

August - Menu

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING
MENU SUBJECT TO CHANGE * MILK, JUICE & BREAD SERVED WITH ALL LUNCHES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| SALAD BAR RESUMES EVERY WEDNESDAY BEGINNING AUGUST 1ST | | 1 TURKEY MEAT SAUCE GARLIC MASHED POTATOES MIXED GREEN SALAD APPLESAUCE | 2 BEEF STIR FRY WHITE RICE ROASTED BROCCOLI BANANA | 3 MINESTRONE SOUP BAKED TILAPIA AMADINE COUSCOUS W/PEAS & LEMON CANNED MANDARINS |
| 6 BAKED CHICKEN QUARTERS BAKED SWEET POTATO ZUCCHINI & PEAS APPLE | 7 VEGETABLE BAKED WHOLE WHEAT ZITI BABY CARROTS W/PARSLEY ORANGE | 8 ITALIAN ROASTED PORK TENDERLOIN BAKED RED POTATO WEDGES STRING BEANS KIWI | 9 CHICKEN PARMESAN W/ONIONS & GARLIC BROCCOLI W/ TOASTED GARLIC BANANA | 10 VEGETABLE SOUP BAKED BREADED FISH BROWN RICE W/MUSHROOMS SAUTEED SPINACH PEAR |
| 13 BAKED BREADED CHICKEN CUTLET COUSCOUS W/PEAS & LEMON BABY CARROTS W/PARSLEY ORANGE | 14 BEEF MEATBALLS IN TOMATO SAUCE SPAGHETTI BRUSSEL SPROUTS & KALE APPLE | 15 BAKED TURKEY BREAST CALIFORNIA BLEND VEGETABLES SWEET BAKED YAMS BANANA | 16 BROCCOLI CHEESE QUESADILLA BABY SPINACH SALAD CORN & PEPPERS FRUIT COCKTAIL | 17 APRICOT GLAZED SALMON EGG BARLKEY W/MUSHROOMS SAUTEED ZUCCHINI TANGERINE |
| 20 VEGETABLE LASAGNA BABY SPINACH SALAD FRUIT COCKTAIL | 21 STEWED PORK CHOPS MASHED SWEET POTATOES WINTER BLEND VEGETABLES APPLE | 22 CHILI CON CARNE BROWN RICE CORN & RED PEPPERS SLICED PEACHES | 23 CHICKEN & BROCCOLI STIR FRY LO MEIN COLLARD GREENS W/TOMATO BANANA | 24 BAKED TILAPIA CREOLE SAUCE RED BLISS POTATOES STEAMED PEAS & CARROTS ORANGE |
| 27 ARROZ CON POLLO (CHICKEN BREAST W/RICE) KALE W/TOMATO APPLE | 28 PORK CHOPS RED POTATOES CALIFORNIA MIX VEGGIES FRUIT COCKTAIL | 29 BAKED CHICKEN QUARTERS BAKED SWEET POTATO BRUSSEL SPROUTS & KALE BANANA | 30 HAMBURGERS/ FRANKFUTERS MACRONI SALAD TOSSED SALAD WATERMELON | 31 BAKED BREADED FISH CALIFORNIA BLEND VEGETABLES TANGERINE |

