








Mon	Tue	Wed	Thu	Fri
<p><b>Rockaway Blvd. Senior Center</b> <b>JUNE 2018</b> <i>Metro Van -Post Office</i> <i>Tuesday June 26, 2018</i></p>		<p>COMPUTER TRAINING CONTINUES APRIL 10TH –JUNE 14TH COMPUTER BASICS TUESDAYS &amp; THURSDAYS 9:45AM-11:00AM BEYOND THE BASICS TUESDAYS &amp; THURSDAYS</p>		<p>1 8am Tommy Experience DR 10am <b>Diabetes Self Management Workshop</b> 10am <b>Blood Pressure Screening</b> 10am-Noon Rockaway Rehearsal 1pm Wii Bowling DR</p> 
<p>4 Computer Class 10am-Noon Sewing/Crocheting SR 10am Stretching DR 10:30 Su Casa</p>	<p>5 8am Tommy Experience DR 10am-Noon Sewing/Crocheting SR 10:30am Su Casa 1:30pm Dancing w/Jewel DR</p> <p><b>10am-Noon FLEA MARKET</b></p>	<p>6 10am-11am Line Dancing CR 10:15am 11am <b>FIRE SAFETY PRESENTATION</b></p>	<p>7 Camera Class w/ Steve  10am-Noon Sewing/Crocheting 11am SING WITH ROCKAWAY SENIORS –L</p>	<p>8 8m Tommy Experience DR 10am <b>Diabetes Self Management Workshop</b> 10am <b>POKENO</b> 1pm Wii Bowling DR</p>
<p>11 Computer Class 10am-Noon Sewing/Crocheting SR 10am Stretching DR 10:30am Su Casa 11am “CUNY MEDGAR EVERS COLLEGE” NURSING FACULTY <b>Blood Pressure</b></p>	<p>12 8:am Tommy Experience DR 10am –Noon Sewing/Crocheting SR <b>10:30 Arthritic Exercise/ Weil Cornel</b> 10am Su Casa 1:30pm Dancing w/Jewel DR</p>	<p>13 10am Computer Class 10am-11am Line Dancing DR 10am-Noon Weaving Class SR 10am– BINGO 10:15 <b>TRIP TO DOLLAR TREE</b></p>	<p>14 10am-Noon Sewing/Crocheting SR 10:30am Elder Law Workshop - 11am <b>Art and Crafts –Umbrella</b></p>	<p>15 8m Tommy Experience DR 10am <b>Diabetes Self Management Workshop</b> 10am <b>Blood Pressure Screening</b> 10am <b>MOVIE</b> 1pm Wii Bowling DR <b>CELEBRATING FATHER’S DAY</b></p>
<p>18 10am Computer 10am Noon Sewing/Crocheting 10am Stretching DR 10:30am Su Casa 1:00pm Jokesercise</p>	<p>19 10am Computer 8:00am Tommy Experience DR 10am-Noon Sewing/Crocheting SR 10am <b>ADVISORY COUNCIL MEETING</b> 1030am Su Casa 1:30pm Dancing w/ Jewel DR</p>	<p>20 10am Computer Class 10am-11am Line Dancing DR 10am-Noon Weaving Class 11am <b>CLEAR CAPTIONS TELEPHONE</b> <b>JUNE BIRTHDAY PARTY</b> <b>Noon—1:30 PM</b></p>	<p>21 Camera Class w/ Steve  10am-Noon Sewing/Crocheting SR 10:15 am MEMORY GAME 11am BINGO</p>	<p>22 8am Tommy Experience DR 10am <b>Diabetes Self Management Workshop</b> 10am 1pm Wii Bowling DR</p> 
<p>25 Computer Class 10am-Noon Sewing/Crocheting SR 10am Stretching DR 10:30 Su Casa</p>	<p>26 8:00am Tommy Experience DR 10am Computer Class 10am-Noon Sewing/Crocheting SR 10am <b>GENERAL MEETING</b> 10:30am Su Casa 1:30pm Dancing w/ Jewel DR</p>	<p>27 10am Computer Class 10am-11am Line Dancing DR 10am-Noon Weaving Class SR 10:15am <b>MOVIE</b> 10:30am Su Casa</p>	<p>28 10:00 Camera Class w/ Steve  10am-Noon Sewing/Crocheting SR 10:15am Women’s Group </p>	<p>29 8am Tommy Experience DR 10am <b>Diabetes Self Management Workshop</b> 10am-  <b>1:00 PM</b> <b>SU CASA ROCKAWAY GOES BROADWAY PERFORMANCE</b></p>

