

| Mon | Tue | Wed | Thu | Fri |
|--|---|--|---|---|
| <p>Rockaway Blvd. Senior Center December 2017</p> |  | <p>SIGN UP FOR TRIPS WITH CAROLINE</p> | <p>DR = Dining Room SR = Sewing Room H = Hall, L = Library CL Computer Lab GR=Game Room CR = Card Room</p> | <p>1 8am Tommy Experience DR 10am Computer Class 10am-11:00 Blood Pressure Screening 10am AIDS AWARENESS PRESENTATION 10am-Noon Rockaway Rehearsal</p>  |
| <p>4 10am-Noon Sewing/Crocheting SR 10am Stretching DR 10:45am SILVER SNEAKERS BCBS</p> | <p>5 10am Computer Class 8am Tommy Experience DR 10am-Noon Sewing/Crocheting SR 10:30am BINGO 1:30pm Dancing w/Jewel DR</p> | <p>6 10am Computer Class 10am-11am Line Dancing CR 10am-11am SIT AND FIT EXERCISE DR 10:15am TRIP TO MICHAELS</p> | <p>7 10am Computer Class Camera Class w/ Steve  10:15am 10:45am Women's Group  L 10:30 Homeowner Presentation  10am-Noon Sewing/Crocheting SR</p> | <p>8 8am Tommy Experience DR 10am Computer Class 10:00am NATIONAL INCOME PRESENTATION 10am-Noon Rockaway Rehearsal</p> |
| <p>11 10am-Noon Sewing/Crocheting SR 10am Stretching DR 10am-noon FLEA MARKET SALE 10:30am BINGO</p> | <p>12 10am Computer Class 8am Tommy Experience DR 10:30 -11:30 Exercise for the Arthritic 1:30pm- Dancing w/ Jewel 10-NOON BAKE SALE</p> | <p>13 10am Computer Class  10am- Line Dancing DR 10am-11am SIT AND FIT EXERCISE DR 10am-Noon Weaving Class SR 11am ELDER ABUSE PRESENTATION (JASA)</p> | <p>14 10am Computer Class 10am-Noon Sewing/Crocheting SR 12:30 DFTA FIDA PRESENTATION 10:15am TRIP TO NATIONAL LIQUIDATION WHOLESALE 10:00-noon CRAFT CHRISTMAS SALE</p> | <p>15 8am Tommy Experience DR 10am Computer Class 10am-11:00 Blood Pressure Screening 10am-Noon Rockaway Rehearsal 11am Safety Presentation 1pm-3pm Wii Bowling DR</p>  |
| <p>18 10am-Noon Sewing/Crocheting SR 10am Stretching DR 10:30am Success Charter School Grand Parent Presentation and Show 11am -Noon Blood Pressure</p> | <p>19 8:00am Tommy Experience DR 10am Computer Class 10am-noon Sewing/Crocheting SR 1:30pm Dancing w/ Jewel DR 10:30am ADVISORY COUNCIL MEETING</p> | <p>20 10am Computer Class 10am-11am Line Dancing DR 10am ROY WILKES CENTER CHORUS 10am-Noon Weaving Class SR 12:00 CHRISTMAS LUNCH AND PARTY</p> | <p>21 10am Computer Class  Camera Class w/ Steve 10am-Noon Sewing/Crocheting SR 10:15am 10:45am L Women's Group  10:15am TRIP TO DOLLAR TREE</p> | <p>22 8am Tommy Experience DR 10am Computer Class 10am-Noon Rockaway Rehearsal 11am MOVEMENT OF THE CHILDREN DANCE CENTER 1pm Wii Bowling DR</p>  |
| <p>25 CENTER CLOSED FOR CHRISTMAS</p>  | <p>26 8am Tommy Experience DR 10am Computer Class 10am-noon Sewing/Crocheting SR 1pm DR Dancing w/ Jewel DR 10am GENERAL MEETING</p> | <p>27 10am Computer Class 10am-11am DR Line Dancing 10am- MOVIE TBA EXERCISE DR</p> | <p>28 10am Computer Class Camera Class w/ Steve 10am-Noon Sewing/Crocheting SR</p> | <p>29 8am Tommy Experience DR 10am Computer Class 10am-11:00 Blood Pressure Screening 10am-Noon Rockaway Rehearsal 1pm Wii Bowling DR</p>  |

Breakfast Menu December 2017

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|--|---|--|---|--|
| Monday 12/04/2017 Cottage Cheese Oatmeal | Tuesday 12/05/2017 Veggie Sausage Patty Link Farina | Wednesday 12/06/2017 Turkey Sausage Patty Maypo | Thursday 12/07/2017 Pork Sausage Link Bran Flakes | Friday 12/01/2017 Scrambled Eggs Turkey Sausage Link Grits Orange |
| 12/11/2017 Cream of Wheat Pork Sausage Link | 12/12/2017 Grits, Western Fritata | 12/13/2017 Hard Boiled Egg Blueberry Muffins Home Fries with Peppers and Onions | 12/14/2017 Farina, Turkey Sausage Link | 12/08/2017 Hard Boiled Egg Oatmeal |
| 12/18/2017 Cottage Cheese Toasted Oats Cereal | 12/19/2017 Pork Sausage Link Bran Muffin Farina | 12/20/2017 Veggie Sausage Patty Maypo | 12/21/2017 Turkey Link Bran Flakes | 12/15/2017 Oatmeal , Grilled Cheese (Cheddar) |
| 12/25/2017 Center Closed | 12/26/2017 | 12/27/2017 | 12/28/2017 | 12/22/2017 Hard Boiled Egg Oatmeal |

Menu subject to Change

Lunch Menu

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|--|--|--|--|--|
| Monday 12/04/2017 Baked Asian Style Honey Chicken, Baked Brown Rice Pilaf, Chinese Style Steamed Cauliflower Cantaloupe | Tuesday 12/05/2017 Baked Pork, Collard Green Roasted Potatoes Apples | Wednesday 12/06/2017 Beef Lasagna, Broccoli and Red Peppers Banana | Thursday 12/07/2016 BBQ Chicken Leg Quarters, Blend Veggie Garlic Mashed Potatoes Orange | Friday 12/08/2017 Parmesan Baked Fish Whole Wheat Pasta with Cheese, Baby Carrots with Parsley Pear |
| 12/11/2017 Stewed Chicken Breast, Brown Rice w/Mushrooms Sautéed Spinach Orange | 12/12/2017 Turkey Meatloaf, Homemade Mashed Potatoes, Sautéed Onions and Peppers | 12/13/2017 Beef Stir Fry, White Rice, ,Roasted Broccoli | 12/14/2017 Vegetable Biryani with Chickpeas. Mixed Green Salad Banana | 12/15/2017 Baked Amandine Fish, Couscous with Lemon, Cabbage Carrot Slaw Pear |
| 12/18/2017 Baked Ziti with Cheese, Tossed Salad w/Dressing Orange | 12/19/2017 Baked Chicken, Brown Rice w/Beans, Baked Sweet Potato Apple | 12/20/2017 Italian Roasted Pork Tenderloin, Brown Rice w/Mushrooms Carrot Cantaloupe | 12/21/2017 Beef Stroganoff w Noodles, Broccoli w Toasted Garlic Banana | 12/22/2017 A Nice Vegetable Soup, Baked Breaded Fish, French Fries Baby Carrots w Parsley Pear |
| 12/25/2017 Closed | | | | |



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!"

December 2017

*December is National Identity Theft Prevention
and Awareness Month*

*Merry
Christmas*



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*