

January - 2019

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 Center Closed 	² FOLLOW WEDNESDAY SCHEDULED ACTIVITIES	³ TRIP 10AM DEPART WALMART NEW SCHEDULE 10:00AM ARTS & CRAFTS	⁴ 10:45AM MEMORY / MOVEMENT 1:00PM BONUS BINGO
⁷ FOLLOW MONDAY SCHEDULED ACTIVITIES	⁸ 10:30AM DR. MCKENZIE BIOGRAPHY WRITING	⁹ 12:45PM QUEENS PUBLIC LIBRARY "MAIL-A-BOOK" PROGRAM	¹⁰ 10:30AM CALENDAR MEETING NEW SCHEDULE 10:00AM ARTS & CRAFTS 1:00PM NYC-DOT PEDESTRIAN SAFETY	¹¹ 10:45AM MEMORY / MOVEMENT 1:00PM JOKERCISE WALDO
¹⁴ 10:00AM ADVISORY BOARD MEETING 1:00PM FINDING UNCLAIMED FUNDS W/ LEAH SOLOMON	¹⁵ 10:30AM DR. MCKENZIE BIOGRAPHY WRITING 1:00PM GENERAL MEMBERSHIP MTG	¹⁶ TRIP 10:30AM DEPART BROOKLYN MUSEUM "SOUL OF A NATION"	¹⁷ NEW SCHEDULE 10:00AM ARTS & CRAFTS 1:00PM MARTIN LUTHER KING, JR. OBSERVANCE	¹⁸ 10:45AM MEMORY/MOVEMENT 1:00PM MONDAY TABLE GAMES TRIP MOMA CHARLES WHITE EXHIBIT
²¹ Center Closed 	²² Metrocard Bus 9AM-12N 10:30AM DR. MCKENZIE BIOGRAPHY WRITING	²³ 10:00AM NURSING HOME VISIT	²⁴ NEW SCHEDULE 10:00AM ARTS & CRAFTS 1:00PM SNOW BALL FUN! W/HOT CHOCOLATE	²⁵ 10:45AM MEMORY / MOVEMENT 1:00PM BONUS BINGO
²⁸ FOLLOW MONDAY SCHEDULED ACTIVITIES	²⁹ January Birthday Salute! 	³⁰ FOLLOW WEDNESDAY SCHEDULED ACTIVITIES	³¹ NEW SCHEDULE 10:00AM ARTS & CRAFTS 12:30PM HOT DOG MOVIE AFTERNOON	

DAILY ACTIVITIES

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

CASE ASSISTANT:

TUESDAY, WEDNESDAY & THURSDAY 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

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
PUMP IT UP W/GERARD..... 10:30 - 11:15AM
BINGO MADNESS..... 1:00 - 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 - 2:00PM

FRIDAY ACTIVITIES

EXERCISE/TOMMY EXP. 10:15AM -11:00AM
MEMORY & MOVEMENT 10:45AM
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

Upcoming Events

TRIP: JANUARY 11, 2019

MoMA

(MUSEUM OF MODERN ART - NYC)
CHARLES WHITE EXHIBIT IN RETROSPECT
DEPARTING CENTER AT 3:00PM

DONATION: \$7.00

LIMITED SPACE

TRIP: JANUARY 16, 2019

BROOKLYN MUSEUM

SOUL OF A NATION:

"ART IN THE AGE OF BLACK POWER"

DEPART 10:30 A.M.

DONATION: \$7.00

JANUARY 26, 2019

SATURDAY OPENING

- INCLUDES -

MOVIE EVENT & ACTIVITIES

LUNCH / REFRESHMENTS / DOOR PRIZES

January - Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Center Closed <i>SVGmamaDesignCo.</i> <i>hello 2019</i>	2 BROCCOLI CHEESE QUESADILLA BABY SPINACH ROASTED PEPPERS CANNED PINEAPPLES	3 BBQ CHICKEN COUSCOUS W/PEAS AND LEMON BRUSSEL SPROUTS ORANGE	4 BAKED FISH W/GARLIC SAUCE RED BLISS POTATOES SAUTEED SPINACH KIWI
7 CHICKEN CHUNKS WITH RED SAUCE BOWTIE PASTA ZUCCHINI ORANGE	8 ITALIAN SAUSAGE BAKED POTATOES SAUTEED ONIONS & PEPPERS TOSSED SALAD	9 TURKEY CHEESE BURGER BAKED KIDNEY & BLACK BEANS MIXED GREEN SALAD CANTALOUPE	10 BEEF STIR FRY WHITE RICE BROCCOLI AND PEPPERS BANANA	11 MINISTRONE SOUP BAKED TILAPIA AMANDINE COUSCOUS W/PEAS & LEMON CAULIFLOWER W/CARROTS & PARSLEY CANNED MANDARINS
14 BAKED CHICKEN ROASTED POTATOES ZUCCHINI & PEAS APPLE	15 VEGGIE BAKED ZITI W/WHOLE WHEAT PASTA BABY CARROTS & PARSLEY ORANGE	16 ITALIAN ROASTED PORK TENDERLOIN BAKED RED POTATO WEDGES STRING BEANS KIWI	17 OVEN CRISP CHICKEN WINGS COLLARD GREENS MAC 'N CHEESE APPLE CIDER APPLE PIE	18 BAKED BREADED FISH BROWN RICE W/ MUSHROOMS SAUTEED SPINACH ORANGE
21 Center Closed 	22 SALISBURY STEAK BOWTIE PASTA ROASTED BROCCOLI APPLE	23 ITALIAN ROASTED PORK TENDERLOIN BAKED POTATO WEDGES STRING BEANS KIWI	24 CHICKEN PARMESEAN W/ SAUTÉED ONIONS BOWTIE PASTA BROCCOLI W/ TOASTED GARLIC BANANA	25 BAKED BREADED FISH BROWN RICE W/MUSHROOMS SPINACH
28 TURKEY MEATBALLS SPAGHETTI GREEN BEANS KIWI	29 BAKED CHICKEN QUARTERS ROASTED POTATOES ZUCCHINI & PEAS APPLE	30 PERNIL (ROASTED PORK SHOULDER) ROASTED POTATOES CABBAGE BANANA		

JANUARY - 2019

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

hello 2019

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