

Mon	Tue	Wed	Thu	Fri
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Rockaway Blvd.
Senior Center
FEBRUARY 2018




BLACK HISTROY
MONTH

Metro Van -Post Office
Tuesday February 27, 2018
1:00 pm

1
10:00 Camera Class w/ Steve
10am-Noon Sewing/Crocheting SR
10:30am **POKENO**


2
8am Tommy Experience DR
10am Computer Class
10am **Blood Pressure Screening**
10am-Noon Rockaway Rehearsal
1pm Wii Bowling DR






5
Computer Class
10am-Noon Sewing/Crocheting SR
10am Stretching DR
10:30am **MEMORY GAME**
1:00 **JOKESERCISE**

6
10am Computer Class
8am Tommy Experience DR
10am-Noon Sewing/Crocheting SR
10:30am **BINGO**
1:30pm Dancing w/Jewel DR
10AM NOON CRAFT SALE


7
10am Computer Class
10am-11am Line Dancing CR
10am **FOCUS GROUP ON CHRON-
IC KIDNEY DISEASE WITH
WEILL CORNELL**
10am-11am SIT AND FIT



8
Camera Class w/
Steve
10:15am 10:45am **Women's Group**
10am-Noon Sewing/Crocheting SR
11am Medical Supply Presentation

9
8am Tommy Experience DR
10am Computer Class
10am-Noon Rockaway Rehearsal
1pm Wii Bowling DR



12
Computer Class
10am-Noon Sewing/Crocheting SR
10:am Stretching DR
10:30am **BINGO**


13
10am Computer Class
8:am Tommy Experience DR
10am -Noon Sewing/Crocheting SR
10:30am **ADVISORY COUNCIL
MEETING**
1:30pm- Dancing w/ Jewel

14
10am Computer Class
10am- Line Dancing CR
10am-11am SIT AND FIT
EXERCISE DR
10am-Noon Weaving Class SR
10:15am
Valentine's Party

15
10am-Noon Sewing/Crocheting SR
11am TRIVA

**10am-Noon FLEA MARKET
SALE**

16
8am Tommy Experience DR
10am Computer Class
10am **Blood Pressure Screening**
10am-Noon Rockaway Rehearsal
1pm-3pm Wii Bowling DR




19
**CENTER CLOSED FOR
PRESIDENTS' DAY**


20
8:00am Tommy Experience DR
10am Computer Class
10am-Noon Sewing/Crocheting SR
10:00 **CELEBRATING
BLACK HISTORY**
1:30pm Dancing w/ Jewel

21
10am Computer Class
10am-11am Line Dancing DR
10am-Noon Weaving Class SR
10:15am **TRIP TO DOLLAR
TREE**

22
Camera Class w/ Steve
10am-Noon Sewing/Crocheting SR
10:30 am **Nutrition Presentation**



23
8am Tommy Experience DR
10am Computer Class
10am-Noon Rockaway Rehearsal
1pm Wii Bowling DR



26
Computer Class
10am-Noon Sewing/Crocheting SR
10am Stretching DR
11am **"CUNY MEDGAR EVERS
COLLEGE" NURSING FACULY
Blood Pressure**

27
8am Tommy Experience DR
10am Computer Class
10am-noon Sewing/Crocheting SR
10:30am **ACCESS-A-RIDE PRESEN-
TATION**
1pm DR Dancing w/ Jewel DR
11am **GENERAL MEETING**

28
10am Computer Class
10am-11am DR Line Dancing CR
10am **MOVIE TBA**
10:30am **MEMORY GAME**

SATURDAY
February 10,
11:00 m-3:00pm
Valentine's Day
Event

DR = Dining Room
SR = Sewing Room
H = Hall, L = Library
CL Computer Lab
GR=Game Room
CR = Card Room

Breakfast Menu February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
02/05/2018 Veggie Sausage Patty, Farina, Whole Wheat Bread	02/06/2018 Farina Pork Sausage Link Bran Muffin	02/07/2018 Maypo Turkey Sausage Patty Whole Wheat Bread	02/08/2018 Bran Flakes Cereal Pork Sausage Link Whole Wheat Bread	02/09/2018 Oatmeal Hard Boiled Egg Whole Wheat Breads
02/12/2018 Cream Wheat Cereal Pork Sausage Link Whole wheat Bread	02/13/2018 Grits, Western Frittata Whole Wheat Bread	02/14/2018 Hard Boiled Egg Blueberry Muffin Home Fries w/Peppers-Onions	02/15/2018 Farina Turkey Sausages Link English Muffin, Plain	02/16/2018 Oatmeal , Grilled Cheese (Cheddar) Whole Wheat Bread
02/19/2018 Center Closed	02/20/2018 Farina Pork Sausage Link, Bran muffin,	02/21/2018 Maypo, Veggie Sausage, Whole Wheat Bread	02/22/2018 Bran Flakes, Turkey Sausage Link Whole Wheat Bread	02/23/2018 Hard Boiled Egg Oatmeal Whole Wheat Bread
02/26/2018 Grits Scrambled Eggs Turkey Sausage Link	02/27/2018 Veggie Sausage Patty, Farina, Whole Wheat Bread	02/28/2018 Oatmeal, Grilled Cheese (Cheddar), Whole Wheat Bread		

Menu subject to Change

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
0/05/2018 Baked Asian Style Honey Chicken Baked Brown Rice Pilaf, Chinese Style Steamed Cauliflower, Cantaloupe	02/06/2018 Baked Pork, Collard Greens, Roasted Potatoes, Apples	02/07/2018 Beef Lasagna Broccoli and Red Peppers Banana	02/08/2018 BBQ Chicken Legs, California Blend Veggie, Garlic Mashed Potatoes, Orange	02/09/2018 Nice Vegetable Soup Baked Bread Fish, Whole Wheat Pasta Primavera with Cheese
02/12/2018 Stewed Chicken Breast, Brown Rice, w/Mushrooms Sautéed Spinach Orange	02/13/2018 Turkey Meat loaf Home- made Mashed Potatoes, Sautéed Onions and Peppers Apple	02/14/2018 Beef Stir Fry , White Rice Roasted Broccoli, Cantaloupe	02/15/2018 Vegetable Biryani w/ Chickpeas Mixed Green Salad Banana	02/16/2018 Baked Amandine Fish , Couscous w/ Peas and Lemon, Cabbage Carrot Slaw Pear
02/19/2018 Center Closed	02/20/2018 Baked Chicken Quarters, Brown Rice w/ Beans, Baked Sweet Potato, Sautéed Spinach Apple	02/21/2018 Italian Roasted Pork Tenderloin, Brown Rice w/ Mushrooms, Carrot Salad Cantaloupe	02/22/2018 Beef Stroganoff w/ Noodles, Broccoli w/ Toasted Garlic Banana	02/23/2018 Baked Bread Fish, French Fries (pre prepared), Baby Carrots w/ Parsley
02/26/2018 Baked Asian Style Honey Chicken Baked Brown Rice Pilaf, Chinese Style Steamed Cauliflower, Cantaloupe	02/27/2018 Baked Pork, Collard Greens, Roasted Potatoes, Apples	02/28/2018 Beef Lasagna Broccoli and Red Peppers Banana		



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!"

February 2018

Happy Groundhog Day 2/2
Happy Valentine's Day 2/14
Happy Chinese Year 2/16

"If what you see by the eye doesn't please you, then close your eyes and see from the heart. Because the heart can see beauty and love more then the eyes can ever wonder."



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