**December 2022 ACTIVITIES**

Gratefully acknowledging additional generous funding provided by Councilwoman Joann Ariola

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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***

**JASA CLOSED CHRISTMAS OBSERVED**
### December 2022 MENU

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<td>6 Baked Falafel Patties&lt;br&gt;Hummus&lt;br&gt;Za'atar Spiced Israeli Salad</td>
<td>7 Turkey with Gravy&lt;br&gt;Homemade Mashed Potatoes&lt;br&gt;Whole Grain Stuffing</td>
<td>8 Teriyaki Baked Fish&lt;br&gt;Yellow Rice&lt;br&gt;Oriental Blend Vegetables</td>
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<td>12 Swedish Meatballs with Beef &amp; Turkey&lt;br&gt;Egg Noodles&lt;br&gt;Green Beans</td>
<td>13 Breaded Eggplant Cutlets&lt;br&gt;Homemade Tomato Sauce&lt;br&gt;Fusilli Pasta</td>
<td>14 Beef Pot Roast&lt;br&gt;Homemade Mashed Potatoes&lt;br&gt;Creamy Spinach</td>
<td>15 Salmon Cakes with Dill Sauce&lt;br&gt;Roasted Potatoes&lt;br&gt;Winter Blend Salad</td>
<td>16 Spanish Style Roasted Chicken&lt;br&gt;Rice A Roni&lt;br&gt;Sautéed Zucchini</td>
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<td>19 Italian Meatballs with Beef &amp; Turkey&lt;br&gt;Pasta&lt;br&gt;Green Beans</td>
<td>20 Veggie Burger&lt;br&gt;Homemade Mashed Potatoes&lt;br&gt;Braised Red Cabbage</td>
<td>21 Stuffed Cabbage with Beef&lt;br&gt;Capri Blend Vegetables&lt;br&gt;Kasha Varnishkes</td>
<td>22 Fish Francaise with Dill sauce&lt;br&gt;Yellow Rice&lt;br&gt;Creamy Spinach</td>
<td>23 Hawaiian Chicken with Vegetable&lt;br&gt;Mauzone Toasted Barley &amp; Onion&lt;br&gt;Steamed Carrots</td>
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<td>26 JASA CLOSED&lt;br&gt;CHRISTMAS OBSERVED</td>
<td>27 Chicken Marsala&lt;br&gt;Yellow Rice&lt;br&gt;Roasted Beets</td>
<td>28 Vegan Stuffed Peppers&lt;br&gt;Roasted Potatoes&lt;br&gt;Green Beans</td>
<td>29 Sweet &amp; Sour Meatballs&lt;br&gt;Mauzone Toasted Barley&lt;br&gt;Creamy Spinach</td>
<td>30 Roasted Chicken with Brown Gravy&lt;br&gt;Potato Kugel&lt;br&gt;Carrot Tzimmes</td>
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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:
Monday, December 26th in observance of Christmas

Puzzles are worked on anytime of the day.
Join Us!!!

Monday:
Troubleshooting Cell phones with Christina
In-person Chair Yoga with Cynthia

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

Wednesday:
December 14th @ 12:30 PM In Person Nutrition Lecture with Stephanie Cordaro
December 21 @ 11AM- Scholars Academy Holiday Concert
In- person Quilting Class
In- person Blood Pressure Screening
Health Lectures with Fay
JASA Rockaway Park Cinema

Thursday:
December 8th @10AM Shopping Trip to Gateway center (Erskine)
December 15th @ 10AM-Shopping Trip Tanger Outlets (Deerpark)
In- person Arts & Crafts
10AM In- person Chair Fitness Class with Tommy
In- person Trivia with Christina

Friday:
In-person Knitting & Crocheting
Lunch served at 12:30 PM
11:30 AM In- person Yoga with Cynthia
1:00PM JASA Rockaway Park Cinema

Puzzles