

# August - 2018

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

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

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

# AUGUST - 2018

## 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 .(TUES, WED & FRI 8:30AM—4:30PM) ..... EXT. 1630
- SOCIAL SERVICES/NORC PROGRAM ..... EXT. 1639
- CRIME VICTIM SERVICES ..... EXT. 1670
- SENIOR EMPLOYMENT (55+)..... EXT. 1597
- TRANSPORTATION (MEDICAL APPOINTMENTS - 9AM-3PM) ..... EXT. 1671
- TRANSPORTATION (SENIOR CENTER APPOINTMENTS - 7AM-7:30AM) ..... EXT. 1591