









Mon	Tue	Wed	Thu	Fri
<p>Rockaway Blvd. Senior Center November 2018</p>	<p><i>METRO VAN – POST OFFICE TUESDAY November 27, 2018 1:00PM– 3:00PM</i></p>	<p>TRIP TO YONKERS RACE WAY \$30.00 WEDNESDAY 11/28/2018 SIGN UP WITH CAROLINE PROGRAM COORDINATOR</p>	<p>1 OATS Computer Class 10 AM-Noon Sewing/Crocheting 10:30 AM STAY WELL EXERCISE 11:15 AM Woman Group 1:30 PM New Rockaway Review</p>	<p>2 Computer Class 8:30 AM EXERCISE W/CAROLINE 10 AM Blood Pressure Screening 1 PM Wii Bowling DR</p> 
<p>5 Computer Class 10 AM Noon Sewing/Crocheting 10:30 AM STAY WELL EXERCISE 11 AM BINGO</p>	<p>6 OATS Computer Class 8:30 AM EXERCISE W/CAROLINE 10 AM-Noon Sewing/Crocheting SR 10:30 AM Arthritis Exercise with Weill Cornell 1:30 PM Dancing w/Jewel DR</p>	<p>7 Computer Class 10 AM—11 AM Line Dancing CR 10:30 AM EXERCISE 1:15 PM LATIN DANCING COME JOIN US</p>	<p>8 OATS Computer Class  Camera Class with Steve 10 AM-Noon Sewing/Crocheting 10:30 AM STAY WELL EXERCISE 1:30 PM New Rockaway Review</p>	<p>9 Computer Class 8:30 AM EXERCISE W/CAROLINE 11 AM Pharmacy—Brown Bag 1 PM Wii Bowling DR</p> 
<p>12 Computer Class 10 AM-Noon Sewing/Crocheting SR 10:30 AM STAY WELL EXERCISE 10:15 AM TRIP TO SHOP AND STOP</p> 	<p>13 OATS Computer Class 8:30 AM EXERCISE W/CAROLINE 10 AM –Noon Sewing/Crocheting SR 11 AM St. John’s Law School—Scam Presentation 1:30 PM Dancing w/Jewel DR</p>	<p>14 Computer Class 10 AM—11 AM Line Dancing CR 10 AM—Noon Weaving Class 10:30 AM EXERCISE 11AM NUTRITION PRESENTATION 1:30 PM New Rockaway Review</p>	<p>15 OATS Computer Class 10 AM-Noon Sewing/Crocheting 10:30 AM STAY WELL EXERCISE 1:30 PM New Rockaway Review</p> <p>THANKSGIVING LUNCH</p> 	<p>16 Computer Class 8:30AM EXERCISE W/CAROLINE 10 AM Blood Pressure Screening 1 PM Wii Bowling DR</p> 
<p>19 Computer Class 10 AM - Noon Sewing/Crocheting 10:30 AM STAY WELL EXERCISE 11 AM 1:00 PM JOKERCISE 1:30 PM New Rockaway Review</p>	<p>20 OATS Computer Class 8:30 AM EXERCISE W/CAROLINE 10 AM-Noon Sewing/Crocheting SR 10:15 AM TRIP TO DOLLAR TREE 10:30 AM Bone Health & Osteoporosis Presentation 1:30 PM Dancing w/ Jewel DR</p>	<p>21 Computer Class 10 AM—11 AM Line Dancing CR 10 AM—Noon Weaving Class 10:30 AM EXERCISE 11 AM 5 MINUTE MYSTERIES</p>	<p>22</p> <p>CENTER CLOSED HAPPY</p>  <p>THANKSGIVING</p>	<p>23</p> <p>CENTER CLOSED</p> 
<p>26 Computer Class 10 AM-Noon Sewing/Crocheting SR 10:30 AM STAY WELL EXERCISE 11 AM MEMORY 1:30 PM New Rockaway Review</p>	<p>27 OATS Computer Class 8:30 AM EXERCISE W/CAROLINE 10 AM-Noon Sewing/Crocheting SR 10 AM GENERAL MEETING 1:30 PM Dancing w/ Jewel DR</p>	<p>28 Computer Class 10 AM—11 AM Line Dancing CR 10:30 AM EXERCISE 11 AM BINGO</p>	<p>29 OATS Computer Class 10 AM-Noon Sewing/Crocheting 10:30 AM STAY WELL EXERCISE 1:30 PM New Rockaway Review</p>	<p>30 Computer Class 8:30 AM EXERCISE W/CAROLINE 1 PM Wii Bowling DR</p>

