

# JUNE - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
			1.  1:00PM MONDAY TABLE GAME	2.  1:00PM BONUS BINGO
5.  11:00AM EXERCISE: "TOMMY EXPERIENCE" MP1 (EVERY MONDAY)	6.  12:45 FASHION SHOW RESHEARSAL  1:00PM LET'S TALK CARIBBEAN HERITAGE	7.  10:30AM HEALTHY AGING  2PM WORD GAME	8.  1:00PM JACKSON CENTER FASHION SHOW	9.   1:00PM FUN! GAMES & PRIZES SPONSORED BY STATE ASSEMBLY WOMAN HYMAN
12.  10AM WALMART SHOPPING+	13.  1PM MEDICARE UPDATE  1:30PM LIVE MUSICAL SPONSORED EMBLEM HEALTH	14.  NATL. FLAG DAY  2:00PM JSPOA ANNUAL BOARD MEETI NG	15 10AM ELDER ABUSE AWARENESS DAY  1PM FATHER'S DAY PROGRAM	16.  10:00AM TRIP CITY ISLAND  1:00 BONUS BINGO
19. 10AM ADVISORY BOARD MEETING—TV RM. 1PM -JUNETEENTH DAY" PRESENTATION (BINGO 1:30PM)	20. 10:00AM-12N METRO CARD BUS  12:45PM GENERAL MEMBERSHIP MTG	21. SEE WEDNESDAY DAILY ACTIVITIES	22. 12:45PM "BELATED" VOLUNTEER RECOGNITION	23. 10:00AM CITY ISLAND  2:00 PM DC TRIP RECEPTION
26.  FOLLOW MONDAY DAILY ACTIVITIES	27. 	28. SEE WEDNESDAY DAILY ACTIVITIES	29. 1:00PM HAPPY SENIORS NOW WE ARE HERE SU-CASA PRESENTATION	30. 1:00PM  CARIBBEAN-HERITAGE CELEBRATION 

## 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:

NYS Attorney General Eric Schneiderman and  
 Senator Leroy Comrie partnered with Freedom Care and  
 Zeta Phi Beta Sorority Inc., Delta Beta Zeta Chapter  
 Presents  
**The 1<sup>st</sup> Annual Elder Abuse Awareness Day**

Venues:  
 JSPOA Theodora G. Jackson Adult Center  
 Time: 10:30 AM to 11:30 AM  
 92-47 165TH St., Jamaica, NY 11433

Alpha Phi Alpha Senior Center  
 Time: 1:00 PM to 2:30 PM  
 22001 Linden Blvd, Cambria Heights, NY 11411

Topics: Physical, psychological and financial  
 abuse of the elderly

Door Prizes, Raffles for Wine and Cheese Basket, Coffee Lovers Basket and Tea and Crackers Basket.

Thurs. June 15, 2017  
 9:30 AM to 3:00 PM




**HAPPY SENIORS  
 NOW WE ARE HERE**

performance commences  
**June 29th, 2017  
 1:00pm**

Theodora G. Jackson Adult Center  
 92-47 165th Street  
 Jamaica, NY 11433.

THIS PROGRAM IS SUPPORTED BY PUBLIC FUNDS FROM THE NEW YORK CITY COUNCIL, IN PARTNERSHIP WITH THE NEW YORK CITY DEPARTMENT OF CULTURAL AFFAIRS AND DEPARTMENT FOR THE AGING.

# JUNE MENU

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. STEWED CHICKEN WHITE RICE STEAMED VEGGIES PINE/ORANGE JUICE BANANA	2. FISH W/CREOLE SAUCE RICE PILAF STEAMED KALE ORANGE JUICE APPLE
5. TUNA CASSEROLE BARLEY, CORN & BLACK BEAN SALAD BABY CARROTS APPLE JUICE CANNED MANDARINS	6. PEPPER STEAK W/ONIONS WHITE RICE STEAMED BROCCOLI GRAPE JUICE ORANGE	7. VEGGIE BURGER RED BLISS POTATOES GREEN BEAN SAUTE PINE/ORANGE JUICE APPLE	8. BAKED CHICKEN LEGS RICE PILAF STEWED OKRA & TOMATOES APPLE JUICE PEACH	9. BAKED WHITING YELLOW RICE STEAMED SPINACH ORANGE JUICE APPLE
12. TURKEY BURGER W/CHEESE FRENCH FRIES STEAMED SPINACH GRAPE JUICE BANANA	13. ROAST BEEF MASHED POTATOES ITALIAN BLEND VEGGIES PINEAPPLE JUICE APPLE	14. BAKED ZITI W/CHEESE GREEN BEAN SAUTE APPLE JUICE PEAR	15. BAKED CHICKEN LEGS W/BROWN GRAVY WHITE RICE YELLOW PLANTAINS GRAPE JUICE ORANGE	16. OVEN FRIED FISH QUINOA KALE W/TOMATOES ORANGE JUICE PLUM
19 SPAGHETTI W/ MEAT SAUCE STEAMED SPINACH APPLE JUICE CANNED MANDARINS	20 STEWED CHICKEN BROWN RICE STEAMED BROCCOLI GRAPE JUICE BANANA	21 VEGGIE BURGER MASHED POTATOES ITALIAN BLEND VEGGIES PINEAPPLE JUICE APPLE	22 ROAST PORK QUINOA STEAMED KALE APPLE JUICE CANNED MANDARINS	23 BAKED TILAPIA FRENCH FRIES STEAMED PEAS & CARROTS APPLE JUICE PEACH
26 SALISBURY STEAK W/MUSHROOM GRAVY MASHED POTATOES STEAMED GREEN BEANS GRAPE JUICE ORANGE	27  BBQ CHICKEN MACARONI & CHEESE GREEN BEANS GRAPE JUICE CANNED MANDARINS	28 TOFU STUFFED PEPPERS PASTA STEAMED BROCCOLI/ CAULIFLOWER PINEAPPLE PEACH	29 BEEF STEW WHITE RICE STEAMED CABBAGE MIX ORANGE JUICE PEACH	30 LEMON PEPPER FISH RED BLISS POTATOES STEAMED CARROTS APPLE JUICE CANNED MANDARINS

☞ MENU IS SUBJECT TO CHANGE ☜

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## 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