

# APRIL - 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00AM - 2:00PM SILK PAINTING W/SU CASA	3 10A-12N MP2 CROCHET FOR CANCER 1:00PM NUTRITIONAL WORKSHOP SPONSORED BY DFTA	4 TRIP: 9:30AM UNIVERSOUL CIRCUS  2:00PM CELEBRATE NATIONAL WALKING DAY	5 1:00PM JOKERCISE	6 1:00PM TABLE GAMES
9 9:30AM CONSUMER JUSTICE FOR THE ELDERLY ST. JOHN'S UNIV  10:30AM - 2:00PM SILK PAINTING W/SU CASA	10 10A-12N MP2 CROCHET FOR CANCER 1:00PM ELDER ABUSE PROGRAM MOVIE "WHAT'S AGE GOT TO DO WITH IT" SPONSORED BY JSPOA SAFETY DIV	11 FOLLOW WEDNESDAY DAILY ACTIVITIES	12 10:30AM CALENDAR MEETING  1:00PM NUTRITIONIST HILLSIDE MANOR REHABILITATION	13 1:00PM NEW YORK ROAD RUNNERS HEALTH & WELNESS SEMINAR SPONSORED BY DFTA
16 10:00AM - 2:00PM SILK PAINTING W/SU CASA  10:00A - 12NOON ADVISORY BD. MTG  2:00PM FOOT CARE W/ DR. JARVATH	17  10AM - 12NOON METROCARD BUS  1:00PM GENERAL MEMBERSHIP MEETING	18 AGENCY STAFF MEETING  CENTER CLOSED	19 1:00PM VOLUNTEER RECOGNITION DAY	20 10:30AM - 11:30AM FIRE SAFETY & FIRE PREVENTION NYFD  1:00PM TABLE GAME
23 10:00AM - 2:00PM SILK PAINTING W/SU CASA  10AM EMBLEM HEALTH PRESENTS	24 <i>April Birthday Celebration!</i>  MUSIC SPONSORED BY EMBLEM HEALTH	25 9:00AM STRESS MGMT W/ NURSE ALLIE GRAY  10:00AM VISIT TO NURSING HOME  1:30PM HEALTH & FITNESS W/GERARD	26 1:00PM EFFECTS OF ALZHEIMER DISEASE SPONSORED BY CARING KIND	27 TRIP - 9:30AM LOUIS ARMSTRONG MUSEUM CORONA, NY
30 10:00AM - 2:00PM SILK PAINTING W/SU CASA	CROCHET FOR CANCER COME JOIN THE ARTS AND CRAFT GROUP ON TUESDAY 10A-12N—MP2 MAKING HATS FOR VICTIM WHO HAVE LOST THEIR HAIR DUE TO ILLNESSES.			

## DAILY ACTIVITIES

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

**CASE ASSISTANT:**  
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 EVENTS1:00PM - 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

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

# Announcements:

1:00PM  
TUESDAY - JUNE 19 2018  
THEODORA G. JACKSON ADULT CENTR  
ELECTION OF OFFICERS  
(PLEASE NOTIFY CENTER DIRECTOR IF YOU ARE  
INTERESTED IN WORKING ON ELECTION COMMITTEE)  
WE'RE ALSO SEEKING MEMBERS TO SERVE ON  
THE ADVISORY BOARD  
SUBMIT YOUR RESUME TO CENTER DIRECTOR OR  
ANY ADVISORY BOARD MEMBER

# Upcoming Events



THURSDAY - MAY 10, 2018 1P.M.  
MOTHER'S DAY PROGRAM

TUESDAY - MAY 15, 2018 1P.M.  
PEDESTRIAN SAFETY NYC DOT

WEDNESDAY EVENING  
JUNE 6, 2018 6:30-9:30PM



# JAZZ-POA

AT THOMASANIA  
\$15 - SHOW & TRANSPORTATION  
MORE INFO TO FOLLOW

WEDNESDAY - JUNE 13, 2018  
SIGHT & SOUND THEATER  
JESUS - \$127.00  
BUS DEPARTS CENTER 8:30AM - RETURNS 9:00PM  
(INCLUDES TRANSPORTATION, SHOW & LUNCH)

# APRIL 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
2 BAKED ZITI W/ RICOTTA CHEESE MIXED GREEN SALAD ORANGE	3 BAKED CHICKEN BAKED SWEET POTATO SAUTEED SPINACH APPLE	4 ITALIAN ROASTED PORK TENDERLOIN CARROT SALAD KIWI	5 SALISBURY STEAK W/MUSHROOM SAUCE BROWN RICE BROCCOLI W/ TOASTED GARLIC BANANA	6 VEGETABLE SOUP TUNA FISH SALAD CABBAGE & CARROT SLAW PEAR
9 BAKED MUSHROOM CHICKEN WHITE RICE BABY CARROTS W/PARSLEY ORANGE	10 CHICKEN SALAD PASTA SALAD CALIFORNIA BLEND VEGGIES APPLE	11 BBQ CHICKEN BREAST COLLARD GREENS MASHED POTATOES BANANA	12 BEAN BURRITO W/WHOLE WHEAT TORTILLA CUCUMBER TOMATO SALAD PEAR	13 BAKED TILAPIA W/FRESH SALSA RELISH ROASTED POTATOES SAUTEED ZUCCHINI KIWI
16 VEGETARIAN LASAGNA BABY SPINACH SALAD PEAR	17 STEWED PORK CHOPS MASHED SWEET POTATOES STEAMED BROCCOLI APPLE	18 AGENCY STAFF MEETING  CENTER CLOSED	19 CHICKEN & BROCCOLI STIR FRY LO MEIN BANANA	20 BAKED TILAPIA BOILED ZUCCHINI RED BLISS POTATOES ORANGE
23 BLACK BEAN BURGER SAUTEED ONIONS & PEPPERS ARUGULA SALAD W/BALSAMIC VINEGAR ROASTED POTATOES ORANGE	24  BBQ CHICKEN MAC & CHEESE STEAMED GREEN BEANS CANNED MANDARINS	25 BAKED ZITI W/MEAT SAUCE MIXED GREEN SALAD KIWI	26 BAKED CHICKEN ASIAN CABBAGE BAKED SWEET POTATO BANANA	27 TUNA FISH SALAD PASTA SALAD BABY SPINACH SALAD CORN, BLACK BEAN AND PEPPER SALAD TANGERINE
30 BAKED ASIAN STYLE HONEY CHICKEN BROWN RICE STEAMED CAULIFLOWER KIWI				

# APRIL - 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 .....	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