


October - 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 FOLLOW MONDAY SCHEDULED ACTIVITIES	2 10:15AM WALKING W/EASE 1:00PM LET'S TALK	3 10:30AM PUMP IT UP W/GERARD	4 LD 10:30AM TARGET TRIP 1:00PM BREAST CANCER AWARENESS NY PRESBYTERIAN	5 10:30AM FARMER'S MARKET 1:00PM TABLE GAMES
8  Office Closed	9 10:15AM WALKING W/EASE 10:00AM ARTS & CRAFTS 1:00PM TABLE GAMES	10 10:30AM PUMP IT UP W/GERARD	11 10A CALENDAR MTG. 1PM KAROKE SING ALONG	12 1:00PM HOT DOG MOVIE AFTER-NOON (GET YOUR MOVIE TICKET IN PROGRAM OFFICE) LD
15 10A ADVISORY BOARD MEETING	16 METROCARD 10A-12N 10:15AM WALKING W/EASE 10:00AM ARTS & CRAFTS 1:00PM GENERAL MEMBERSHIP MEETING LD	17 10:30AM PUMP IT UP W/GERARD	18 1PM LAUGH OUT LOUD	19 10:00AM TRIP FARMER'S MARKET 1:00PM TABLE GAMES
22 FOLLOW MONDAY SCHEDULED ACTIVITIES	23 10:15AM WALKING W/EASE 10:00AM ARTS & CRAFTS 1:00PM LET'S TALK?	24 10:30AM PUMP IT UP W/GERARD	25 46TH Anniversary Celebration & Program FEATURING	26 1:00PM HOT DOG MOVIE AFTERNOON (GET YOUR MOVIE TICKET IN PROGRAM OFFICE) LD
29 FOLLOW MONDAY SCHEDULED ACTIVITIES	30 10:15AM WALKING W/EASE October Birthday Celebration	31 10:30AM PUMP IT UP W/GERARD	NEW B'WAY R&B BAND LD	

DAILY ACTIVITIES

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

CASE ASSISTANT:

TUESDAY - WEDNESDAY - THURSDAY 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,,,,,,,,,,,,,,,,,,,,,1:00 - 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

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 & 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



JOIN THE NEW ARTS & CRAFT GROUP

EVERY TUESDAY BEGINNING OCTOBER 9TH
10A-12N—MP1 W/ANTHONIA AKINBOLA

Upcoming Events

NOVEMBER 8, 2018

JSPOA 46TH GALA

6:00PM TIL 11:00PM

RUSSO'S ON THE BAY

162-45 CROSS BAY BOULEVARD

HOWARD BEACH, NY 11414

NOVEMBER 21, 2018

THANKSGIVING DINNER

AT JACKSON

DECEMBER 12, 2018

RADIO CITY CHRISTMAS SHOW

October - Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 TURKEY MEATBALLS SPAGHETTI GREEN BEANS KIWI	2 BAKED BREADED CHICKEN CUTLET COUSCOUS W/PEAS & LEMON BRUSSEL SPROUTS & KALE SAUTE ORANGE	3 BAKED TURKEY BREAST BAKED SWEET POTATO CALIFORNIA BLEND VEGGIES BANANA	4 BROCCOLI CHEESE QUESADILLA BABY SPINACH SALAD CORN & RED PEPPERS FRUIT COCKTAIL	5 APRICOT GLAZED SALMON EGG BARLEY W/ MUSHROOMS ZUCCHINI CANNED PINEAPPLE
8  Columbus Day Office Closed	9 STEWED CHICKEN BREAST MASHED SWEET POTATOES WINTER BLEND VEGGIES APPLE	10 CHILI CON CARNE BROWN RICE CORN & RED PEPPERS TOSSED SALAD CANNED PEACHES	11 CHICKEN/BROCCOLI STIR FRY LO MEIN COLLARD GREENS W/TOMATO BANANA	12 BAKED TILAPIA RED BLISS POTATOES SAUTEED ASPARAGUS ORANGE
15 ARROZ CON POLLO (CHICKEN BREAST & RICE) KALE W/TOMATO TANGERINE	16 CHINESE STYLE PEPPER STEAK LO MEIN MUSTARD GREENS BANANA	17 BAKED CHICKEN QUARTERS BAKED SWEET POTATO BRUSSEL SPROUTS AND KALE CANNED MANDARINS	18 HAMBURGER HOME FRIES MIXED GREEN SALAD ORANGE	19 BAKED BREADED FISH WILD RICE CALIFORNIA BLEND VEGGIES APPLE
22 SALISBURY STEAK BOWTIE PASTA ROASTED BROCCOLI APPLE	23 ITALIAN SAUSAGE BAKED POTATOES SAUTEED ONIONS & PEPPERS TOSSED SALAD FRUIT COCKTAIL	24 BROCCOLI CHEESE QDUESADILLA BABY SPINACH SALAD ROASTED PEPPERS CANNED PINEAPPLES	25 HAPPY 46TH ANNIVERSARY BBQ RIBS OR ROASTED CHICKEN CABBAGE	26 BAKED FISH W/ GARLIC SAUCE RED BLISS POTATOES SAUTEED SPINACH KIWI
29 CHICKEN CHUNKS W/RED SAUCE BOWTIE PASTA BOILED ZUCCHINI ORANGE	30 PERNIL (ROASTED PORK SHOULDER) ROASTED POTATOES CDOLLARD GREENS BANANA Happy Birthday Party!	31 TURKEY CHEESE BURGER BAKED KIDNEY & BLACK BEANS MIXED GREEN SALAD CANTALOUPE	SWEET POTATOES ROLLS, SALAD VANILLA PUDING APPLE CIDER	

OCTOBER - 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

Happy 46th
Anniversary

JACKSON CENTER - ALIVE & KICKING!

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 & THURS 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