



JUNE - 2018

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING
ACTIVITIES ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOTE LD (LATE DAY)				1 1:00PM WEATHERIZATION ASSISTANCE PROGRAM W/SENATOR LEROY COMRIE 1:00PM LINE DANCING W/ROSE LD
4 10:30AM - 12:30PM SILK PAINTING W/SU CASA 11:00AM BELLY DANCING & ZUMBA	5 1:00PM NUTRITIONIST SPONSORED SENIOR WHOLE HEALTH LD	6 6:30PM - 9:30PM JAZZPOA AT THOMASINA'S	7 1:00PM JOKERCISE	8 TRIP: 10:30AM CITY ISLAND 1:00PM BONUS BINGO
11 10:30AM - 12:30PM SILK PAINTING W/SU CASA	12 1:00 PLANNING YOUR ESTATE LD	13 TRIP: 8:30AM SIGHT & SOUND THEATER LANCASTER, PA	14 10:00AM CALENDAR MTG 1:00PM FATHER'S DAY PROGRAM LD	15 1:00PM DOT THEATER GROUP SKIT - PEDESTRIAN SAFETY LD
18 11:00AM - 1:00PM SU CASA ART PROGRAM EXHIBITION & CLOSING CEREMONY 11:00AM BELLY DANCING & ZUMBA	19 METRO CARD BUS 9:00A-12N  10:00AM ADVISORY BD. MTG 1:00PM CAREGIVERS HOMEOWNER'S EVENT LD	20 JSPQA ANNUAL MEETING LD	21 1:00PM JSPQA GENERAL ELECTION GENERAL MEMBERSHIP MEETING LD	22 TRIP: 10:30AM CITY ISLAND 1:00PM OPEN MIC
25 1:00PM MOVIE MADNESS MONDAY LD	26 June Birthday Celebration!  LD	27 10:00AM MUSIC, DANCE & EXERCISE WITH DEE	28 1:00PM HEALTH & WELLNESS HEALTHY EATING BY POWERFUL PIONEERS LD	29 TRIP: 10:30AM CITY ISLAND

DAILY ACTIVITIES

BREAKFAST 8:45 - 9:45AM
LUNCH: 11:00AM - 1:00PM

CASE ASSISTANCE

TUESDAY, WEDNESDAY, FRIDAY 8:30A-4:30A

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
ARTS & CRAFT 1:30PM - 2:30PM

WEDNESDAY ACTIVITIES

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

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

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

Announcements:

COMPUTER ROOM
COMPUTER TRAINING WILL RESUME
JULY 2, 2018

Upcoming Events

TUESDAY - JULY 3, 2018
CELEBRATE THE 4TH OF JULY
WITH THE JACKSON CENTER
JULY 4TH PARTY / BBQ



AUGUST - 2018
JACKSON CENTER'S
BEACH PARTY
DATE TO BE ANNOUNCED



JUNE 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
				1 BAKED TILAPIA BOILED ZUCCHINI RED BLISS POTATOES ORANGE
4 BLACK BEAN BURGER SAUTEED ONIONS & PEPPERS ARUGULA SALAD W/BALSAMIC VINEGAR ROASTED POTATOES ORANGE	5 ARROZ CON POLLO CHICKEN BREAST WHITE RICE KALE W/TOMATO APPLE	6 BAKED ZITI W/MEAT SAUCE MIXED GREEN SALAD KIWI	7 BAKED CHICKEN ASIAN CABBAGE BAKED SWEET POTATO BANANA	8 TUNA FISH SALAD PASTA SALAD BABY SPINACH SALAD CORN, BLACK BEAN & PEPPER SALAD TANGERINE
11 BAKED ASIAN STYLE HONEY CHICKEN ORIENTAL STEAMED CAULIFLOWER KIWI	12 BAKED PORK COLLARD GREENS ROASTED POTATOES APPLE	13 VEGETABLE BAKED ZITI W/WHOLE WHEAT PASTA RAW BROCCOLI SALAD BANANA	14 BBQ CHICKEN CALIFORNIA BLEND VEGETABLES GARLIC MASHED POTATOES ORANGE	15 PARMESEAN BAKED TILAPIA PASTA PRIMAVERA W/CHEESE BABY CARROTS W/PARSLEY PEAR
18 BAKED BREADED CHCKEN CUTLET BROWN RICE W/MUSHROOMS SAUTEED SPINACH ORANGE	19 TURKEY MEATLOAF MASHED POTATOES SAUTEED ONIONS & PEPPERS APPLE	20 BEEF STIR FRY WHITE RICE ROASTED BROCCOLI CANTALOUPE	21 VEGETABLE BIRYANI W/CHICKPEAS MIXED GREEN SALAD BANANA	22 BAKED TILAPIA AMANDINE COUSCOUS W/PEAS & LEMON CABBAGE W/ SHREDDED CARROTS PEAR
25 VEGETABLE BAKED WHOLE WHEAT ZITTI BABY CARROTS & PARSLEY ORANGE	26 BAKED CHICKEN QUARTERS BAKED SWEET POTATO ZUCCHINI & PEAS APPLE	27 ITALIAN ROASTED PORK TENDERLOIN BAKED RED POTATO WEDGES STRING BEANS KIWI	28 CHICKEN PARMESEAN SAUTEED IN GARLIC & ONION BROCCOLI W/TOASTED GARLIC BANANA	29 VEGETABLE SOUP BAKED BREADED FISH BROWN RICE W/MUSHROOMS SAUTEED SPINACH PEAR

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THEODORA G. JACKSON ADULT CENTER

CYNTHIA ELLINGTON, DIRECTOR

PARTLY FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING

JAMAICA SERVICE PROGRAM FOR OLDER ADULTS — BEVERLY COLLIER, EXECUTIVE DIRECTOR

92-47 165TH STREET - JAMAICA, NY 11433

MONDAY-FRIDAY: 8:30AM - 4:30PM * BREAKFAST 9:00AM- 10:00AM / LUNCH 11:30AM - 1:00PM
 BREAKFAST - \$1.00 / LUNCH - \$1.50



718 657- 6500

FAX: 718 657-6756—WEBSITE: JSPOA.ORG

- JACKSON CENTER PROGRAM OFFICE EXT. 1581
- COMPUTER TRAINING EXT. 1673
- FOOD SERVICES..... EXT. 1582
- CASE ASSISTANCE EXT. 1630
- SOCIAL SERVICES/NORC PROGRAM EXT. 1639
- CRIME VICTIM SERVICES EXT. 1670
- SENIOR EMPLOYMENT (55+)..... EXT. 1597
- TRANSPORTATION (MEDICAL APPOINTMENTS—9AM-3PM) EXT. 1591
- TRANSPORTATION (SENIOR CENTER APPOINTMENTS—9AM-3PM) EXT. 1591