













Mon	Tue	Wed	Thu	Fri
<p>Rockaway Blvd. Senior Center February 2019</p>		<p>American Heart Month Oral Hygiene Awareness Month</p>	<p>Come Join Us For Our Valentine's Day Party Thursday February 14th 2019 Please Bring A Friend To Celebrate With You!</p>	<p>1 Computer Class 8:30 AM EXERCISE W/CAROLINE 10 AM Blood Pressure Screening 1 PM Wii Bowling DR</p> 
<p>4 Computer Class 10 AM Noon Sewing/Crocheting 10:30 AM STAY WELL EXERCISE 11 AM FINANCIAL CHECK-UP 1:00 PM Wii Bowling</p> 	<p>5 Computer Class 10 AM-Noon Sewing/Crocheting SR 10:30 AM EXERCISE W/CAROLINE 11:15AM Hear Her Call Caribbean-American Women's Theater Festival 1:30 PM Dancing w/Jewel DR</p>	<p>6 Computer Class 10 AM Line Dancing CR 10:30 AM EXERCISE/ CAROLINE 11 AM MEMORY</p>	<p>7 Camera Class with Steve  10 AM-Noon Sewing/Crocheting 10:30 AM STAY WELL EXERCISE 11AM Bingo</p>	<p>8 Computer Class 8:30 AM EXERCISE W/CAROLINE 10:30AM POKENO 1 PM Wii Bowling DR</p> 
<p>11 Computer Class 10 AM-Noon Sewing/Crocheting SR 10:30 AM STAY WELL EXERCISE 10:15 DOLLAR TREE 1 PM Wii Bowling</p> 	<p>12 Computer Class 10 AM –Noon Sewing/Crocheting SR 10:30AM Arthritis Exercise with Weil Cornell 11:30 AM ANIMALS ALLIANCE 1:30 PM Dancing w/Jewel DR 10AM ADVISORY MEETING</p>	<p>13 Computer Class 10 AM Line Dancing CR 10 AM—Noon Weaving Class 10:30 AM EXERCISE (Tai Chi) 11 AM MOTIVATION GROUP</p>	<p>14 10 AM-Noon Sewing/Crocheting 10:30 AM STAY WELL EXERCISE</p>  <p>Valentine's Party</p>	<p>15 Computer Class 8:30AM EXERCISE W/CAROLINE 10 AM Blood Pressure Screening 10:30 AM EXERCISE (Tai Chi) 1 PM Wii Bowling DR</p> 
 <p>CENTER CLOSED</p>	<p>19 Computer Class 10 AM –Noon Sewing/Crocheting SR 10:30 AM EXERCISE W/CAROLINE 1:30 PM Dancing w/Jewel DR</p> <p>10 AM GENERAL MEETING</p>	<p>20 Computer Class 10 AM Line Dancing CR 10 AM—Noon Weaving Class 10:30 AM EXERCISE (Tai Chi)</p>	<p>21 10 AM-Noon Sewing/Crocheting 10:30 AM STAY WELL EXERCISE 11 AM BLACK HISTORY CELEBRATION BRING A FRIEND</p>	<p>22 Computer Class 8:30 AM EXERCISE W/CAROLINE 10:30 AM EXERCISE (Tai Chi) 11 AM SOCIAL SECURITY OVERVIEW 1 PM Wii Bowling DR</p> 
<p>25 Computer Class 10 AM-Noon Sewing/Crocheting SR 10:30 AM STAY WELL EXERCISE 11AM TAX & ESTATE PLANNING 1 PM Wii Bowling DR</p> 	<p>26 Computer Class 10 AM –Noon Sewing/Crocheting SR 10:30 AM EXERCISE W/CAROLINE 11AM FALL PREVENTION WITH WEIL CORNELL 1:30 PM Dancing w/Jewel DR Flea Market</p>	<p>27 Computer Class 10 AM Line Dancing CR 10:30 AM EXERCISE (Tai Chi) 11 AM Chorus Group with Eve Henderson JANUARY AND FEBRUARY BIRTHDAY PARTY</p>	<p>28 10 Camera Class with Steve 10 AM-Noon Sewing/Crocheting 10:30 AM STAY WELL EXERCISE 11:15AM Women's Group</p> <p>Bake Sale </p>	

Breakfast Menu

February 2019

02/1/2019
Avocado, Baked Egg Omelets, Farina, Grape Juice, Orange

2/4/2019
Egg Frittata with Potatoes and Peas, Grits, Orange, Apple Juice

2/5/2019
Muenster Cheese Whole Wheat Bread, Oatmeal, Apple,

2/6/2019
Hard Boiled Egg, English Muffin, Raisin Bran Cereal, Banana, Grape Juice

2/7/2019
Cottage Cheese, Bran Muffin, Cheerios, Cantaloupe,

2/8/2019
Scrambled Eggs with Red Peppers and Onions, Total Whole Grain Cereal, Banana, Orange Juice

2/11/2019
Cottage Cheese, Bran Muffin, Orange, Apple Juice

2/12/2019
Pork Sausage Link, Oatmeal, Banana,

2/13/2019
Egg white Omelette with Peppers and Onions, Home Fries, Total Whole Grain Cereal, Orange Juice, Peach

