

December 2018 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9:30 Yoga with Liz 11:00 Learn about Chanukah 1:30 Choral Group 2:45 Keep fit with Bingo</p>	<p>4 9:30 Tech Tuesday & Walking Club 10:00 Quilting w Judy 1:00 Soaps & Snacks 2:00 Painting w Sydney</p>	<p>5 <u>Bella and Lena Concert</u> 10:00 Spirituality/ Bible Discussion 11:15 Dancercise 12:45 Bella and Lena 2:00 Keep Fit w Bingo</p>	<p>6 9:30 Yoga with Liz 11:30 Low Impact Aerobics 2:00 Knitting & Crocheting w Marie</p>	<p>7 <u>HOLIDAY PARTY</u> Happy Holidays to all 10:00 Brain Games 11:00 Party with DJ Jamal 1:00 Soaps and Snacks 2:00 Beads & Jewelry w Marie</p>
<p>10 <u>Radio City Christmas Spectacular</u> 9:30 Yoga with Liz 11:00 Brain Games 1:30 Choral Group 2:45 Keep fit with Bingo</p>	<p>11 9:30 Tech Tuesday & Walking Club 10:00 Quilting w Judy 1:00 Soaps & Snacks 2:00 Painting w Sydney</p>	<p>12 10:00 Spirituality/ Bible Discussion 1100 Make Holiday Cards for Kids & Vets 2:00 Keep Fit w Bingo</p>	<p>13 Robert Gamble performs 9:30 Yoga with Liz 11:00 Low Impact Aerobics 1:00 Snacks and Soaps 2:00 Knitting & Crocheting w Marie</p>	<p>14 10:00 Brain Games 11:15 Dancercise 12:45 Self Defense Exercises 2:00 Beads & Jewelry w Marie</p>
<p>Sunday December 16th Open 10:00 Current Events 11:00 Brain Games 1:00 Movie at JASA</p> <p>17 9:30 Yoga with Liz 11:00 Discussion on Fall Prevention 1:30 Choral Group Honors Vets 2:45 Keep fit w Bingo</p>	<p>18 <u>Scholars Academy</u> 9:30 Tech Tuesday & Walking Club 10:00 Quilting w Judy 11:30 Scholars Academy 1:00 Soaps and Snacks 2:00 Painting w Sydney</p>	<p>19 10:00 Spirituality/ Bible Discussion 11:15 Dancercise with Lisa 1:00 Soaps and Snacks 2:00 Keep Fit w Bingo</p>	<p>20 <u>Singer BARBARA ELLA</u> 9:30 Yoga with Liz 11:30 Low Impact Aerobics 12:30 Barbara Ella Performs 2:00 Knitting & Crocheting w Marie</p>	<p>21 <u>ALZHEIMERS AWARENESS</u> 9:30 Yoga with Liz – make up class 11:00 Alzheimer’s discussion with Ellen 1:00 Soaps and Snacks 2:00 Beads & Jewelry w Marie</p>
<p>24 11:00 Low Impact Aerobics 1:30 Choral Group 2:45 Keep fit w Bingo</p> <p>31 11:00 Low Impact Aerobics 1:30 Choral Group 2:45 Keep fit w Bingo</p>	<p>25 <i>Center Closed</i> <i>Merry</i> <i>Christmas</i></p>	<p>26 10:00 Spirituality/ Bible Discussion 11:15 Dancercise with Lisa 1:00 Soaps and Snacks 2:00 Keep Fit w Bingo</p>	<p>27 <u>New Year’s Eve Party</u> 9:30 Yoga with Liz 10:30 Blood Pressure Screening 11: Party with DJ Angela 2:00 Knitting & Crocheting w Marie</p>	<p>28 10:00 Brain Games 11:15 Low Impact Aerobics 12:45 Self Defense Exercises 2:00 Beads and Jewelry</p>



Roy Reuther Senior Center

711 C Seagirt Avenue
Far Rockaway NY 11361
719-471 3110
www.jasa.org

Hours – 9:00 to 4:00 Monday to Friday

December 5th 12:45 Classical Concert with Lena and Bella
December 7th 11:00 Holiday Party with DJ Jamal
December 10th Radio City Christmas Spectacular
December 13th Robert Gamble 12:45
December 18th 11:30 Scholars Academy Performs
December 20th Barbara Ella performs 12:30pm
December 25th Center Closed – Merry Christmas
December 27th 11:00 New Year's Eve Party with DJ Angela

Open Sunday December 16th

10:00 Current Events

11:00 Brain Games

12:00 Lunch

1:00 Movie at JASA