Breakfast Menu November 2018

11/05/2018 Muenster Cheese, English Muffin, Whole Wheat, Oatmeal, Apple, Apple Juice	11/06/2018 Western Omelette, Total Whole Grain Cereal, Whole Wheat Bread, Orange, Pineapple Juice	11/07/2018 Turkey Sausage Patty, Cheerios, Waffles, Apple, Orange Juice	11/01/2018 Pork Sausage Link, Total Whole Grain Cereal, Waffle, Banana, Grape Juice	11/02/2018 Egg Frittata with Potatoes and Peas, English Muffin, Grits, Kiwi and Pineapple Juice
11/12/2018 Egg Frittata with Potatoes, Peas, Grits, Apple Juice, OJ	11/13/2018 Muenster Cheese Sandwich, Oatmeal, Whole Wheat Bread, Apple, Orange Juice	11/14/2018 Hard Boiled Egg, English Muffins, Raisin Bran Cereal, Banana, Grape Juice	11/08/2018 Cottage Cheese Low-Sodium, English Muffin, Whole Wheat, Total Whole Grain Cereal, Apple Juice, Orange	11/09/2018 Ham and Cheese Frittata, Cheerios, Home Fries w/ Peppers and Onions, Apple, Grape Juice
11/19/2018 Grilled Cheese, Farina, Orange, Apple Juice	11/20/2018 Omelette w/ Peppers and Onions, English Muffin, Total Whole Grain Cereal, Avocado and Orange Salad, Grape Juice	11/21/2018 Pork Sausage Link, Creamy Apple Raisin Oatmeal, Apple, OJ	11/22/2018 Closed	11/23/2018 Closed
11/26/2018 Cottage Cheese Low Sodium, Bran Muffin, Cheerios, Apple Juice, Orange	11/27/2018 Pork Sausage Link, Oatmeal, Banana, Grape Juice	11/28/2018 Egg Whites Omelette w/ Peppers & Onions, Home Fries, Total Whole Grain Cereal, Orange Juice, Peach	11/29/2018 Turkey Sausage Patty, English Muffin, Multigrain Cheerios, Orange, Pineapple Juice	11/30/2018 Spinach and Cheese Frittata, Grits, Apple and Apple Juice
Lunch Menu				
11/05/2018 Vegetarian Lasagna, Whole Wheat Bread, Baby Spinach, Fruit Cocktail	11/06/2018 Stewed Pork Chops, Whole Wheat Bread, Mashed Sweet Potatoes, Winter Blend Vegetables, Apple	11/07/2018 Chili con Carne, Brown Rice, Steamed Green Beans, Sliced Canned Peaches	11/01/2018 Beef Stir Fry, White Rice, Whole Wheat Bread, Roasted Broccoli, Banana	11/02/2018 Baked Fish with Garlic Sauce, Homemade Mashed Potatoes, Tossed Salad w/ Dressing, Mandarins
11/12/2018 Baked Breaded Chicken Cutlet, Couscous with Peas and Lemon, Baby Carrots w/ Parsley, Orange	11/13/2018 Beef Meatballs in Tomato Sauce, Spaghetti, Brussel Sprout, Kale Sauté, Apple	11/14/2018 Baked Turkey Breast, California Blend Vegetables, Sweet Baked Yams, Banana	11/08/2018 Chicken Salad, Pasta Salad, Whole Wheat Bread, Baby Spinach Salad, Banana	11/09/2018 Baked Tilapia in Creole Sauce, Whole Wheat Bread, Red Bliss Potatoes, Steamed Peas and Carrots, Orange
11/19/2018 Rice and Beans with Chicken Breast, Kale with Tomato and Apple	11/20/2018 Beef and Broccoli, Chinese Style Spaghetti, Mustard Greens, Orange	11/21/2018 Deluxe Cheeseburger with Onions, Basic Mixed Green Salad, Home Fries, Canned Mandarins	11/15/2018 Broccoli Cheese Quesadilla, Corn and Red Peppers, Fruit Cocktail	11/16/2018 Tuna Fish Salad, Beets and Baby Carrots with Dill, Tangerine
11/26/2018 Baked Chicken Quarters, Baked Sweet Potato, Zucchini and Peas, Apple	11/27/2018 Vegetables Baked Ziti with Whole Wheat Pasta, Baby Carrots with Parsley, Orange	11/28/2018 Italian Roasted Pork Tenderloin, Baked Red Potato, Sautéed String Beans, Kiwi	11/22/2018 Closed	11/23/2018 Closed
			11/29/2018 Beef Stroganoff with Noodles, Broccoli with Toasted Garlic, Banana	11/30/2018 Coconut Curried Cod Fish, Vegetable Soup, Brown Rice with Mushrooms, Sautéed Spinach, Pear



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

NOVEMBER 2018

Happy



HAPPY VETERANS DAY

NOVEMBER is:

OSTEOPOROSIS

DIABETIC EYE DISEASE

LUNG CANCER AWAENESS

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-ins welcome*