


# Club Holliswood OAC

## 86-25 Francis Lewis Blvd, Jamaica, NY 11427

### 718-454-6157

## July 2022 ACTIVITIES

LUNCH SERVED DAILY 12pm 1pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Happy 4<sup>th</sup> of July – JASA closed</p> 	<p>5 9:45AM- Daily Exercise w/ Mary Grace</p> <p>11:15AM- Dance Therapy w/ Lisa</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Mah Jongg Canasta</p>	<p>6 9:45AM- Bone Fit Program w/Pam</p> <p>10:45AM- Daily Exercise w/Mary Grace</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Bridge Mah Jongg Canasta</p>	<p>7 10:45AM- Daily Exercise</p> <p>12:30PM- Dance Therapy w/ Lisa</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Bridge Mah Jongg</p>	<p>8 10AM- Bridge Instruction</p> <p>10:30AM- Yoga w/ Laura</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Bridge Mah Jongg Canasta</p>
<p>11 10AM- Zumba w/ Raphael</p> <p>11AM- Nutrition Lecture w/ Gila Singer “Healthy eating for Older Adults”</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Bridge Mah Jongg Canasta</p>	<p>12 9:45AM- Daily Exercise w/Mary Grace</p> <p>11:15AM- Dance Therapy w/Lisa</p> <p>12PM-1PM LUNCH</p> <p style="color: red;">Tenement Museum Trip w Lunch Bus departs at 8am</p> <p><u>10AM-4PM</u> Canasta MahJongg</p>	<p>13 10:45AM- Daily Exercise w/Mary Grace</p> <p>10AM- Health Lecture w/Dr. Goyfman “Reasons to see A Cardiologist”</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Bridge Mah Jongg Canasta</p>	<p>14 10:45AM- Daily Exercise</p> <p>12:30PM- Dance Therapy w/ Lisa</p> <p>12:30PM- Blood PRessure w/Dalia</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Bridge Mah Jongg</p>	<p>15 10AM- Bridge Instruction</p> <p>10:30AM- Yoga w/ Laura</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Bridge MahJongg Canasta</p>

<p>18 10AM- Zumba w/ Raphael</p> <p>11AM- Health Lecture w/ Mara Shapiro “Allergies all you need to know ”</p> <p>12PM-1PM- LUNCH</p> <p><u>10AM-4PM</u> Bridge Mah Jongg Canasta</p>	<p>19 9:45AM- Daily Exercise w/Mary Grace</p> <p>11:15AM- Dance Therapy w/Lisa</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Mah Jongg Canasta</p>	<p>20 9:45AM- Bone Fit Program w/ Pam</p> <p>10:45AM- Daily Exercise w/Mary Grace</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Bridge MahJongg Canasta</p>	<p>21 10:45AM- Daily Exercise w/Mary Grace</p> <p>12:30PM- Dance Therapy w/ Lisa</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Bridge Mah Jongg</p>	<p>22 10AM- Bridge Instruction</p> <p>10:30AM- Yoga w/ Laura</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Bridge MahJongg Canasta</p>
<p>25 10AM- Zumba w/Raphael</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Bridge Mah Jongg Canasta</p>	<p>26 9:45AM- DailyExercise w/MaryGrace</p> <p>11:15AM- Dance Therapy w/ Lisa</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Canasta Mah Jongg</p>	<p>27 9:45AM- Bone Fit Program w/ Pam</p> <p>10:45AM- Daily Exercise w/MaryGrace</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Bridge Mah Jongg Canasta</p>	<p>28 9:45AM- Daily Exercise w/Mary Grace</p> <p>12:30PM- Dance Therapy w/ Lisa</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Bridge MahJongg</p>	<p>29 10AM- Bridge Instruction</p> <p>10:30AM- Yoga w/ Laura</p> <p>12PM-1PM LUNCH</p> <p><u>10AM-4PM</u> Bridge Mah Jongg Canasta</p>



**Club Holliswood OAC**  
**86-25 Francis Lewis Blvd Jamaica, NY 11427**  
**718-454-6157**  
**OPEN FROM 8AM-4PM**  
**Agonzalez@jasa.org**

**LUNCH SERVED DAILY**

**12pm-1PM**

**Monday**

**Zumba w/Raphael**

**Tuesday, Wednesday, Thursday**

**Daily Exercise w/Mary Grace & Dance Therapy w/ Lisa**

**Tuesday and Thursday**  
**Bone Fit Program w/ Pam**  
**Nutrition w/ Pam**

**Wednesday**  
**Yoga w/ Laura**

**Friday**  
**Bridge Instruction w/ David**  
**Friday**