

March 2020 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Chair Exercises Video 10:45 Games 1:30 Choral Group with Charles	3 <u>9:00 - 4:00 Social Worker</u> 9:30 Chair Exercise Video 9:30 Technology Tuesday 9:30 Walking Club 10:00-12:00 Quilting with Maria 1:00 Bingo	4 <u>Self Defense Class</u> 9:30 Spirituality / Bible Discussion with Gregory Brown 11:00 Yoga with Kathleen 1:00 Self Defense with Michael	5 10:15 Yoga with Kim 11:15 Dancercise with Lisa 2:00 Knitting & Crocheting with Marie	6 9:30 Chair Exercise Video 11:15 Zumba Class 1:00 Nutrition Lecture with Stephanie 2:00 Beads & Jewelry with Marie
9 9:30 Chair Exercises Video 10:45 Games 1:30 Choral Group performance with Charles	10 <u>Dancercise 12:45</u> <u>9:00 - 4:00 Social Worker</u> 9:30 Chair Exercise Video 9:30 Technology Tuesday 10:00-12:00 Quilting with Maria 12:45 Dancercise with Lisa	11 9:30 Spirituality / Bible Discussion with Gregory Brown 11:00 Yoga with Kathleen 1:00 Bingo	12 10:15 Yoga with Kim 12:45 Home Safety Tips 2:00 Knitting & Crocheting with Marie	13 9:30 Chair Exercise Video 11:15 Zumba Class 1:00 Nutrition Lecture with Stephanie 2:00 Beads & Jewelry with Marie
16 Trip: Flaming Grill and Dollar Tree 9:30 Chair Exercises Video 10:45 Games 1:30 Choral Group with Charles	17 <u>St Patrick's Day Party Wear Green</u> <u>NYC Fire Dept.</u> <u>9:00 – 4:00 Social Worker</u> 9:30 Chair Exercise Technology 10:00-12:00 Quilting with Maria 11:00 Party with Angela 1:00 NYC Fire Dept. Safety Lecture	18 9:30 Spirituality / Bible Discussion with Gregory Brown 11:00 Yoga with Kathleen 1:00 Bingo	19 10:15 Yoga with Kim 12:45 Dancercise with Lisa 2:00 Knitting & Crocheting with Marie	20 <u>Foster Grand Parenting with Catherine Barrett</u> 9:30 Chair Exercise Video 11:15 Zumba Class 1:00 Forster Grand Parenting 2:00 Beads & Jewelry with Marie
23 9:30 Roy Reuther Flea Market 1:30 Choral Group with Charles	24 <u>9:00 - 4:00 Social Worker</u> 9:30 Chair Exercise Video 9:30 Technology Tuesday 9:30 Walking Club 10:00-12:00 Quilting with Maria 1:00 Bingo	25 9:30 Spirituality / Bible Discussion with Gregory Brown 11:00 Yoga with Kathleen 1:00 Bingo	26 <u>SALSA Dance Class</u> 10:15 Yoga with Kim 11:15 Salsa Class 12:45 Dancercise with Lisa 2:00 Knitting & Crocheting with Marie	27 9:30 Chair Exercise Video 11:15 Zumba Class 1:00 Town Hall Meeting 2:00 Beads & Jewelry with Marie
30 9:30 Chair Exercises Video 10:45 Games 1:30 Choral Group with Charles	31 <u>11:00 Birthday Party</u> <u>National Census Day</u> <u>900 – 4:00 Social Worker</u> 9:30 Chair Exercise Video, Technology Tuesday, Walking Club 10:00-12:00 Quilting with Maria 11:00 Birthday Party with DJ Phil 1:00 Bingo	<i>Tuesday March 17th 11:00am</i> <i>St Patrick's Day Party</i> <i>Tuesday March 17 1:00pm</i> <i>NYC Fire Department</i> <i>Tuesday March 31 11:00</i> <i>Birthday Party</i> <i>Wednesday March 4th 1:00</i> <i>Self Defense class</i>	St. Patrick's Day Party Corned Beef and Cabbage Wear Green Tuesday March 17th	<i>Friday March 20th 1:00</i> <i>Discussion on</i> <i>Foster Grand Parenting with</i> <i>Catherine Barrett</i> <i>Fridays 11:15</i> <i>Zumba</i>



Roy Reuther Senior Center
711C Seagirt Avenue Apt 2N
Far Rockaway, NY 11691
718.471.3110
jasa.org

Staff:

Sydney Lombardi Project Director
Ellen Alster Program Coordinator
Fran Simon Administrative Assistant
Cheryl Ryland Kitchen Staff
Shakira Social Worker - Tuesdays

Daily Lunch: Monday Through Friday

- 12 noon Hot kosher lunch or salad alternative
 - Reservations required

Contact Information

Center located in First Floor | Community Room Building B
Mailing Address:
711C Seagirt Avenue Apt 2N
Far Rockaway, NY 11691
718.471.3110 | fax 718. 337.3744 | slombardi@jasa.org

ACTIVITIES OFFERED

Tuesday 9-4 Social Worker Shakira
Wednesdays 11:00 Yoga with Kathleen
Thursdays 10:15 Yoga with Kim
Friday 11:15 Zumba
Dancercise, please check calendar

- March 4th 1:00 Self Defense class with VNSNY
- March 6th and March 13th 1:00 Evidence Based Nutrition program with Stephanie Cordaro RD
 - March 16th Trip Flaming Grill Buffet and Dollar Store
 - March 17th 11:00 St. Patrick's Day Party with DJ Angela
 - March 17th 1:00 NYC Fire Department Safety Lecture
- March 20 1:00 Discussion on Foster Grand Parenting with Catherine Barrett
 - March 26th 11:15 Salsa Class
- March 31st 11:00 Birthday Party with Phil DiOrio

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