

# October Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 TURKEY MEATBALLS MASHED POTATOES SEATMED VEGGIES APPLE JUICE FRUIT COCKTAIL	3 PORK CHOPS WHITE RICE STEAMED GREEN BEANS ORANGE JUICE BANANA	4 VEGGIE BURGER BROWN RICE STMD BROCCOLI IN SOY SAUCE APPLE JUICE PEACH	5 JERK CHICKEN RICE & BEANS STEAMED CABBAGE MIX GRAPE JUICE APPLE	6 SPANISH STYLE BAKED FISH YELLOW RICE YELLOW SQUASH PINE/ORANGE JUICE CANNED PEARS
9 <b>OFFICE CLOSED</b> 	10 BBQ CHICKEN MAC & CHEESE STEAMED GREEN BEANS GRAPE JUICE BANANA	11 BREADED FISH FILLET MAC SALAD ITALIAN BLEND VEGGIES PINE/ORANGE JUICE	12 CHICKEN CACCIATORE STEAMED SPINACH APPLE JUICE CANNED MANDARINS	13 BAKED FISH YELLOW RICE STEAMED KALE ORANGE JUICE PEACH
16 TURKEY BURGER FRENCH FRIES ITALIAN BLEND VEGGIES GRAPE JUICE BANANA	17 ROAST BEEF MASHED POTATOES STEAMED GREEN BEANS PINEAPPLE JUICE APPLE	18 BAKED ZITI W/CHEESE VEGGIE MIX ORANGE JUICE PEAR	19 Anniversary Lunch BAKED CHICKEN OR RIBS MAC & CHEESE YAMS GREEN BEANS GREEN SALAD DINNER ROLLS CARROT CAKE	20 OVEN FRIED FISH QUINOA STEAMED CARROTS ORANGE JUICE PLUM
23 SPAGHETTI W/ MEAT SAUCE STEAMED SPINACH APPLE JUICE CANNED MANDARINS	24 <i>October Birthday party!</i> CHICKEN STIR-FRY BROWN RICE STEAMED BROCCOLI GRAPE JUICE BANANA	25 BLACK BEAN BURGER MASHED POTATOES STMD VEGGIES PINEAPPLE JUICE APPLE	26 CHICKEN PATTY QUINOA STEAMED KALE APPLE JUICE CANNED MANDARINS	27 BAKED TILAPIA FRENCH FRIES STEAMED PEAS / CARROTS ORANGE JUICE PEACH
30 SALISBURY STEAK W/MUSH GRAVY MASHED POATOES STEAMED GREEN BEANS GRAPE JUICE ORANGE	31 CHICKEN TERIYAKI WHITE RICE STEAMED KALE ORANE JUICE APPLE			

# OCTOBER - 2017

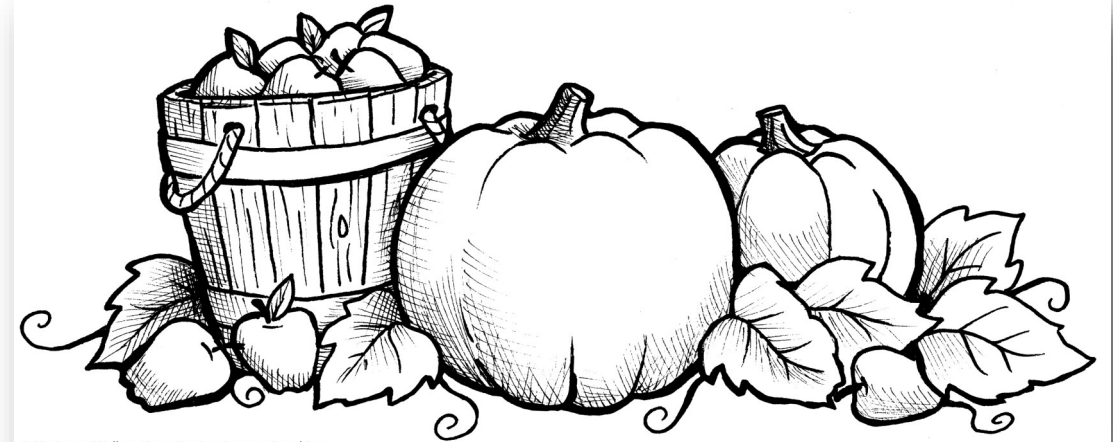
## THEODORA G. JACKSON

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



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**718 657- 6500**

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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

# OCTOBER - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 FOLLOW MONDAY DAILY ACTIVITIES	3 1:00PM LET' TALK	4 FOLLOW WEDNESDAY DAILY ACTIVITIES	5 FOLLOW THURSDAY DAILY ACTIVITIES	6 1:00PM BONUS BINGO
9 OFFICE CLOSED 	10 1:00PM NUTRITION PRESENTATION "PERSONAL TOUCH"	11 FOLLOW WEDNESDAY DAILY ACTIVITIES	12 10:30AM CALENDAR MEETING  1:00PM MEDICARE UPDATE BC/BS	13 10:30AM FARMER'S MARKET  1:00PM JOKERCISE
16 10AM DIABETES WORKSHOP  10AM ADVISORY Bd MTG  10:30AM HEALTH TALK	17 METRO CARD 10A-12N 10:00AM ACTION COALITION  1:00PM GENERAL MEMBERSHIP	18 10:30AM VOLUNTEER MTG  5:30PM MOVIE NIGHT W/103RD PCT @ QUEENS PUB LIBRARY	19  45TH ANNIVERSARY ALL DAY CELEBRATION	20 10:30AM FARMER'S MARKET  1:00PM BONUS BINGO
23 10AM DIABETES WORKSHOP	24  OCTOBER B'DAY PARTY W/ DJ SPONSORED BY: HEALTH FIRST	25 FOLLOW WEDNESDAY DAILY ACTIVITIES	26 FOLLOW THURSDAY DAILY ACTIVITIES	27 12:30PM PRESENTATION EMBLEM HEALTH
30 10AM DIABETES WORKSHOP	31  1:00PM PAJAMA PARTY & STORY HOUR			

## 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

JSPOA 45TH ANNIVERSARY  
CONGRATULATIONS' BOOSTER  
\$5.00

JSPOA 45TH ANNIVERSARY GALA  
RUSSO ON THE BAY  
THURSDAY - NOVEMBER 2, 2017

## Announcements

AGENCY STAFF MEETING  
CENTER CLOSED  
NOVEMBER 15, 2017

THANKSGIVING LUNCHEON  
NOVEMBER 21, 2017