2/14/2019
Turkey Sausage Patty, English Muffin, Multigrain Cheerios, Orange,

2/15/2019
Spinach and Cheese Frittata, Grits, Apple, Apple Juice

2/18/2019
Muenster Cheese, English Muffin, Oatmeal, Apple, Apple Juice

2/19/2019
Western Omelette, Total Whole Grain Cereal, Orange,

2/20/2019
Turkey Sausage Patty, Cheerios, Waffles, Apple, Orange Juice

2/21/2019
Cottage Cheese, English Muffin, Total Whole Grain Cereal, Orange,

2/22/2019
Ham and Cheese Frittata, Home Fries, Cheerios, Apple, Grape Juice

2/25/2019
Grilled Cheese, Farina, Orange, Apple Juice

2/26/2019
Omelette with Peppers and Onions, English Muffins, Total Whole Grain Cereal, Avocado and Orange Salad,

2/27/2019
Pork Sausage Link, Creamy Apple Raisin Oatmeal, Apple, Orange Juice

2/28/2019
Turkey Sausage Link, Cinnamon French Toast, Cheerios, Banana,

Menu Subject to Change

Lunch Menu

02/1/2019
Baked Fish with Garlic Sauce, Homemade Mashed Potatoes, Tossed Salad with Dressing, Canned Mandarins

2/4/2019
Vegetarian Lasagna, Baby Spinach Salad, Fruit Cocktail

2/5/2019
Stewed Pork Chops, Whole Wheat Bread, Mashed Sweet Potatoes, Winter Blend Vegetables, Apple

2/6/2019
Chili con Carne, Brown Rice, Steamed Green Beans, Sliced Canned Peaches

2/7/2019
Baked Chicken Quarters, Baked Macaroni and Cheese, Baby Spinach Salad, Banana

2/8/2019
Baked Tilapia in Creole Sauce, Whole Wheat Bread, Red Bliss Potatoes, Steamed Peas and Carrots, Orange

2/11/2019
Baked Breaded Chicken Cutlet, Couscous with Peas and lemons, Baby Carrots with Parsley, Orange

2/12/2019
Beef Meatballs in Tomato Sauce, Spaghetti, Brussel Sprouts and Kale Saute, Apple

2/13/2019
Baked Turkey Breast, California Blend Vegetables, Sweet Baked Yams

2/14/2019
Broccoli Cheese Quesadilla, Corn and Red peppers, Fruit Cocktail

2/15/2019
Baked Fish with Garlic Sauce, Steamed Corn on the Cob, Steamed Spinach, Tangerine

2/18/2019
Arroz Con Pollo Chicken Breast and Rice, Kale with Tomato, Apple

2/19/2019
Beef and Broccoli, Chinese Style Spaghetti, Mustard Greens, Orange

2/20/2019
Deluxe Cheeseburger with Onions, Mixed Green Salad, Home Fries, Canned Mandarins

2/21/2019
Baked Chicken, Egg Barley with Mushrooms, Brussel Spouts, and Kale Sauté, Banana

2/22/2019
Baked Breaded Fish, California Blend Vegetables, Tangerine

2/25/2019
Baked Chicken, Baked Sweet Potato, Zucchini and Peas, Apple

2/26/2019
Vegetable Baked Ziti with Whole Wheat Pasta, Baby Carrots with Parsley, Orange

2/27/2019
Italian Roasted Pork Tenderloin, Baked Red Potato Wedges, Saute String Beans, Kiwi

2/28/2019
Beef Stroganoff, Broccoli with Toasted Garlic, Banana



Jamaica Service Program for Older Adults, Inc.
"a total community working together to serve its elderly"

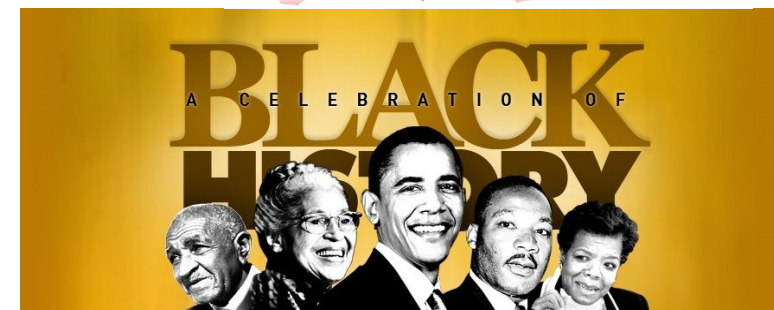
Funded in part by the NYC DFTA

Rockaway Blvd Senior Center
123-10 143RD Street South Ozone Park, NY, 11436
718-657-6500

Daisy Baez-Vasquez, Center Director

This is the Place

February 2019



Services for our Seniors
Nutritious Breakfast served daily 9 AM—10 AM
Nutritious Lunch served Noon - 1pm
Benefits and Entitlements Counseling, Case Assistance,
Transportation, Senior Employment Opportunities,
Crime Victim Assistance

If you need assistance with benefits and entitlements,
our Case Worker Elvia Clyde
8:00am-4:00pm— walk-in welcome