### September 2022 ACTIVITIES

Gratefully acknowledging additional generous funding provided by Councilwoman Joann Ariola

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>5</td>
<td>Jasa Closed</td>
<td>Labor Day</td>
<td>6</td>
<td>1</td>
</tr>
<tr>
<td>10AM-Troubleshooting Phones</td>
<td>11AM-Bingo</td>
<td>12PM-Lunch</td>
<td>10AM-Arts &amp; Crafts</td>
<td>10AM-Knitting &amp; Crocheting</td>
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<tr>
<td>11AM-Chair Yoga</td>
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<td>12:30PM-Rummy Cube</td>
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<td>1PM-Chair Aerobics</td>
<td>12:15PM-Health Lecture</td>
<td>1:30PM-JASA Rockaway Park Cinema</td>
<td>1PM-Trivia</td>
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<tbody>
<tr>
<td>Jasa Closed</td>
<td>Labor Day</td>
<td>10AM-National Senior Center Month Special Breakfast</td>
<td>10AM-Arts &amp; Crafts</td>
<td>10AM-Knitting &amp; Crocheting</td>
</tr>
<tr>
<td>Rosh Hashanah</td>
<td>11AM-Bingo</td>
<td>10AM-Quilding Class</td>
<td>10AM-Chair Fitness class</td>
<td>11:30 PM-Yoga</td>
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<tr>
<td>12PM-Lunch</td>
<td>11AM-Blood Pressure Screening</td>
<td>12PM-Lunch</td>
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<td>12:30PM-Lunch</td>
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**Please be advised, if you are attending any in-person activities, we strongly advise that you continue social distancing and you must wear a mask except while eating or drinking, regardless of vaccination status. If you do not have a mask one will be provided for you.**

**Activities are subject to change without notice.**
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<tr>
<td>5</td>
<td>Jasa Closed Labor Day</td>
<td>6 Black Bean Mushroom Vegan Burger Green Bean Salad Homemade Mashed Potatoes</td>
<td>1 Cranberry Chicken Noodle Kugel Green Beans</td>
<td>2 Egg Salad Bowtie Pasta Three Bean Salad</td>
</tr>
<tr>
<td>12</td>
<td>Baked Breaded Fish Rice Pilaf Sauteed Zucchini</td>
<td>7 Homemade Breaded Fish Brown Rice &amp; Black Beans Carrots</td>
<td>8 Chicken Shawarma Lentils with spiced rice Israeli Salad</td>
<td>9 Tuna Salad Macaroni Salad Russian Coleslaw</td>
</tr>
<tr>
<td>19</td>
<td>Salmon Cakes Creamy Spinach Homemade Mashed Potatoes</td>
<td>13 Stuffed Cabbage Toasted Barley with onion Capri Blend</td>
<td>14 Vegetarian Bean Chili Yellow Rice Kale with Garlic</td>
<td>16 Turkey Salad Bowtie Pasta Cucumber &amp; red Bean Salad</td>
</tr>
<tr>
<td>26</td>
<td>Jasa Closed Rosh Hashanah</td>
<td>20 Beef Pot Roast Kasha Varnikses Steamed Broccoli</td>
<td>21 Eggplant rounds Pasta Italian Vegetables</td>
<td>23 Salmon salad Roasted Red Potato Salad Health Salad</td>
</tr>
<tr>
<td>27</td>
<td>Veggie Burger Homemade Mashed Potato Braised Red Cabbage</td>
<td>28 Stuffed Cabbage Noodles with cabbage Capri Blend Vegetables</td>
<td>29 Hawaiian Chicken Mauzone Toasted Barley &amp; onion Steamed Broccoli</td>
<td>30 Egg Salad Tricolor Pasta Beet Salad</td>
</tr>
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Gratefully acknowledging additional generous funding provided by Councilwoman Joann Ariola
JASA Rockaway Park Older Adult Center
106-20 Shore Front Parkway
Rockaway Park, NY 11694, Suite 300
718.634.0344
www.jasa.org

Monday-Friday  8:00AM-4:00PM

Lunch is served from 12:00PM- 1:00PM

Jasa Rockaway Park is closed on the following days:
Jasa Closed Monday September 5th. Labor Day
Jasa Closed Monday September 26th Rosh Hashana

Puzzles are worked on anytime of the day.

Join Us!!!

Monday:
In-person Chair Yoga with Cynthia
In-person walking on the boardwalk with Fay
Puzzles

Tuesday:
In-person Bingo with Christina
In-person Rummy Cube
1PM In-person Chair Aerobics with Tommy
Puzzles

Wednesday:
September 21  In-person Nutrition Lecture with Stephanie Cordaro
In-person Quilting Class
In-person Blood Pressure Screening
Health Lectures with Fay
JASA Rockaway Park Cinema
Puzzles

Thursday:
Gracie Mansion Trip
In-person Arts & Crafts
10AM In-person Fitness Class/ Movin & Groovin with Tommy
In-person Trivia with Christina
Puzzles

Friday:
In-person Knitting & Crocheting
Lunch served at 12:30 PM
Virtual Tai- Chi
In-person Yoga with Cynthia
JASA Rockaway Park Cinema
Puzzles