

January 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>New Year's Day Jasa is Closed</p>	<p>2 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>3 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>4 10:00 Knitting class with Gloria 11:00 Tai-Chi for Arthritis Evidence based with Joe 1:00 Popcorn & movies at JASA</p>
<p>7 Food Shopping Health Lecture on Glaucoma for Glaucoma Awareness month 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>8 9:30 Walking in Place 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>9 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>10 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>11 10:00 Knitting class with Gloria 11:00 Tai-Chi for Arthritis Evidence based with Joe 1:00 Popcorn & movies at JASA</p>
<p>14 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>15 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>16 New Year's Party with D.J Angela Lobianco 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>17 Health Lecture on Thyroid Health For Thyroid Awareness month 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>18 10:00 Knitting class with Gloria 11:00 Tai-Chi for Arthritis Evidence based with Joe 1:00 Popcorn & movies at JASA</p>
<p>21</p> <p>Martin Luther King, Jr. Day JASA is Closed</p>	<p>22 Remembering Martin Luther King, Jr. Word Search 9:30 Walking in Place 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>23 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>24 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>25 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>28 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>29 Whitney Museum ,Warhol Exhibit & Lunch 9:30 Walking in Place 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>30 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>31 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>

January 2019 MENU

Monday		Tuesday		Wednesday		Thursday		Friday	
12/31	Turkey drumstick Green Beans Mashed Sweet Potatoes Or Egg Salad	1	New Year's Day Jasa is Closed	2	Beef Moussaka Pasta Winter blend Vegetables Or Salmon Salad	3	Baked Salmon Rice A Roni Red cabbage Salad Or Tuna Nicoise	4	Honey Apricot Glazed Chicken Spinach Noodle Pudding Steamed Broccoli Or Gefilte Fish
7	Turkey Stuffed Peppers Roasted vegetables Couscous Winter Blend Vegetables Or Tuna Salad	8	Shake & Bake Chicken Mashed Sweet Potatoes Mixed Green Salad Or Egg Salad	9	Beef Hamburger Red Bliss Potatoes Cole slaw Or Salmon Salad	10	Breaded Tilapia Fish Fillet Orzo California Blend Vegetables Or Turkey Salad	11	Roasted Chicken Kasha Varnishkas Baby Carrots with Parsley Or Gefilte Fish
14	Turkey with Gravy Baked Potato Steamed Broccoli Or Salmon Salad	15	Chicken Cacciatore Pasta Green Beans Or Egg Salad	16	Sweet & Sour Meatballs Mauzone Toasted Barley & Onion California Blend Vegetables Or Tuna Salad	17	Breaded Pollock Fish Fillet Corn & Red Peppers Coleslaw Or Chicken Salad	18	Hawaiian Chicken White Rice Spinach Souffle Or Gefilte Fish
21	Martin Luther King , Jr. Day Jasa is Closed	22	Chicken Francaise Orzo with Vegetables California Blend Vegetables Or Egg Salad	23	Turkey Drumsticks Mashed Sweet Potatoes Green Beans And Tomatoes Or Salmon Salad	24	imitation Crab Cakes Rice With Vegetables Russian Coleslaw Or Turkey Salad	25	Roasted Chicken Noodle Kugel Broccoli & Red Peppers Or Gefilte Fish
28	California Turkey Meatloaf Homemade Mashed Potatoes Steamed Carrots OR Tuna Salad	29	Chicken Cacciatore Garlic Bread Pasta Sauteed Zucchini Or Vegetarian Liver	30	Stuffed Cabbage with Beef Kasha Varnishkas California Blend Vegetables Or 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
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

