

# November

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 TOFU STUFFED PEPPERS PASTA STMD BROCCOLI & CAULIFLOWER PINEAPPLE JUICE BANANA	2 BEEF STEW WHITE RICE STEAMED CABBAGE MIX ORANGE JUICE PEACH	3 LEMON PEPPER FISH RED BLISS POTATOES STEAMED CARROTS APPLE JUICE CANNED MANDARINS
6 TURKEY BURGER MASHED POTATOES CALIFORNIA BLEND VEGGIES APPLE JUICE CANNED MANDARINS	7 PEPPER STEAK W/ONIONS WHITE RICE STEAMED GREEN BEANS ORANGE JUICE BANANA	8 VEGGIE BURGER MACARONI & CHEESE STEAMED BROCCOLI W/SOY SAUCE APPLE JUICE CANNED PINEAPPLE	9 JERK CHICKEN BROWN RICE W/BEANS WINTER BLEND VEGGIES ORANE JUICE APPLE	10 SPANISH STYLE FISH YELLOW RICE YELLOW PLANTAINS GRAPE JUICE CANNED PEARS
13 TURKEY MEATLOAF MASHED POTATOES STEWED BEANS APPLE JUICE FRUIT COCKTAIL	14 BBQ CHICKEN MAC & CHEESE STEAMED GREEN BEANS GRAPE JUICE CANNED MANDARINS	15 CENTER CLOSED FOR STAFF MEETING	16 STEWED CHICKEN WHIE RICE STEAMED VEGETABLES PINE/ORANGE JUICE BANANA	17 FISH W/ CREOLE SAUCE RICE PILAF STEAMED KALE ORANGE JUICE APPLE
20 TURKEY BURGER W/CHEESE FRENCH FRIES STEAMED SPINACH GRAPE JUICE BANANA	<i>Thanksgiving Luncheon</i> 21 TURKEY WINGS W/GRAVY STUFFING COLLARD GREENS SWEET POTATOES EGG NOG APPLE PIE	22 BAKED ZITI W/CHEESE GREEN BEAN SAUTE APPLE JUICE PEAR	23 24 <b>THANKSGIVING HOLIDAY CENTER CLOSED</b> <i>Happy Thanksgiving</i>	
27 TUNA NOODLE CASSEROLE BARLEY, CORN & BEAN SALAD BABY CARROTS W/PARSLEY APPLE JUICE CANNED MANDARINS	<i>Happy Birthday</i> 28 BBQ CHICKEN MAC & CHEESE STEAMED GREEN BEANS GRAPE JUICE CANNED MANDARINS	29 VEGGIE BURGER RED BLISS POTAOES GREEN BEAN SAUTE PINE/ORANGE JUICE APPLE	30 BAKED CHICKEN LEGS RICE PILAF STEWED OKRA AND TOMATOES APPLE JUICE PEACH	

