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<p><b>2</b>            Computer Class            10am-Noon Sewing/Crocheting SR            10amStretching DR            10:30am MEMORY GAME</p>	<p><b>3</b>            10am Computer Class            8amTommy Experience DR            10am-Noon Sewing/Crocheting SR            11am PAW Benefit/ MLTC—            Presentation            1:30pm Dancing w/Jewel DR</p>	<p><b>4</b>            10am Computer Class            10am-11am Line Dancing CR            10:30amSIT AND FIT EXERCISE            DR            11am Art and Crafts –Umbrella            Holder /with Alice</p>	<p><b>5</b>            10:00Camera Class w/ Steve            10am-Noon Sewing/Crocheting SR              10:15am TRIP TO DOLLAR            TREE</p>	<p><b>6</b>            8am Tommy Experience DR            10am Computer Class            10am Blood Pressure Screening            10am-Noon Rockaway Rehearsal            1pm Wii Bowling DR</p> 
<p><b>9</b>            Computer Class            10am-Noon Sewing/Crocheting SR            10amStretching DR            10:30am MEMORY GAME</p>	<p><b>10</b>            10am Computer Class            8amTommy Experience DR            10am-Noon Sewing/Crocheting SR            10:30am BINGO            1:30pm Dancing w/Jewel DR</p>	<p><b>11</b>            10am Computer Class            10am-11am Line Dancing CR            10:30amSIT AND FIT EXERCISE            DR            11am Art and Crafts –Umbrella</p>	<p><b>12</b>            Camera Class w/            Steve            10:15am 10:45am Women’s Group            10am-Noon Sewing/Crocheting SR</p>   	<p><b>13</b>            8m Tommy Experience DR            10am Computer Class            10am-Noon Rockaway Rehearsal            1pmWii Bowling DR</p> 
<p><b>16</b>            Computer Class            10am-Noon Sewing/Crocheting SR            10am Stretching DR            11am NEW CLASS COME SING            WITH ROCKAWAY SENIORS –L</p>	<p><b>17</b>            10am Computer Class            8:amTommy Experience DR            10am –Noon Sewing/Crocheting SR            10:00am ADVISORY COUNCIL            MEETING            1:30pm Dancing w/Jewel DR</p>	<p><b>18</b>    <b>CENTER CLOSED</b>  <b>General Staff Meeting</b></p>	<p><b>19</b>            10am-Noon Sewing/Crocheting SR            10:am BINGO            11amCELEBRATING OUR            VOLUNTEERS</p>	<p><b>20</b>            8amTommy Experience DR            10am Computer Class            10am Blood Pressure Screening            10am-Noon Rockaway Rehearsal            1pm-3pm Wii Bowling DR</p>
<p><b>23</b>            10am Computer            10am Noon Sewing/Crocheting            10amStretching DR            11am “CUNY MEDGAR EVERS            COLLEGE” NURSING FACULTY            Blood Pressure</p>	<p><b>24</b>            10am Computer            8:00am Tommy Experience DR            10am Computer Class            10am-Noon Sewing/Crocheting SR            10am GENERAL MEETING            1:30pm Dancing w/ Jewel DR</p>	<p><b>25</b>            10am Computer Class            10am-11am Line Dancing DR            10am-Noon Weaving Class SR            10am- SIT AND FIT EXERCISE DR            10:15am TRIP TO TARGET              APRIL AND MAY BIRTHDAY            PARTY</p>	<p><b>26</b>            Camera Class w/ Steve            10am-Noon Sewing/Crocheting SR            10:30 am Nutrition Presentation            Portions Distortion            10am-Noon FLEA MARKET            SALE</p> 	<p><b>27</b>            8am Tommy Experience DR            10am Computer Class            10am-Noon Rockaway Rehearsal            1pm RAINERE MARTIN AS            DONNA SUMMER</p>
<p><b>30</b>            Computer Class            10am-Noon Sewing/Crocheting SR            10amStretching DR</p>	<p><b>Rockaway Blvd.</b>  <b>Senior Center</b>  <b>APRIL 2018</b>  <i>Metro Van -Post Office</i>  <i>Tuesday April 24, 2018</i></p>	<p>WEDNESDAY EVENING            JUNE 6, 2018 6:30-9:30PM              AT THOMASANIA            \$15—SHOW &amp; TRANSPORTATION            MORE INFO TO FOLLOW</p>	<p>COMPUTER TRAINING BEGINS            APRIL 10TH –JUNE 14TH              COMPUTER BASICS            TUESDAYS &amp; THURSDAYS            9:45AM-11:00AM            BEYOND THE BASICS            TUESDAYS &amp; THURSDAYS            11:00AM-12:15PM</p>	

