

February - 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BEAN BURRITO W/ WHOLE WHEAT TORTILLA CUCUMBER TOMATO SALAD CANTALOUPE	2 TILAPIA W/SALSA RELISH ROASTED PORATOES SAUTEED ZUCCHINI PEAR
5 VEGETARIAN LASAGNA BABY SPINACH SALAD PEAR	6 STEWED PORK CHOPS MASHED SWEET	7 CHILI CON CARNE BROWN RICE BROCCOLI & RED PEPPER SALAD CANTALOUPE	8 CHICKEN & BROCCOLI STIR FRY LO MEIN BANANA	9 BAKED TILAPIA CARROT, ZUCCHINI SQUASH BLEND RED BLISS POTATOES ORANGE
12 BLACK BEAN BURGER W/ONIONS & PEPPERS ARUGULA SALAD W/BALSAMIC VINEGAR ROASTED POTATOES ORANGE	13 BAKED FISH FRENCH FRIES STEAMED CARROTS APPLE	14 HAPPY VALENTINE'S DAY! BAKED CHICKEN YAMS COLLARD GREENS CAKE	15 TURKEY MEATLOAF GREEN BEANS RICE BANANA	16 BAKED SALMON W/CILANTRO CITRUS SAUCE CALIFORNIA BLEND VEGGIES PEAR
19  President's Day CENTER CLOSED	20 BAKED PORK COLLARD GREENS ROASTED POTATOES APPLE	21 BEEF LASAGNA BROCCOLI & RED PEPPERS BANANA	22 BBQ CHICKEN LEGS CALIFORNIA BLEND BEGETABLES GARLIC MASHED POTATOES ORANGE	23 PARMESEAN BAKED TILAPIA WHOLE WHEAT PASTA PRIMAVERA W/CHEESE BABY CARROTS W/ PARSLEY PEAR
26 TURKEY MEATBALLS BROWN RICE W/ MUSHROOMS MIXED VEGGIES ORANGE	27  Happy Birthday BBQ CHICKEN MAC & CHEESE STEAMED GREEN BEANS GRAPE JUICE CANNED MANDARINS	28 BEEF STIR FRY WHITE RICE ROASTED BROCCOLI CANTALOUPE		

FEBRUARY - 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 - 1PM
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

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ACTIVITIES ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00 AM MORNING MOVIE "A WOMAN CALLED MOSES" STARRING CECELY TYSON	2 10:45AM EMBLEM HEALTH
5 10:30AM - 12NOON SILK PAINTING W/SU CASA	6 1:00PM COMMUNITY MEDIATION PROGRAM	7 9:00AM QICA QUEENSBORO HALL COMMUNITY RES	12 AFTERNOON MOVIE "MANY RIVERS TO CROSS" DR. HENRY LOUIS GATES, JR.	9 11:30AM (DEPARTING 10AM FLUSHING TOWN HALL "CAMPBELL BOTHERS" R&B
12 10:30AM - 12NOON SILK PAINTING W/SU CASA	13 FAT TUESDAY BAKE SALE	14 1:00PM 70's VALENTINE PARTY COME IN YOUR FAV 70's OUTFIT & JOIN THE SOULTRAIN LINE!	15 10:00AM CALENDAR MEETING 1:00PM LEISURE GAMES	16 1:00PM JOKERCISE
19  President's Day CENTER CLOSED	20 METRO CARD BUS 10A-12N 10:00 ADVISORY BOARD MTG 1:00PM GENERAL MEMBERSHIP MTG	21 DEPARTING '9:00AM CABARET LULU MOTOWN TO GOSPEL ALHAMBRA BALLROOM HARLEM, NY	22 1:00PM TRIBUTE TO BLACK HISTORY	23 1:00PM MONDAY'S LEISURE GAME
26 10:30AM - 12NOON SILK PAINTING W/SU CASA	27 JACKSON CENTER BOOK SALE 10AM  FEBRUARY BIRTHDAY PARTY!	28 FOLLOW WEDNESDAY DAILY ACTIVITIES		

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

Upcoming Events

MARCH IS
"WOMEN'S HISTORY
MONTH!"

Saturday -March 10, 2018
Discover A New Way To
MEET PEOPLE
12N-4PM
REFRESHMENTS

March 19, 2018
FLUSHING TOWN HALL PRESENTS
"Joan Soriano"
Bus Departs Center 10:00AM - Returns 1:00PM
\$12.00
(Includes Transportation & Lunch)

Friday March 23
UNIVERSOUL CIRCUS©
ROY WILKINS PARK
Departing Jackson Center 10:30AM
Admission for Members \$16.00
(Payment due by February 16th)

DATE: TBA
THE LOUIS ARMSTRONG MUSEUM
Corona, NY
Admission \$10.00
(Sign up in the Program Office)

JUNE 13, 2018
SIGHT & SOUND CHRISTIAN THEATER
Live Stage Presentation of JESUS
\$127.00
Bus Departs Center 8:30AM - Returns 9:00PM
(Includes Transportation, Show & Lunch)