

**March 2020 ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>3 Salsa Class with 1:00 Visiting Nurse Service 9:00 Cell phone Savvy Class with Christina 10:30-11:30 Aerobics with Jomayra 2:00 Leisure Games</p>	<p>4 Advisory Board Meeting Elder Abuse Lecture with Joshua Rotkin Social Worker, Shakira Taylor 10:00 Edvidence Based Chronic Disease with Shakira 11:00 Yoga with Christine 11:00 Leisure Games Canasta 1:00 Fun with Trivia with Steve</p>	<p>5 Tenants Rights &amp; Protection Lecture 9:30 Day at the opera (DVD) 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 1:30-2:30 Arts &amp; Crafts with Annette</p>	<p>6 Live On New York Visit from Senator Joseph Addabo 10:00 Edvidence Based Chronic Disease with Shakira 10:00 Knitting class with Gloria 11:00 Evidence Based Tai-Chi for Arthritis with Joe 1:00 Leisure Dominos &amp; Rummy o</p>
<p>9 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>10 Blood Pressure Screening 9:00 Cell phone Savvy Class with Christina 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>11 Trip - Shen Yun Lincoln Center, NY Social Worker, Shakira Taylor 10:00 Edvidence Based Chronic Disease with Shakira 11:00 Yoga with Christine 11:00 Leisure Games Canasta 1:00 Fun with Trivia with Steve</p>	<p>12 Senior Leadership Meeting at Cooper Square 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 &amp; Crafts with Annette</p>	<p>13 St Paddys Day Party with DJ Jamal 10:00 Edvidence Based Chronic Disease with Shakira 10:00 Knitting class with Gloria 11:00 Evidence Based Tai-Chi for Arthritis with Joe 1:00 Leisure Dominos &amp; Rummy o</p>
<p>16 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>17 Blood Pressure Screening 9:00 Cell phone Savvy Class with Christina 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>18 Trip-Gateway Mall &amp; Lunch Nutritional Lecture with Stephanie Cordaro Social Worker, Shakira Taylor 10:00 Edvidence Based Chronic Disease with Shakira 11:00 Yoga with Christine 11:00 Leisure Games Canasta 1:00 Fun with Trivia with Steve</p>	<p>19 Zumba Class with Visiting Nurse Service 9:30 Day at the opera (DVD) 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 1:30-2:30 Arts &amp; Crafts with Annette</p>	<p>20 Visit from Carolaine Smith, Department for the Aging 10:00 Edvidence BasedChronic Disease with Shakira 10:00 Knitting class with Gloria 11:00 Evidence Based Arthritis Tai-Chi with Joe 1:00 Leisure Dominos &amp; Rummy o</p>
<p>23 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>24 9:00 Cell phone Savvy Class with Christina 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>25 Social Worker, Shakira Taylor 10:00 Edvidence Based Chronic Disease with Shakira 11:00 Yoga with Christine 11:00 Leisure Games Canasta 1:00 Fun with Trivia with Steve</p>	<p>26 9:30 Day at the opera (DVD) 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 1:30-2:30 Arts &amp; Crafts with Annette</p>	<p>27 10:00 Knitting class with Gloria 11:00 Evidence Based Tai-Chi for Arthritis with Joe 1:00 Leisure Dominos &amp; Rummy o</p>
<p>30 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>31 9:00 Cell phone Savvy Class with Christina 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>			

March 2020 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Baked Turkey Breast Baked Sweet Potato Whole Grain Stuffing California Blend Vegetables Cold Lunch: Egg Salad</b></p>	<p>3</p> <p><b>Sweet &amp; Sour Meatballs Noodles &amp; Cabbage Whole Wheat Bread Carrots &amp; Greens Cold Lunch: Salmon Salad</b></p>	<p>4</p> <p><b>Chicken Stir-Fr Vegetables White Rice Broccoli with Toasted Garlic Cold Lunch: Tuna Salad</b></p>	<p>5</p> <p><b>Bakes Salmon in Moroccan Style Sauce Lentils with Spiced Rice Caramelized Onions Whole Wheat Bread Cucumber Salad Cold Lunch: Chicken Salad</b></p>	<p>6</p> <p><b>Hawaiian Chicken Legs Challah Mashed Potatoes Sauteed Zucchini Cold Lunch: Tuna or Egg Salad</b></p>
<p>9</p> <p><b>Pasta In Turkey Meat sauce Garlic Bread Green Beans Wax beans Cold Lunch: Tuna salad</b></p>	<p>10</p> <p><b>Chicken Francaise Orzo with Vegetables Whole wheat bread California Blend Vegetables Cold Lunch: Egg Salad</b></p>	<p>11</p> <p><b>Pepper steak Perfect White Rice Whole Wheat Bread Steamed Broccoli Cold Lunch: Salmon Salad</b></p>	<p>12</p> <p><b>Breaded Pollack Fish Fillet Barley with Lima Beans Whole Wheat Bread Beet Salad Cold Lunch: Turkey Salad</b></p>	<p>13</p> <p><b>BBQ Chicken Leg Challah Noodle Kugel Steamed Carrots Cold Lunch: Tuna or Egg Salad</b></p>
<p>23</p> <p><b>Hungarian Goulash with Beef Egg Barley with Mushrooms Whole wheat Bread Braised Red Cabbage Cold Lunch: Salmon Salad</b></p>	<p>24</p> <p><b>Spanish style Roasted Chicken Dominican Moro Whole wheat bread Green Beans Cold Lunch: Tuna Salad</b></p>	<p>25</p> <p><b>Shepherd's Pie with Beef &amp; Turkey Whole Wheat Bread Tossed salad with Dressing Alternate Hot Lunch : Baked Falafel</b></p>	<p>26</p> <p><b>Breaded Sole Fish Fillet Bulgur Salad Whole Wheat Bread Baby Carrots with Parsley Cold Lunch: Chopped Chicken Liver</b></p>	<p>27</p> <p><b>BBQ Chicken Breast Challah Noodle Kugel Health Salad Cold Lunch: Tuna or Egg Salad</b></p>
<p>30</p>	<p>31</p>			



**JASA Rockaway Senior Center**

**106-20 Shorefront Parkway**

**Rockaway Park, NY 11694**

**Phone # 718-634-3044**

**Fax # 718-634-3056**

**[jasa.org](http://jasa.org)**

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

**Staff:**

Project Director: Fay Schwimmer

Program Coordinator: Christina Rivera

Social Worker: Shakira Taylor (Wednesdays & Fridays)

Porter: Lamont Bogan

Food Tech: Ivy Farrell

**Daily Lunch**

- Daily Kosher Lunch Hot or Cold (Monday-Friday)
- 12:00 PM-1:00 PM

**Contact Information**

Senior Center Phone # 718-634-3044

Transportation Phone # 718-471-3200

Social Service Phone # 718-471-6677

**ACTIVITIES OFFERED**

- Exercise Classes ( Yoga, Tai Chi, Aerobics, Staywell)
  - Monthly Birthday parties & Holiday Celebrations
    - Arts & Crafts Classes
    - Computer Lab
  - Jasa Rockaway Park Library & Movies
    - Trips & Lectures
  - Volunteer Opportunities
- Outdoor Water Aerobics (Summer Months)
  - **Cooling Center (Summer Months)**

**\*\*\*Calendar & Menu Are Subject To Change without Notice\*\*\***

Additional funding with generous grants from Councilman Eric Ulrich, Assemblywoman Stacy Pheffer-Amatto & District Attorney of Queens County Melinda Kats

