



February 2020

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
						Respite Support Group <u>11 AM-12:30 PM</u> 1
2	3	4	5	6	7	King's Support Group <u>11 AM—12 PM</u> 8
9	10	11	12	13	14	Support Group/ Joint Enrichment <u>11 AM -2 PM</u> 15
16	17	18	19	20	21	Wellness Program "Should I Eat This?" <u>12 PM—1:30 PM</u> 22
23	24	25	26	27	28	Strong Women Support Group <u>12 PM</u> 29



Jamaica Service Program
For Older Adults

JSPOA's Caregiver Calendar of Events

Respite Support Group

Friendship Center

92-33 170th Street

Jamaica, NY 11433

11:00AM—12:30 PM

02/01/2020 (Sat)

Support Group 11am

Wellness Program: "Should I
Eat This" Food to enhance your
life:12 pm

Friendship Center

92-33 170th Street

Jamaica, NY 11433

02/22/2020 (Sat)



Strong Women

Support Group - LINE DANCING

Friendship Center

12 PM

02/29/2020 (Sat)

King's Support Group

For Male caregivers only.

Lively discussions: Current Affairs
& How to relax your mind and
body. *Light Refreshments*

Friendship Center

92-47 165th Street

Jamaica, NY 11433

11 AM—12 PM 02/8/2020 (SAT)

Support Group/Joint Enrichment

*This group features a brief exercise class so
please wear sneakers. ZUMBA WARM UP
CLASS*

Friendship Center

92-33 170th Street

Jamaica, NY 11433

11 AM—2 PM

02/15/2020 (Sat)

RSVP FOR ALL ACTIVITIES ABOVE BY CALLING 718-657-6639 OR 718-657-6500 EXT. 1639.

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