

Mon	Tue	Wed	Thu	Fri
<p>2 10am-Noon Sewing/Crocheting SR 10am-10:30am Stretching DR 11am –Noon POKENO</p>	<p>3 8am-8:30am Tommy Experience DR 10am-Noon Sewing/Crocheting SR 10:30am-11:30am Exercise with Weill Medicine 11am DOT Parking Presentation 1pm-1:30pm Stretching DR 1:30pm-2:30pm Dancing w/Jewel</p>	<p>4 10am-11am Line Dancing CR 10am-11am SIT AND FIT EXERCISE DR 11am-Noon BINGO</p>	<p>5 8am-9am DR Tai Chi Stretch 10am-Noon Sewing/Crocheting SR</p>	<p>6 8am-8:30am Tommy Experience DR 10am-11:00 Blood Pressure Screening 10am-Noon Rockaway Rehearsal 1pm-3pm Wii Bowling DR </p>
<p>9 CENTER CLOSED  Columbus Day</p>	<p>10 8am-8:30am Tommy Experience DR 10am-Noon Sewing/Crocheting SR 1pm-1:30pm Stretching DR 1:30pm-2:30pm Dancing w/Jewel DR</p>	<p>11 10am-11am Line Dancing CR 10am-11am SIT AND FIT EXERCISE DR 11am-Noon BINGO</p>	<p>12 8am-9am Tai Chi Stretch DR Camera Class w/ Steve 10:15am 10:45am Women's Group  L  10am-Noon Sewing/Crocheting SR</p>	<p>13 8am-8:30am Tommy Experience DR 10am-Noon Rockaway Rehearsal 1pm-3pm Wii Games DR </p>
<p>16 10am-Noon Sewing/Crocheting SR 10am-10:30am Stretching DR 11:am-Noon Blood Pressure Screening</p>	<p>17 8:am-8:30am Tommy Experience DR 10am-noon Sewing/Crocheting SR 11:00am-11:45am The ABC of Medicare Presentation 1pm-1:30pm Stretching DR 1:30pm-2:30pm Dancing w/ Jewel</p>	<p>18 10am-11am DR Line Dancing  10am-11am SIT AND FIT EXERCISE DR 10am-Noon Weaving Class SR</p>	<p>19 8am-9am DR Tai Chi Stretch 10am-Noon FLEA MARKET SALE 10am-Noon Sewing/Crocheting SR 12:30 Nutrition Presentation</p>	<p>20 8am-8:30am Tommy Experience DR 10am-11:00Blood Pressure Screening 10am-Noon Rockaway Rehearsal 10:15am-12pm Exercise for Pain with Emblem Health DR  1pm-3pm Wii Bowling DR</p>
<p>23 10am-Noon Sewing/Crocheting SR 10:am-10:30am Stretching DR 11am Special Events 48th Anniversary</p>	<p>24 8:00am-8:30am Tommy Experience DR 10am-noon Sewing/Crocheting SR 11am Special Events 48th Anniversary 1:00pm-1:30pm Stretching DR 1:30pm-2:30pm Dancing w/ Jewel DR</p>	<p>25 10am-11am Line Dancing DR 10:00am-11:00am SIT AND FIT EXERCISE DR 11am Special Events 48th Anniversary 10am-Noon Weaving Class SR</p>	<p>26 8am-9am DR Tai Chi Camera Class w/ Steve  10am-Noon Sewing/Crocheting SR 10:15am 10:45am Women's Group  11am Special Events 48th Anniversary</p>	<p>27 8am-8:30am Tommy Experience DR 10am-Noon Rockaway Rehearsal  10am Rockaway Cinemas Movie TBA 1pm Decorating for Anniversary Event</p>
<p>30 10am-NoonSewing/Crocheting SR 10am-10:30am Stretching DR</p>	<p>31 8am-8:30am Tommy Experience DR 10am-noon Sewing/Crocheting SR 1pm-1:30pm Stretching DR 1pm-2:30pm DR Dancing w/ Jewel DR</p>		<p>Rockaway Blvd. Senior Center October 2017</p>	<p>DR = Dining Room SR = Sewing Room H = Hall, L = Library CL Computer Lab GR=Game Room CR = Card Room</p>

CLASSES

**Camera's w/ Steve 2nd & 4th Thurs. 10am-11am CL
Computer Classes Tues., Wed., Thurs. and Fri. 10am-2pm**

Special Events

Tues., 10/3 10am Craft Sale

Tues., 10/3 11am DOT Parking Presentation

Mon., 10/16 10:45am Rex Pharmacy Presentation

**Tues., 10/17 11:00am 11:45am The ABC of Medicare
Presentation.**

Tues., 10/17 9am-Noon Bake Sale

**Sat., 10/28 12:00-4:00 48th Anniversary Of
Rockaway Blvd. Senior Center
See Mary Fogg for Tickets \$10.00 for events**

TRIPS

**A COASTERS CHRISTMAS 12/4/17
IN THE BEAUTIFUL AIRY CASINO SOLD OUT**

Fri., 10/13/17 Trip to Jamaica /Parson Green Market

**Please sign up with
Caroline PROGRAM COORDINATOR**



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 So. Ozone Park, NY 11436
718 657 6500**

Daryl Jones, Center Director

"This is the Place!"

October is

National Breast Cancer Awareness

Rockaway Blvd. Senior Center

"This is The Place"

is celebrating their

48th Anniversary



Services for our Seniors

Nutritious Breakfast served daily 9am-10am

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, Daisy Baez-Vasquez is available: Mon., - Fri.,
8:00am-4:00pm, Walk ins welcome*