



February 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Tea and Discussions with Shaneeka 11am - 1pm Karaoke 1:30- 2:30pm Art Class 3pm - 4pm	2 Computer Class 9am -4pm
4 Walking Club 10am -11am Palisades Mall 9(Trip) Discussion Group 12-1pm Bingo 2-3pm	5 Walking Club10am-11am Yoga 12-1pm Brain Aerobics 1:30pm-2:30pm Music Appreciation 3pm - 4pm	6 Walking Club 10am - 11am Stew Leonards (Trip) BookClub 12-1pm Senior Meeting	7 Mental Health Workshop Tea and Discussion with Shaneeka Movie Club 12-3pm Spanish Class 1-2pm	8 Riverton Workshop Karaoke 12pm - 1pm Art Class 2pm-3pm	9 Computer Class 9am - 1pm Black History and Valentine's Day Bldg B 2pm - 9pm
11 Walking Club 10am-11am Drama 12:30-1:30pm Bingo 2-3pm	12 Walking Club 10am-11am Jacks 99Cent Discount (Trip)Store Brain Aerobics 12-1pm Yoga 1:30-2:30pm	13 Walking Club10am - 11am BookClub 11- 12pm Line Dancing 12:30- 1:30pm Brain Aerobics 2pm - 3pm	14 Walking Club 10am -11am Movie Club 12-3pm Spanish Class 1-2pm	15 Tea and Discussions with Shaneeka 11am - 1pm Movies 12-3pm Karaoke 11-12pm Art Class 1-2pm	16 Computer Class 9am - 4pm
18 JASA OFFICE Holiday President's Day	19 Walking Club 10am -11am Nurse Available Brain Aerobics	20 Walking Club 10am-11am BookClub 11am-12pm LineDancing 12:30pm - 1:30pm Brain Aerobics 2pm-3pm	21 Walking Club 10am -11am Movie Club 12-3pm Advisory Meeting Spanish Class 1-2pm	22 Tea and Discussions with 11am - 1pm New Jersey Gardens (Trip) Karaoke 1:30pm - 2:30pm Art Class 3pm - 4pm	23 Computer Class 9am -4pm
25 Walking Club 10am-11am Drama 12:30pm- 1:30pm Bingo 3pm - 4pm Black History Museum (Trip)	26 Walking Club 10am-11am Nursing Available Music Appreciation3pm-4pm	27 Walking Club 10am- 11am BookClub 11-12pm Line Dancing 12:30- 1:30pm Brain Aerobics 2pm -3pm	28 Walking Club 10-11am Dallas BBQ (Trip) Spanish Class 1-2pm Movie Club 12-3pm		



JASA/1199NORC-SSP

2106 First Avenue

New York, NY 10029

212-289-2836

www.jasa.org

