



February 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Make Up Sunday, Feb. 10</i> <i>Join Us For</i> <i>Lunch and Music from</i> <i>D.J. Angela Lobianco</i></p>				<p>1 10:00 Knitting class with Gloria 11:00 Tai-Chi with Joe 1:00 Popcorn & movies at JASA</p>
<p>4 Food Shopping 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>5 9:30 Walking in Place 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>6 Advisory Board Meeting Nutrition Lecture With 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 with Steve</p>	<p>7 Kidney Health Workshop 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>8 Lecture on Heart Disease 10:00 Knitting class with Gloria 11:00 Tai-Chi with Joe 1:00 Popcorn & movies at JASA</p>
<p>11 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>12 Blood Pressure Screening 9:30 Walking in Place 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>13 Trip- Brooklyn Museum, Frida Khalo Exhibit 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</p>	<p>14 Kidney Health Workshop 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>15 Valentine's Day Party with DJ Angela Lobianco 10:00 Knitting class with Gloria 11:00 Tai-Chi with Joe 1:00 Popcorn & movies at JASA</p>
<p>18 Presidents Day JASA is Closed</p>	<p>19 9:30 Walking in Place 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>20 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</p>	<p>21 Kidney Health Workshop 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>22 Blood Pressure Screening 10:00 Knitting class with Gloria 11:00 Tai chi with Joe 1:00 Popcorn & movies at JASA</p>
<p>25 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>26 Trip- Empire Casino 9:30 Walking in Place 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>27 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</p>	<p>28 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>TRANSPORTATION IS AVAILABLE BUT LIMITED Call Lena Rivera Transportation Coordinator 718-471-3200</p>

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Roasted Chicken Boiled Potatoes & Carrots Green Beans Applesauce Challah Cold Lunch: Gefilte fish
4 Pepper Steak Chinese Style Spaghetti Cabbage With Carrots Canned Pineapple Cold Lunch: Tuna	5 Chicken Shawarma Pita Halves Israeli Salad Orange Juice Apple Alternate : Baked Falafel	6 Turkey Burger Whole Wheat Hamburger Bun Potato Salad Tossed Salad Orange Juice Pear Cold Lunch: Egg Salad	7 Breaded Sole Fish Fillet Bulgur Salad Creamy Spinach Applesauce Orange Juice Cold Lunch: Turkey Salad	8 Spanish Style Roast Chicken Brown Rice and Black Rice Beet Salad Apple Juice Orange Juice Cold Lunch : Gefilte Fish
11 Beef Moussaka Green beans Mashed Potatoes Whole Wheat Bread Orange Pineapple Juice Pear Cold Lunch :Egg Salad	12 Garlic Chicken Meatballs Pasta Winter Blend Vegetables Whole Wheat bread Orange Juice Apple Cold Lunch: Salmon	13 Turkey Drumstick Garden Salad Whole Wheat Bread Orange Pineapple Juice Banana Cold Lunch: Tuna Nicoise	14 Baked Salmon with Dill Sauce Rice a Roni Red Cabbage Whole Wheat Bread Fruit Cocktail Orange Juice Cold Lunch: Chicken Salad	15 Honey Apricot Glazed Chicken Spinach Noodle Pudding Steam Broccoli Challah Kiwi Cold Lunch: Gefilte Fish
18 Presidents Day Jasa is Closed	19 Shake and Bake Chicken Mashed Sweet Potatoes Mixed Green salad Whole wheat Bread Canned Pears Apple Juice Cold Lunch : Egg Salad	20 Beef Hamburger Hamburger Bun Red Bliss Potatoes Coleslaw Whole Wheat Bread Orange Pineapple Juice Cold Lunch: Salmon Salad	21 Breaded Tilapia Fish Fillet Orzo California Blend Whole Wheat Bread Orange Juice Banana Cold Lunch: Turkey Salad	22 Roasted Chicken Kasha Varnishkes Baby Carrots with Parsley Challah Orange Apple Juice Cold Lunch: Gefilte Fish
25 Turkey With Gravy Baked Potato in Skin Whole Grain Stuffing Streamed Broccoli Apple Juice Orange Cold Lunch: Salmon Salad	26 Chicken Cacciatore Garlic Bread Pasta Green Beans Orange Juice Canned Pineapple Cold Lunch: Egg Salad	27 Sweet And Sour Meatballs Mauzone Toasted Barley & Onion California Blend Vegetables Whole Wheat bread Orange Pineapple Juice Apple Cold Lunch: Egg Salad	28 Breaded Pollock Fish Fillet Corn & Red Peppers Coleslaw Whole Wheat bread Orange Juice Banana Cold Lunch :Chicken 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

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

