

Mon	Tue	Wed	Thu	Fri
<p>1 10am-Noon SR Sewing/Crocheting</p> <p>10:00am-10:30am DR Stretching</p> <p>10:30am-11:45am DR Bingo </p> <p>1:15pm-2:45pm Open Rec</p>	<p>2 8:00am-8:30am DR Tommy Exp. <b>9:30am-10:00am DR What's In It For You?</b></p> <p>10am-noon SR Sewing/Crocheting</p> <p>1:00-1:30pm DR Stretching</p> <p>1:30pm-2:30pm DR Dancing w/ Jewel</p>	<p>3 10am-11am DR Line Dancing</p> <p>10:00am-Noon CR Weaving</p> <p>Senior Advocacy Day @ City Hall</p> <p>1:15pm-2:15pm GR <b>A MATTER OF BALANCE</b></p>	<p>4  8:00am-9am DR Tai Chi</p> <p>10am-noon SR Sewing/Crocheting 10:00am-Noon CR Weaving</p> <p> 10:15am 10:45am L Women's Group</p> <p>1:15pm-2:45pm DR Jokercise</p>	<p>5 8:00am-8:30am DR Tommy Exp. 10:00am-11:00am L B P Screening</p> <p>10:00am-Noon CR Weaving</p> <p>See Special Events for 1:00pm</p>
<p>8 10am-Noon SR Sewing/Crocheting </p> <p>10:00am-10:30am DR Stretching</p> <p> 10am-noon CR Art Class</p> <p>10:30am-11:00am DR News n Views</p> <p>1:15pm-2:45pm Open Rec</p>	<p>9 8:00am-8:30am DR Tommy Exp. <b>9:30am-10:00am DR What's In It For You?</b></p> <p>10am-noon SR Sewing/Crocheting</p> <p>See Special Events @10:30am</p> <p>1:00-1:30pm DR Stretching 1:30pm-2:30pm DR Dancing w/ Jewel</p>	<p>10 10am-11am DR Line Dancing </p> <p>10:00am-Noon CR Weaving</p> <p>1:15pm-2:15pm DR Nutrition w/ Angela</p> <p>1:15pm-2:15pm GR <b>A MATTER OF BALANCE</b></p>	<p>11 8:00am-9am DR Tai Chi </p> <p>10am-noon SL Camera Class/ Steve</p> <p>10am-noon SR Sewing/Crocheting 10:00am-Noon CR Weaving</p> <p>See Special Events for 11:00am</p> <p>1:30pm-2:45pm DR Open Rec</p>	<p>12 8:00am-8:30am DR Tommy Experience</p> <p>10:00am-Noon CR Weaving</p> <p>See Special Events for 10:30am</p> <p>1pm-3pm DR Movie tba </p>
<p>15 10am-Noon SR Sewing/Crocheting </p> <p>10:00am-10:30am DR Stretching</p> <p>1:15pm-2:15pm DR Ice Cream Social</p>	<p>16 8:00am-8:30am DR Tommy Exp. 10:00am-Noon Flea Market CR </p> <p>10:30am L Advisory Council</p> <p>1:00-1:30pm DR Stretching</p> <p>1:30pm-2:30pm DR Dancing w/ Jewel </p>	<p>17 10am-11am DR Line Dancing </p> <p>10:00am-Noon CR Weaving</p> <p>See Special Events for 10:30am</p> <p>1:15pm-2:15pm GR <b>A MATTER OF BALANCE</b></p>	<p>18  8:00am-9am DR Tai Chi</p> <p>10am-noon SR Sewing/Crocheting 10:00am-Noon CR Weaving</p> <p> 10:15am 10:45am L Women's Group</p> <p>See Special Events for 1:00pm</p>	<p>19 8:00am-8:30am DR Tommy Exp. 10:00am-11:00am L B P Screening</p> <p>10:00am-Noon CR Weaving</p> <p>See Special Events for 10:30am</p> <p> 1pm-3pm DR Wii Bowling</p>
<p>22 10am-Noon SR Sewing/Crocheting</p> <p>10:00am-10:30am DR Stretching</p> <p>10am-noon CR Art Class </p> <p>See Trip for 10:00am</p> <p>1:15pm-2:45pm DR Trivia</p>	<p>23 8:00am-8:30am DR Tommy Exp.</p> <p>10am-noon SR Sewing/Crocheting</p> <p>1:00-1:30pm DR Stretching</p> <p> 1:30pm-2:30pm DR Dancing w/ Jewel</p>	<p>24 10am-11am DR Line Dancing </p> <p>10:00am-Noon CR Weaving</p> <p>MEMORIAL DAY BBQ @ NOON</p> <p>1:15pm-2:15pm DR <b>A MATTER OF BALANCE</b></p>	<p>25 8:00am-9am DR Tai Chi </p> <p><b>9:30am-10:00am DR What's In It For You?</b></p> <p>10am-11am CL Camera Class/ Steve</p> <p>10am-noon SR Sewing/Crocheting 10:00am-Noon CR Weaving</p> <p>1:15pm-2:15pm DR Bingo </p>	<p>26 8:00am-8:30am DR Tommy Exp.</p> <p>10:00am-Noon CR Weaving</p> <p>10:15pm-11:15am DR Wii Bowling </p>
<p>29</p> <p><b>Memorial Day Observation</b></p> <p><b>Rockaway is Closed Today</b></p>	<p>30 8:00am-8:30am DR Tommy Exp.</p> <p>10am-noon SR Sewing/Crocheting</p> <p>1:00-1:30pm DR Stretching</p> <p>1:30pm-2:00pm DR General Meeting</p> <p>1:30pm-2:30pm CR Dancing w/ Jewel </p>	<p>31 10am-11am DR Line Dancing</p> <p>10:00am-Noon CR Weaving</p> <p> 10:00am-Noon DR Movie tba</p> <p>1:15pm-2:15pm DR <b>A MATTER OF BALANCE</b></p>	<p><b>Rockaway Blvd. Sr. Ctr. May 2017</b></p> <p><b>DR = Dining Room</b> <b>SR = Sewing Room</b> <b>H = Hall, L = Library</b> <b>CL Computer Lab</b> <b>GR=Game Room</b> <b>CR = Card Room</b></p>	

