



FRIENDSHIP CENTER

92-33 170th ST JAMAICA , NY 11433
PHONE: (718) 657-6500

August 2018



<u>ACTIVITY</u>	<u>TIME</u>
Daily Breakfast	9:00AM
Daily Lunch	11:30AM
Movement Therapy & Volleyball w/Janet two Fridays a month	10:00 AM
Music & Movement w/Jewel on Tuesdays	10:00 AM
Senior Strollers Tuesdays & Thursdays	2:00 PM
BINGO every Wednesday	2:00 PM
Double Feature Matinees every Friday	12:00PM-4:00PM
Friendship Center is Open Mon.-Fri.	8:00AM-4:00PM
Respite Center is Open on Saturdays	9:00AM-3:00PM

August 2018 Events

Art & Crafts with the Latin Dance Studio —August 6th

Presentation by Francisco Bautista— August 22nd

Nutrition Workshop with Sara Pellegrini—August 27th

Birthday Celebrations — Last Thursday of Month



Danielle Carter - Center Director (718) 657 - 6540
Kaitlyn Cooke - Program Coordinator (718) 657-6500 ext. 1512
Jordon Arias - Program Assistant ext. 1561
Francisco Bautista - Case Assistant ext. 1562

This Program is partially funded by
The NYC DEPARTMENT FOR THE AGING

Activities are planned to stimulate and enhance perception, awareness
and functional ability in older adults who are unable to participate in the
usual senior center setting

www.jspoa.org

August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>August's Awareness's:</u></p> <ul style="list-style-type: none"> * International Peace * National Eye Exam * National Water Quality * Black Business * Romance Awareness * Happiness Happens 		<p>1 9:30 Round Table Talk 10:15am Exercise 10:45am Trivia 12:15pm Yoga 1:00pm Poetry/Open Mic 2:00pm BINGO</p>	<p>2 9:30am Music Appreciation 10:15am Music & Movement 10:45am Art & Craft//Brain Games 12:15pm Community Walk 1:00pm Life Stories 2:00pm Outdoor Movement Therapy</p>	<p>3 9:30am Mindful Meditation 10:00am Movement Therapy w/ Janet 12:00pm Double Feature Matinee</p>	<p>4 Breakfast Group Discussion Toss & Talk/Horse Shoe Alzheimer's Awareness</p>
<p>6 9:30am Round Table Talk 10:00am Art & Craft w/ Latin Fever Dance Studio 12:15pm Balloon Volleyball 1:00pm Sing-A-Long/Karaoke 2:00pm Computer Basics</p>	<p>7 9:30am Music Appreciation 10:00am Movement with Jewel 12:15pm Walk with Ease 1:00pm Brain Games//Creative Writing 2:00pm Senior Strollers</p>	<p>8 9:30am Round Table Talk 10:15am Exercise 10:45am Insightful Presentation by Marie 12:15pm Yoga 1:00pm Poetry/Open Mic 2:00pm BINGO</p>	<p>9 9:30am Music Appreciation 10:15am Music & Movement 10:45am Art & Craft//Brain Games 12:15pm Community Walk 1:00pm Life Stories 2:00pm Outdoor Movement Therapy</p>	<p>10 9:30am Mindful Meditation 10:00am Movement Therapy w/ Janet 12:00pm Double Feature Matinee</p>	<p>11 Breakfast Group Discussion Identify Sounds National Safety Awareness</p>
<p>13 9:30am Round Table Talk 10:15am Exercise 10:45am Current Events 12:15pm Balloon Volleyball 1:00pm Sing-A-Long/Karaoke 2:00pm Art & Crafts</p>	<p>14 9:30am Music Appreciation 10:00am Movement with Jewel 12:15pm Walk with Ease 1:00pm Brain Games//Creative Writing 2:00pm Senior Strollers</p>	<p>15 9:30am Round Table Talk 10:15am Exercise 10:45 Trivia 12:15pm Yoga 1:00pm Poetry/Open Mic 2:00pm BINGO</p>	<p>16 9:30am Music Appreciation 10:15am Music & Movement 10:45am Art & Craft//Brain Games 12:15pm Community Walk 1:00pm Life Stories 2:00pm Outdoor Movement Therapy</p>	<p>17 9:30 Mindful Meditation 10:0am Music & Movement 10:45am Word Games 12:00pm Double Feature Matinee</p>	<p>18 Breakfast Group Discussion Exercise/Charades/ Horse Shoe Toss National Safety Awareness</p>
<p>20 9:30am Round Table Talk 10:15am Exercise 10:45am Current Events 12:15pm Balloon Volleyball 1:00pm Sing-A-Long/Karaoke 2:00pm Computer Basics</p>	<p>21 9:30am Music Appreciation 10:00am Movement with Jewel 12:15pm Walk with Ease 1:00pm Brain Games//Creative Writing 2:00pm Senior Strollers</p>	<p>22 9:30am Round Table Talk 10:15am Exercise 10:45am Trivia 12:45pm Presentation by Francisco Bautista 2:00pm BINGO</p>	<p>23 9:30am Music Appreciation 10:15am Music & Movement 10:45am Art & Craft//Brain Games 12:15pm Community Walk 1:00pm Life Stories 2:00pm Outdoor Movement Therapy</p>	<p>24 9:30am Mindful Meditation 10:15 Music & Movement 10:45 Word Games 12:00pm Double Feature Matinee</p>	<p>25 Breakfast Group discussion Exercise</p>
<p>27 9:30am Music Appreciation 10:30am Nutrition Workshop w/ Sara Pellegrini 12:15pm Balloon Volleyball 1:00pm Sing-A-Long/Karaoke 2:00pm Art & Crafts</p>	<p>28 9:30am Music Appreciation 10:00am Movement with Jewel 12:15pm Walk with Ease 1:00pm Brain Games//Creative Writing 2:00pm Senior Strollers</p>	<p>29 9:30am Round Table Talk 10:15am Exercise 10:45am Insightful Presentation by Marie 12:15pm Yoga 1:00pm Poetry/Open Mic 2:00pm BINGO</p>	<p>30 9:30am Music Appreciation 10:15am Music & Movement 10:45am Art & Craft//Brain Games 12:15pm Community Walk 1:00pm Life Stories 2:00pm Outdoor Movement Therapy</p>	<p>31 9:30am Mindful Meditation 10:00am Movement Therapy w/ Janet 12:00pm Double Feature Matinee</p>	