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| Saturday August 4, 2018 Jamaica JAMS Festival! (Visit JSPOA on corner of 165th & Jamaica Ave) | | 1 PUMP IT UP W/GERARD 10:30AM | 2 12:15 PM AFTERNOON MOVIE BEGINS | 3 11AM: MEMORY & MOVEMENT 1:00PM BONUS BINGO |
| 6 PLEASE FOLLOW REGULAR SCHEDULED ACTIVITIES FOR MONDAY | 7 1:00PM JOKERCISE 6:00PM NAT'L NIGHT OUT RUFUS KING PARK FOOD - FUN ENTERTINMENT | 8 PUMP IT UP W/GERARD 10:30AM | 9 1:00PM BEREVEMENT PRESENTATION JOHN BRUNO CAPE | 10 11AM: MEMORY & MOVEMENT 12:15 PM AFTERNOON MOVIE BEGINS |
| 13 PLEASE FOLLOW REGULAR SCHEDULED ACTIVITIES FOR MONDAY | 14 TRIP: 10:30AM WALMART | 15 PUMP IT UP W/GERARD 10:30AM | 16 9:00AM DISTRIBUTION FARMER'S MARKET COUPON BOOKLET 1:00PM OPEN MIC | 17 11AM: MEMORY & MOVEMENT 1:00PM FOOT CARE DR. JARBATH DPM, |
| 20 10:00AM ADVISORY BOARD MEETING | 21  METROCARD BUS 9AM - 2PM TRIP: DEPART 9AM HUNTERDON HILLS PLAYHOUSE HAMPTON, NY | 22 PUMP IT UP W/GERARD 10:30AM | 23 1:00PM GENERAL MEMBERSHIP MEETING | 24 11AM: MEMORY & MOVEMENT TRIP: 10:00AM FARMER'S MARKET 1:00PM BONUS BINGO |
| 27 PLEASE FOLLOW REGULAR SCHEDULED ACTIVITIES FOR MONDAY | 28 August Birthday Celebration!  | 29 PUMP IT UP W/GERARD 10:30AM | 30 1:00PM END OF SUMMER CELEBRATION | 31 PLEASE FOLLOW REGULAR SCHEDULED ACTIVITIES FOR FRIDAY |

DAILY ACTIVITIES

BREAKFAST 9:00AM - 10:00AM
LUNCH: 11:30AM—1:00PM

CASE ASSISTANCE:
TUESDAY, WEDNESDAY, FRIDAY 8:30A-4:30P

BILLARDS (POOL ROOM) 10 AM -12NOON
BILLIARDS (POOL ROOM) 1:00PM - 4:00PM
DOMINOES 10:30AM-11:30AM
DOMINOES 1:00PM - 4:00PM

MONDAY ACTIVITIES

HEALTH TALK.....9:30AM - 10:30 A.M
BOOK CLUB (1ST & 3RD MONDAY OF MONTH) 10:45-11:30AM
BINGO MADNESS..... 1:00PM - 2:00 PM

TUESDAY ACTIVITIES

ARTS & CRAFT 10:00AM - 11:00AM
EXERCISE/TOMMY EXP. 10:15AM -10:45AM
CHORAL GROUP 12:30PM -1:30PM
LET'S TALK CURRENT EVENTS 1:00PM - 2:00PM

WEDNESDAY ACTIVITIES

BLOOD PRESSURE CHECKUPS.....10:00 - 12N
BINGO MADNESS.....1:00PM - 2:00PM

THURSDAY ACTIVITIES

YOGA 10:00AM -11:00AM
ARTS & CRAFT 10:00AM - 11:00AM
CHORAL GROUP 12:30PM - 1:30PM
SPECIAL EVENT PROGRAMING....1:00P - 2:00P

FRIDAY ACTIVITIES

EXERCISE/TOMMY EXP. 10:15AM -11:00AM
HAPPY HOUR:(ALTERNATE FRIDAY)1:00PM - 2:00PM
BONUS BINGO (ALTERNATE FRIDAY) 1:00PM - 2:00PM

Announcements:

GERIATRIC MENTAL HEALTH COUNSELING
THEODORA G. JACKSON ADULT CENTER
92-47 165TH ST ~ JAMAICA, NY

INDIVIDUAL, GROUP, AND FAMILY THERAPY
EMOTIONAL SUPPORT
WORKSHOPS AND HEALTH CHATS
CLIENT MUST BE AT LEAST 60 YEARS OLD

YOU CAN TALK TO ONE OF OUR COUNSELORS
YUANYUAN: MONDAY: 9:30AM ~ 4:30PM
JOHN: THURSDAY: 10:00AM ~ 1:00PM
RUTH: FRIDAY: 8:00AM ~1:00PM
718 224-0566

1:00PM
THURSDAY - SEPTEMBER 13, 2018
Prostate Cancer Awareness
Pool Room

1:00PM
TUESDAY - SEPTEMBER 18, 2018
"Falls Prevention"
Sponsored By: Jamaica Hospital
Medical Center Trauma Unit

1:00PM
THURSDAY - SEPTEMBER 20, 2018
General Membership
"Meet & Greet"
NEW OFFICERS &
ADVISORY BOARD MEMBERS

SAVE THE DATE!
46TH ANNIVERSARY
THEODORA G. JACKSON ADULT CENTER
THURSDAY - OCTOBR 25, 2018