**Breakfast Menu June 2018**

<b>Monday</b>	<b>Tuesday</b> 05/01/2108 Pork Sausage Link Oatmeal, Blueberries, Grape Juice Unsweetened	<b>Wednesday</b> 05/02/2018 Egg White Omelet with Home Fries w/ Peppers & Onions, Bran Flakes Cere- al, Fruit Cocktail, O.J.	<b>Thursday</b> 05/03/2018 Turkey Sausage Patty , Multigrain Cheerios, Pineapple Juice	<b>Friday</b> 06/01/2018 Spinach & Cheese Frittata Maypo, Apple Juice Banana
06/04/2018 Grilled Muenster Cheese Oatmeal , Apple Juice	06/05/2018 Hard Boiled ,Turkey Sausage, Fiber One Cereal, Blueberries, O.J.	06/06/2018 DANNON Light & Fit Strawberry, Raisin Bran Cereal , Cantaloupe, Pineapple Juice	06/07/2018 Pork Sausage Link, Bran Flakes Cereal ,Grape Juice Unsweetened, Kiwi	06/08/2018 Egg Frittata w/ Potatoes &Peas, Grits, Pineapple Juice, Banana
06/11/2018 Egg Frittata w/ Potatoes &Peas, Grits, Pineapple Juice, Banana	06/12/2018 Grilled Muenster Cheese Oatmeal , O.J.	06/13/2018 Turkey Sausage Patty Maypo, Bran Muffin, Wheat Germ, Cantaloupe OJ	06/14/2018 Cottage Cheese Cream of Wheat, Pineapple	06/15/2018 Scrambled Eggs w/ Red Peppers & Onions, Total Whole Grain Cereal
06/18/2018 Baked Egg Omelets Grits, Apple Juice, Sliced Peaches	06/19/2018 Turkey Sausage Patty, Wheatena, Pineapple Juice, Banana	06/20/2018 Cottage Cheese Wheat Flake Cereal Grape Juice, Unsweet- ened, Kiwi	06/21/2018 Pork Sausage Link Apple Raisin Crepes Cantaloupe, O.J.	06/22/2018 Grilled Mozzarella & Tomato Sandwich Oatmeal, Banana, Grape Juice, Unsweetened
06/25/2018 Grilled Muenster Cheese Oatmeal , Avocado, Pineapple	06/26/2018 Western Omelets Total Whole Grain Cereal	06/27/2018 Turkey Sausage Patty Maypo, Cantaloupe, O.J.	06/28/2018 Cottage Cheese Cheerios Grape Juice Unsweetened Peaches	06/29/2018

**Lunch Menu**

*Menu Subject to Change*

06/01/2018  
Baked Fish w Garlic Sauce  
Broccoli & Red Peppers,  
Red Bliss Potatoes

06/04/2018 Chicken Chunks w Red Sauce, Bowtie Noodles, Sau- téed Spinach, Orange	06/05/2018 Black Bean & Sweet Po- tato Chili, Orzo Veggie w/ Sautéed Onions & Peppers	06/06/2018 Turkey Meat Sauce Garlic Mashed Potatoes, Mixed Green Salad Applesauce	06/07/201 Beef Stir Fry w White Rice Roasted Broccoli, Banana	06/08/2018 Minestrone Soup Baked Tilapia Amandine Couscous w Peas& Lemons Cauliflowers Carrots & Parley
06/11/2018 Baked Chicken Baked Sweet Potato, Zucchi- ni Peas, Apple 06/18/2018 Baked Breaded Cutlet Couscous w Peas & Lemon Baby Carrots w Parley Orange 06/25/28/2018 Vegetarian Lasagna Baby spinach salad, Fruit Cocktail	06/12/2018 Veggie Ziti w Whole wheat Pasta, Baby Car- rots w Parley, Orange 06/19/2018 Spaghetti Beef Meatball Brussel Sprouts & Kale, Apple 06/26/2018 Stewed Pork Chops Mashed Sweet Potatoes Veggie, apple	06/13/2018 Roasted Pork Baked Red Potato Sautéed String, Kiwi 06/20/2018 Baked Turkey Breast Calf. Veggie, Baked Yams, Banana 06/27/2018 Chili con Carne Brown Rice Corn & Red Peppers Sliced Peaches	06/14/2018 Beef Stroganoff w Noodles, Broccoli w Toasted Garlic, Banana 06/21/2018 Broccoli Cheese Quesadil- la, Corn & Red Peppers, Fruit Cocktail 06/28/2018 Chicken & Broccoli Fry Rice Corn & Red Peppers Collard Greens, Banana	06/15/2018 Veggie Soup Coconut Curried Cod Fish ,Brown Rice, Spinach 06/22/2018 Glazed Salmon, Egg Bar- ley, Sautéed Zucchini Tangerine 06/29/2018



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**

**Daisy Baez-Vasquez Center Director**

*This is the Place*

*June 2018*



HAPPY  
FATHER'S  
DAY

**June is:**

- Wedding Month
- International Men's Month
- Juneteenth Month
- Caribbean Heritage Month
- National Safety Month

**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, Came'e L. Lee  
8:00am-4:00pm, Walk ins welcome*