatoes Green Beans Or Gefilte Fish</p>
<p>24 Pepper Steak Chinese Style Spaghetti Cabbage with shredded carrots Or Tuna Salad</p>	<p>25 JASA is closed</p>	<p>26 Turkey Burger Potato Salad Tossed Salad Hamburger Bun Or Egg Salad</p>	<p>27 Breaded Sole Fish Filet Cream Spinach Bulgar Salad Or Turkey Salad</p>	<p>28 Spanish Style Roast Chicken Brown Rice with Black Beans Beet Salad Or Gefilte Fish</p>
<p>31 Turkey Drumsticks, Green Beans Mashed Sweet Potatoes Or Egg salad</p>				



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

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

Staff:

Project Director: Fay Schwimmer
Co Pilot: Christina Rivera
Food Tech: Evelyn Bryant-Batton

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