## **CLASSES**

**Camera's w/ Steve 2nd & 4th Thurs. 10am-11am CL**  
**Cyber Seniors NYC Mon., Tues., Wed. and Fri. 10am-2pm CL**  
**Weaving w/ Mr. Oke Wed., Th., Fri., 10am-Noon CL**

## **Special Events**

**Fri., 5/5/17 Cinco de Mayo (all day, sign up required)**

**Tues., 5/9/17 10:30am CR Weill/Cornell Ex. for the Arthritic**

**Wed., 5/10/17 1:15pm DR Nutrition w/ Angela**

**Th., 5/11/17 11:00am Unraveling the Mystery of Medicaid  
w/ Elder Attorney Tanya Hobson-Williams**

**Fri., 5/12/17 10:30am DR Mother's Day Observation**

**Wed., 5/17/18 10:30am DR MTA Red Fare Presentation**

**Th., 5/18/17 1:00pm DR Salute to Older Americans  
Fashion Show**

**Fri., 5/19/17 10:30am DR GreenMarket Taste & Tour**

**Wed., 5/24/17 Noon Memorial Day BBQ**

## **TRIPS**

**Mon., 5/22/17 Dollar Tree lvg @ 10:00am**  
**June 13th—June 14th, 2017 2 Day Poconos Trip**

**Tues., 8/29/17 Holiday Hills Senior Day Picnic**

**Tues., 5/30/17 Metro Van @ Rockaway Blvd USPS lvg 1:00pm**

**Please see Program Coord. 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**

**Gail A. Brown, Center Director**

*"This is the Place!"*

**May is:**

**National Older Americans Month**

**National Barbeque Month**

**Women's Health Care Month**

**National High Blood Pressure Awareness 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, Notary Public**

*If you need assistance with benefits and entitlements, our  
Case Worker, Keturah Wilson is available: Mon., Tues., Th.,  
and Fri., 9:00am-2:00pm, Walk ins welcome*

*\*\*\*\*\*Notary Public Service is also available\*\*\*\*\**