

September 2019 ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Labor Day Jasa Closed</p>	<p>3</p> <p>Labor Day Party With D.J Angela Lobianco 9:30 Walking 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>4</p> <p>9:00 Day at The Opera 10:00-11:00 Computer Lab with Larry 11:00 Yoga with Christine 11:00 Leisure Games Canasta 1:00 Fun with Trivia with Steve</p>	<p>5</p> <p>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>6</p> <p>10:00 Knitting class with Gloria 11:00 Tai-Chi with Joe 1:00 Leisure Dominos</p>
<p>9</p> <p>10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>10</p> <p>9:30 Walking 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>11</p> <p>Advisory Board Meeting 9:00 Day at The Opera 10:00-11:00 Computer Lab with Larry 11:00 Yoga with Christine 11:00 Leisure Games Canasta 1:00 Fun with Trivia with Steve</p>	<p>12</p> <p>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>13</p> <p>10:00 Knitting class with Gloria 11:00 Tai-Chi with Joe 1:00 Leisure Dominos</p>
<p>16</p> <p>10:00 Day at the Opera (DVD) 11:00 Yoga with Christine 1:00 Quilting with Gloria</p>	<p>17</p> <p>9:30 Walking 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>18</p> <p>Nutrition lecture with Nutritionist, 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 Canasta 1:00 Fun with Trivia with Steve</p>	<p>19</p> <p>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>20</p> <p>10:00 Knitting class with Gloria 11:00 Tai-Chi with Joe 1:00 Leisure Dominos</p>
<p>23</p> <p>Trip-Sammy's Fish box 10:00 Day at the Opera (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>24</p> <p>9:30 Walking 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>25</p> <p>9:00 Day at The Opera 10:00-11:00 Computer Lab with Larry 11:00 Yoga with Christine 11:00 Leisure Games Canasta 1:00 Fun with Trivia with Steve</p>	<p>26</p> <p>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>27</p> <p>10:00 Knitting class with Gloria 11:00 Tai-Chi with Joe 1:00 Leisure Dominos</p>
<p>30</p> <p>Rosh Hashanah Jasa Closed</p>				

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Labor Day Jasa Closed</p>	<p>3</p> <p>Sweet & Sour Meatballs Kasha Whole Wheat Bread Green Beans Cold Lunch: Egg Salad</p>	<p>4</p> <p>Chicken Fajitas Pita Halves White Rice Garden Salad Cold Lunch: Tuna Salad</p>	<p>5</p> <p>Breaded Pollock Fish Fillet Corn & Red Peppers Whole Wheat Bread Coleslaw Cold Lunch: Chicken Salad</p>	<p>6</p> <p>Hawaiian Chicken Legs California Blend Vegetables Mashed Potatoes Whole Wheat Bread Cold Lunch: Gefilte Fish</p>
<p>9</p> <p>Turkey Burger in BBQ sauce Hamburger bun Spiced Sweet Potatoes Green Beans Cold Lunch: Tuna Salad</p>	<p>10</p> <p>Chicken Francaise Orzo with Vegetables California Blend Vegetables Whole Wheat Bread Cold Lunch: Egg</p>	<p>11</p> <p>Beef Lasagna Tossed Salad with Dressing Whole Wheat Bread Cold Lunch: Salmon Salad</p>	<p>12</p> <p>Baked Salmon with Horseradish Pearl Barly with Mushrooms Cucumber Salad Whole Wheat Bread Cold Lunch: Turkey Salad</p>	<p>13</p> <p>Rosemary Chicken Noodle Kugel Steamed Carrots Challah Cold Lunch: Gefilte Fish</p>
<p>16</p> <p>California Turkey Meatloaf Homemade Mashed Potatoes Steamed Carrots & Green Beans Whole Wheat Bread</p>	<p>17</p> <p>Chicken Shawarma Pita Halves Israeli Salad Alternate Lunch: Baked Falafel</p>	<p>18</p> <p>Stuffed Cabbage with Beef Pasta California Blend Vegetables Cold Lunch: Salmon Salad</p>	<p>19</p> <p>Salmon Burger Hamburger Bun Home Fries with peppers and Onion Cucumber Dill Salad Cold Salad: Curried Chicken Salad</p>	<p>20</p> <p>Roasted Chicken Kasha varnishkes Spinach Souffle Cold Lunch: Gefilte Fish</p>
<p>23</p> <p>Pepper Steak Chinese Style Spaghetti Cabbage with Shredded Carrot Whole Wheat Bread Cold Lunch: Tuna Salad</p>	<p>24</p> <p>Spanish Style Roasted Chicken Rice & Beans Whole Wheat Bread Green Beans Cold Lunch: Salmon Salad</p>	<p>25</p> <p>Shepherd's Pie with Beef & Turkey Tossed Salad with Dressing Whole Wheat Bread Cold Lunch: Egg Salad</p>	<p>26</p> <p>Breaded Sole Fish Fillet Bulgur Salad Creamy Spinach Whole Wheat Bread Cold Salad: Turkey Salad</p>	<p>27</p> <p>Grilled Caribbean Chicken Noodle Kugel Beet Salad Challah Cold Lunch: Gefilte Fish</p>
<p>30</p> <p>Rosh Hashanah Jasa Closed</p>				



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

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 & Queens BP Melinda Katz