# NOVEMBER - 2017

## 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 8:45-9:45AM / LUNCH 11:30AM-1PM



**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

# NOVEMBER MENU- 2017

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> FOLLOW WEDNESDAY DAILY ACTIVITIES	<b>2</b> 1:00PM EMBLEM HEALTH  6:00 JSPOA GALA	<b>3</b> 1:00PM BONUS BINGO
<b>6</b> 10:00AM DIABETES WORKSHOP (SPANISH LANGUAGE) 1:00PM NEEDLECRAFT	<b>7</b> 1:00PM LET'S TALK	<b>8</b> 10:30AM TRIP TO WALMART  FOLLOW WEDNESDAY DAILY ACTIVITIES	<b>9</b> 1:00PM ST. JOHN'S LAW CLINIC CONSUMER JUSTICE	<b>10</b> 1:00PM HAPPY HOUR
<b>13</b> 10:00AM DIABETES WORKSHOP (SPANISH LANGUAGE) 1:00PM NEEDLECRAFT	<b>14</b> 1:00PM THANKSGIVING FRUIT SHARING 	<b>15</b> CENTER CLOSED FOR STAFF MEETING	<b>16</b> 10:30AM CALENDR MTG  1:00PM VETERANS DAY CELEBRATION	<b>17</b> 1:00PM WEDNESDAY TABLE GAMES
<b>20</b> 10:00AM DIABETES WORKSHOP (SPANISH LANGUAGE) 10:30AM ADVISORY BOARD	<b>21</b> 10:00AM - NOON JACKSON CENTER THANKSGIVING CELEBRATION (LUNCHEON & PROGRAM)	<b>22</b> FOLLOW WEDNESDAY DAILY ACTIVITIES	<b>23</b> <b>24</b> THANKSGIVING HOLIDAY CENTER CLOSED <i>Happy Thanksgiving</i> 	
<b>27</b> 10:00AM DIABETES WORKSHOP (SPANISH LANGUAGE) 1:00PM NEEDLECRAFT	<b>28</b> 1:00PM NOVEMBER BIRTHDAY CELEBRATION 	<b>29</b> VISIT TO NURSING HOME	<b>30</b> 1:00PM "HAPPY FEET" FOOT CARE SPONSORED BY VNS CHOICE	

## DAILY ACTIVITIES

BREAKFAST 8:45—9:45AM  
LUNCH: 11AM—1PM

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

### MONDAY ACTIVITIES

HEALTH TALK.....9:30—10:30 A.M  
EXERCISE/TOMMY EXP..... 10:15-10:45AM  
BOOK CLUB (1ST MONDAY OF MONTH)10:45-11:30AM  
BINGO MADNESS..... 1:00—2:00 PM

### TUESDAY ACTIVITIES

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

### WEDNESDAY ACTIVITIES

BLOOD PRESSURE CHECKUPS 10 AM—12N  
SEWING CLASS .....9:45—11:00 AM  
EXERCISE/TOMMY EXP..... 10:15-10:45AM  
HEALTHY AGING .....0:30—11:30AM.  
BINGO MADNESS .....1:00—2:00 PM  
LINE DANCING(MP1).....2:15—3:00 PM  
MEN'S GROUP.....1:00—2:00PM

### THURSDAY ACTIVITIES

YOGA ..... 10:00-11AM  
ARTS & CRAFT ..... 10—11 AM  
CHORAL GROUP ..... 12:30—1:30 PM  
SPECIAL EVENT PROGRAMING1:00-2:00 PM  
ART & CRAFT ..... 1:30-2:30PM

### FRIDAY ACTIVITIES

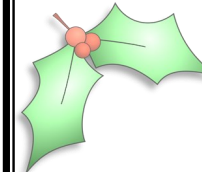
EXERCISE/TOMMY EXP..... 10:15-11:00AM  
HAPPY HOUR:(ALTERNATE FRIDAY)1:00-2:00 PM  
BONUS BINGO (ALTERNATE FRIDAY)1:00-2:00 PM

## Upcoming Events

### DECEMBER



DECEMBER 7TH - DECEMBER - 22ND  
THE ELF ON THE SHELF RETURNS!!



DECEMBER 8TH  
TREE TRIMMING

DECEMBER 12TH  
ARTS & CRAFT BAZAAR

DECEMBER 14TH  
THE SALINAS BROTHERS VIOLIN DUET

DECEMBER 21ST  
HOLIDAY PARTY

DECEMBER 26TH - JANUARY 7, 2018  
KWANZA CELEBRATIONS

DECEMBER 26TH  
DECEMBER BIRTHDAY PARTY

DECEMBER 26TH  
BOXING DAY

## Announcements

LAST CALL TO ORDER

JACKSON CENTER  
TEE-SHIRT AND/OR CAPS  
TEE-SHIRTS \$8.00 - CAPS: \$15.00

DID YOU GET YOUR FLU SHOT?