

# August - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 1:00PM LET'S TALK	2 1:00PM SENIOR GAME DAY WITH ASSEMBLYWOMAN HYMAN	3 1:00PM HILLSIDE MANOR REHABILITATION	4 10:30AM TRIP TO CITY ISLAND  1:00PM TABLE GAMES
7  FOLLOW DAILY ACTIVITIES	8 1:00PM LET'S TALK	9  FOLLOW DAILY ACTIVITIES	10 1:00PM AVOIDING HEATSTROKES ELENA DELACRUZ  WORD GAMES TO FOLLOW	11  1:00PM JOKESERVICES
14  ↓	15  MEDICARE UPDATE & DANGERS/AWARENESS MENTAL & PHYSICAL EMBLEM HEALTH	16 10:00AM-12NOON FARMER'S MARKET COUPON DISTRIBUTION	17 10:00AM-12NOON FARMER'S MARKET COUPON DISTRIBUTION  1:00PM BEACH PARTY	18 10:30AM TRIP TO CITY ISLAND  1:00PM TABLE GAMES
21  ↓	22 7:00AM TRIP TO HOLIDAY HILLS	23  FOLLOW DAILY ACTIVITIES	24 AFTERNOON MOVIE	25 10:30AM TRIP TO CITY ISLAND  1:00PM LAUGH OUT LOUD
28  ↓	29  AUGUST BIRTHDAY CELEBRATION	30  FOLLOW DAILY ACTIVITIES	31 1:00PM CARIBBEAN FLAVOR	

## 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

# Announcements

**FARMER'S MARKET COUPON DISTRIBUTION**  
10AM—12N  
AUGUST 16TH AND 17TH

### NATIONAL NIGHT OUT—AUGUST 1ST

6-9 P.M. BAISLEY POND PARK

### JAMS FESTIVAL

AUGUST 4-5

JSPOA TABLE @ 165TH ST JAMAICA AVE.

### JACKSON CENTER BEACH BALL PARTY

AUGUST 17TH @ 1P.M.

### CARIBBEAN FESTIVAL

AUGUST 31ST

### HOLIDAY HILLS

AUGUST 22ND—SOLD OUT!

# Upcoming Events

### SALUTE TO GRANDPARENTS

SATURDAY, SEPTEMBER 9TH

12N-4PM

### 45TH ANNIVERSARY CELEBRATION

JACKSON CENTER

OCTOBER 19, 2017

# August Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 STEWED CHICKEN BROWN RICE STEAMED BROCCOLI GRAPE JUICE BANANA	2 VEGGIE BURGER MASHED POTATOES ITALIAN BLEND VEGGIES PINEAPPLE JUICE APPLE	3 BAKED CHICKEN QUINOA STEAMED KLE APPLE JUICE CANNED MANDARINS	4 BAKED WHITING BAKED FRENCH FRIES STEAMED PEAS/CARROTS APPLE JUICE PEACH
7 SALISBURY STEAK W/MUSHROOM GRAVY MASHED POTATOES STMD GREEN BEANS GRAPE JUICE ORANGE	8 ROAST PORK W/OYSTER SAUCE WHITE RICE STEAMED KALE ORANGE JUICE APPLE	9 TOFU STUFFED PEPPERS PASTA STEAMED BROCCOLI & CAULIFLOWER PINEAPPLE JUICE BANANA	10 BEEF STEW WHITE RICE STEAMED CABBAGE MIX ORANGE JUICE PEACH	11 LEMON PEPPER FISH RED BLISS POTATOES STEAMED CARROTS APPLE JUICE CANNED MANDARINS
14 TURKEY BURGERS MASHED POTATOE CALIFORNIA BLEND VEGGIES APPLE JUICE CANNED MANDARINS	15 PEPPER STEAK W/ONIONS WHITE RICE STMD GREEN BEANS ORANGE JUICE BANANA	16 VEGGIE BURGERS MAC & CHEESE STMD BROCCOLI IN SOY SAUCE APPLE JUICE CANNED PINEAPPLE	17 FRANKS OVEN FRIED CHICKEN WINGS POTATO SALAD GARDEN SALAD WATERMELLON	18 SPANISH STYLE FISH YELLOW RICE YELLOW PLANTAINS GRAPE JUICE CANNED PEARS
21 TURKEY MEATLOAF MASHED POTATOES STEWED BEANS APPLE JUICE FRUIT COCKTAIL	22 ROAST BEEF MASHED POTATO ITALIAN BLEND VEGGIES PINEAPPLE JUICE APPLE	23 BAKED FLOUNDER PASTA STEAMED SPINACH APPLE JUICE CANNED PEARS	24 STEWED CHIKEN WHITE RICE STEAMED VEGGIES PINE/ORANGE JUICE BANANA	25 FISH W/CREOLE SAUCE RICE PILAF STEAMED KLE ORANGE JUICE APPLE
28 TURKEY BURGERS W/CHEESE FRENCH FRIES STEAMED SPINACH GRAPE JUICE	29 <sup>August</sup> <del>August</del> Birthday Party BBQ CHICKEN MAC & CHEESE STEAMED GREEN BEANS GRAPE JUICE CANNED MANDARINS	30 BAKED ZITI W/CHEESE GREEN BEAN SAUTE APPLE JUICE PEAR	31 JERK CHICKEN BROWN RICE W/BEANS WINTER BLEND VEGGIES APPLE ORANGE JUICE	

# AUGUST - 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



**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