



















Mon	Tue	Wed	Thu	Fri
<p>Rockaway Blvd. Senior Center August 2017</p>	<p>1 8:00am-8:30am Tommy Experience DR 10am-noon Sewing/Crocheting SR 1:00pm –1:30pm Stretching DR 1:30pm-2:30pm Dancing w/ Jewel DR </p>	<p>2 10am-11am CR Line Dancing  10:00am-10:30am SIT AND FIT EXERCISE </p>	<p>3  8:00am-9am Tai Chi Stretch DR 10am-noon Sewing/Crocheting SR  10:15am 10:45am Women's Group</p>	<p>4 8:00am-8:30am DR Tommy Experience 10am-Noon Rockaway Stars 10am-10:30am Complementary Health Insurance  1pm-3pm Wii Bowling DR</p>
<p>7 10am-Noon Sewing/Crocheting SR 10:am-10:30am Stretching DR 1:15pm-2:15pm BINGO DR</p>	<p>8 8:00am-8:30am Tommy Experience DR 10:30 –11:30am Exercise Weill Cornell 10:00am –noon FLEA MARKET CR 1:00pm-1:30pm Stretching DR 1:30pm-2:30pm Dancing w/Jewel DR</p>	<p>9 10am-11am Line Dancing CR 10:00am-10:30:00am SIT AND FIT EXERCISE 1:15pm-2:15pm BINGO DR</p>	<p>10 8:00am-9am Tai Chi Stretch DR 10am-11am CL Camera Class w/ Steve   10am-noon Sewing/Crocheting SR</p>	<p>11 8:00am-8:30am Tommy Experience DR  1pm-3pm Wii Games DR</p>
<p>14 10am-Noon Sewing/Crocheting SR 10:am-10:30am Stretching DR 1:15pm-2:15pm Open Rec</p>	<p>15 8:00am-8:30am Tommy Experience DR 10am-noon Sewing/Crocheting SR 1:00pm-1:30pm Stretching DR 1:30pm-2:30pm Dancing w/ Jewel DR</p>	<p>16 10am-11am DR Line Dancing  10am-10:30am SIT AND FIT EXERCISE 10:30AM -11:30AM ELDER ABUSE PRESENTATION</p>	<p>17 8:00am-9am DR Tai Chi Stretch 10am-noon Sewing/Crocheting SR  10:15am 10:45am CR Women's Group 1:15pm 3:00pm PASSWORD</p>	<p>18 8:00am-8:30am Tommy Experience DR 10am-noon Rockaway Cinemas Movie tba  1pm-3pm Wii Bowling DR</p>
<p>21 10am-Noon Sewing/Crocheting SR 10:am-10:30am Stretching DR 1:15pm-2:15pm POKENO DR </p>	<p>22 8:00am-8:30am Tommy Experience DR 10am-noon Sewing/Crocheting SR 1:00pm-1:30pm Stretching DR 1:30pm-2:30pm Dancing w/ Jewel DR</p>	<p>23 10am-11am Line Dancing DR 10:00am-10:30am SIT AND FIT EXERCISE 1:00pm-3:00pm AUGUST BIRTHDAY PARTY </p>	<p>24 9:30am-10am DR What's In It For You 8:00am-9am DR Tai Chi  10am-11am CL Camera Class w/ Steve 10am-noon Sewing/Crocheting SR</p>	<p>25 8:00am-8:30am Tommy Experience  11:00pm=12pm CHAIR YOGA DR  1pm-3pm Wii Bowling DR</p>
<p>28 10am-Noon Sewing/Crocheting SR 10:00am-10:30am Stretching DR 10am– Noon L </p>	<p>29 8:00am-8:30am Tommy Experience DR 10am-noon Sewing/Crocheting SR 1:00pm-1:30pm Stretching DR 1:30pm-2:30pm DR Dancing w/ Jewel DR HOLIDAY HILLS TRIP</p>	<p>30 10am-11am Line Dancing DR 10:00am-10:30am SIT AND FIT EXERCISE 1:15pm-2:15pm OPEN REC</p>	<p>31 8:00am-9am Tai Chi DR 10am-noon Sewing/Crocheting 1:15pm 2:15pm FAMILY FEUD DR</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 Mon., Tues., Wed. and Fri. 10am-2pm C

Special Events

**Wed., 8/16 10:30am JASA legal services for the elderly
Elder Abuse Presentation**

**Fri., 8/25 11am Emblem Health
Chair Yoga**

TRIPS

**Tues., 8/29/17 Hills Senior Day Picnic
ON SALE NOW**

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

**SEE PROGRAM COORDINATOR
CAROLINE GRABLE FOR DETAILS**



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 6752

Daryl Jones, Center Director

"This is the Place!"

August is:

Summer Olympics Month

Wild Blueberry Month



Birthstone- Peridot & Sardonyx
Flowers- Gladiolus and Poppy
Colors- Orang and Red

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, Notary Public**

*If you need assistance with benefits and entitlements, our
Case Worker, Daisy B is available: Mon., - Fri.,
8:00am-4:00pm, Walk ins welcome*