

MAY MENU

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 TUNA NOODLE CASSEROLE CORN & BLAK BEAN SALAD APPLE JUICE CANNED MANDARINS	2 PEPPER STEAK W/ ONIONS WHITE RICE STEAMED BROCCOLI GRAPE JUICE ORANGE	3 VEGGIE BURGER RED BLISS POTATOES GREEN BEANS ADPPLE PINE/ORANGE JUICE	4 BAKED CHICKEN LEGS RICE PILA OKRA W/TOMATOES APPLE JUICE PEACH	5 BAKED WHITING YELLOW RICE STEAMED SPINACH ORANGE JUICE APPLE
8 SPAGHETTI W/MEAT SAUCE STEAMED SPINACH APPLE JUICE CANNED MANDARINS	9 STEWED CHICKEN BROWN RICE STEAMED BROCCOLI GRAPE JUICE BANANA	10 VEGGIE BURGER MASHED POTATOES ITALIAN VEGGIES PINEAPPLE JUICE APPLE	11 ROAST PORK QUINOA STEAMED KALE APPLE JUICE APPLE	12 BAKED TILAPIA FRENCH FRIES STEAMED PEAS & CARROTS APPLE JUICE PEACH
15 SALISBURY STEAK W/MUSHROOM GRAVY GREEN BEANS GRAPE JUICE ORANGE	16 ROAST PORK W/ OYSTER SAUCE WHIE RICE STEAMEE KALE ORANGE JUICE APPLE	17 TOFU STUFFED PEP- PERS STAMED BROCCOLI & CAULIFLOWER MIX PINEAPPLE JUICE BANANA	18 BEEF STEW WHITE RICE STEAMED CABBAGE ORANGE JUICE PEACH	19 LEMON PEPPERED FISH RED BLISS POTAOES STEAMED CARROTS APPLE JUICE CANNED MANDARINS
22 TURKEY BURGER MASHED POTATOES CALI BLEND VEGGIES APPLE JUICE CANNED MANDARINS	23 PEPPER STEAK W/ ONIONS WHITE RICE STEAMED GREEN BEANS ORANGE JUICE BANANA	24 VEGGIE BURGER MACARONI & CHEESE STEAMED BROCCOLI W/SOY SAUCE APPLE JHUICE CANNED PINEAPPLES	25 HOT DOGS & HAMBURGERS CORN-ON-THE-COB POTATOE SALAD WATERMELLON	26 SPANISH STYLE FISH YELLOW RICE YELLOW PLANTAINS GRAPE JUICE' CANNED PEARs
29 OFFICE CLOSED	30  BBQ CHICKEN MACARONI & CHEESE GREEN BEANS GRAPE JUICE CANNED MANDARINS	31 BAKED FLOUNDER PASTA STEAMED SOINACH APPLE JUICE CANNED PEARS		

MAY - 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



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

MAY - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 9:00AM DOWNSTATE NURSES "COLONOSCOPY" 12:30PM—TAI CHI 1:30 DRAMA GRP	3 9:00AM YORK COLLEGE NURSES COMM OUTREACH "FOOTCARE" ADVOCACY DAY CITY HALL	4 10:30—2:30 MOTHER'S DAY BAZAAR 12:30PM—TAI CHI 1:30 DRAMA GRP	5 TODAY IS CINCO DE MAYO! 1PM BONUS BINGO
8 12:30PM—TAI CHI 2:00PM NEW METRO CARD INFORMATION SPECTRUM	9 9:00AM GERIATRIC CONF "PUTTING GOLD BACK INTO THE GOLDEN YEARS"	10 10:30AM HEALTHY AGING 2PM WORD GAME	11 1PM MOTHER'S DAY PROGRAM 1:30 DRAMA GRP	12 1PM NUTRITION FACTS W/EMBLEM HEALTH
15 10:00AM ADVISORY BOARD MEETING 1:00PM GENERAL MEMBERSHIP	16 METRO CARD Bus FOLLOW TUESDAY DAILY ACTIVITIES 1:30 DRAMA GRP	17 9AM TRIP QICA TOWNHALL MEETING 2PM WORD GAME	18 FOLLOW THURSDAY DAILY ACTIVITIES 1:30 DRAMA GRP	19 1PM BONUS BINGO
22 FOLLOW MONDAY DAILY ACTIVITIES	23 FOLLOW TUESDAY DAILY ACTIVITIES 1:30 DRAMA GRP	24 FOLLOW WEDNESDAY DAILY'ACTIVITIES 2PM WORD GAME	25 1:00PM MEMORIAL DAY PROGRAM	26 TRIVIA HOUR
29 WE ARE CLOSED MEMORIAL DAY	30 MAY BIRTHDAY PARTY 	31 FOLLOW WEDNESDAY DAILY'ACTIVITIES 2PM		

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 CLASS9:45—11:00 AM
EXERCISE/TOMMY EXP..... 10:15-10:45AM
HEALTHY AGING0:30—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

Announcements:

GERATRIC CONFERENCE

TUESDAY, MAY 9, 2017

KEEPING GOLD IN GOLDEN YEARS

FREE LUNCH W/REGISTRATION

12NOON-4:00PM

MAKING THE RIGHT DECISIONS ABOUT
YOUR RETIREMENT ??????

SATURDAY, MAY 20, 2017

2:00-5:00 P.M.

SPONSOR BY JSPOA

BEVERLY COLLIER, EXECUTIVE DIRECTOR

Upcoming Events

JSPOA ANNUAL BOARD MEETING

JUNE 14, 2017

2PM