**Breakfast Menu April 2018**

<b>Monday</b> 04/02/2018 Egg Frittata with Potatoes and Peas Grits, Wheat Germ Whole Wheat Bread Apple Juice Banana	<b>Tuesday</b> 04/03/2018 Muenster Cheese Oatmeal, Raisins Whole Wheat Bread Orange Juice	<b>Wednesday</b> 04/04/2018 Hard Boiled Egg Raisin Bran, Wheat Germ English Muffin Plain Cantaloupe	<b>Thursday</b> 04/05/2018 Cottage cheese Cream of Wheat, Wheat Germ, Bran Muffin Pineapple	<b>Friday</b> 04/06/2018 Scrambled Eggs w Red peppers and onions Total Whole Grain Cereal, Wheat Banana OJ
04/09/2018 Baked Egg Omelette Grits, Wheat Germ Whole Wheat Bread Sliced Peaches Apple Juice	04/10/2018 Grits, Turkey Sausages Patty, Wheatena Whole Wheat Bread Banana Pineapple Juice	04/11/2018 Cottage Cheese Wheat Flake Cereal Bran Muffin Kiwi Grape Juice	04/12/2018 Farina, Pork Sausage Link, English Muffin Plain Cantaloupe Orange juice	04/13/2018 Oatmeal Grilled Mozzarella and Tomato Grape Juice Unsweetened Banana
04/16/2018 Muenster Cheese Oatmeal, Raisins Whole Wheat Bread, Avocado Pineapple Juice	04/17/2018 Western Omelette Cinnamon French Toast, Total Whole Grain Banana Apple Juice	04/18/2018 Turkey Sausage Patty Mayo, Bran Muffin, Wheat Germ, Cantaloupe OJ	04/19/2018 Cottage Cheese Cheerios, English Muffins Sliced Peaches Grape Juice Unsweetened	04/20/2018 Ham and Cheese Frittata Oatmeal , Whole Wheat Bread, Avocado Honeydew Apple Juice
04/23/2018 Grilled Cheese (Cheddar) Farina Whole Wheat Bread Banana OJ	04/24/2018 Omelette with Peppers and Onions Wheat Flake Cereal Avocado & Orange Salad Grape Juice Unsweetened	04/25/2018 Pork Sausage Link Home Fries Creamy Apple Raisin Oatmeal Multigrain Bread, Raisins Apple,	04/26/2018 Hard Boiled Egg Cheerios Multigrain Bread Pineapple Juice	04/27/2018 Turkey Sausage Link Bran Flakes Cereal Whole Wheat Bread Cantaloupe OJ
04/30/2018 Cottage Cheese Cheerios, Corn Muffins Wheat Germ Peaches, Apple Juice	<i>Menu Subject to Change</i>			

04/02/2018 Baked Chicken Quarters Baked Sweet Potato Zucchini Apple	04/03/2018 Vegetable Baked Ziti with Whole Wheat Pasta Baby Carrots with Parsley Orange	04/04/2018 Italian Roasted Pork Tenderloin, Baked Red Potato Wedges Sauteed String Beans Apple, Kiwi	04/05/2018 Beef Stroganoff with Noodles Broccoli with Toasted Garlic Banana	04/06/2018 Vegetable Soup Coconut Curried Cod Fish, Brown Rice with Mushrooms, Sautéed Spinach, Pear OJ
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<b>Monday</b> 04/09/2018 Baked Breaded Chicken Cutlet Couscous Peas and Lemon Baby carrots with Parsley Orange	<b>Tuesday</b> 04/10/2018 Beef Meatballs in Tomato Sauce, Spaghetti, Brussel Sprouts and Kale, Apple	<b>Wednesday</b> 04/11/2018 Baked Turkey Breast, California Blend Veggie, Sweet Baked Yams, Banana	<b>Thursday</b> 04/12/2018 Broccoli Cheese Quesadilla ,Corn and Red Peppers Fruit cocktail	<b>Friday</b> 04/13/2018 Apricot Glazed Salmon, Egg Barley with Mushroom, Sautéed Zucchini
04/16/2018 Vegetarian Lasagna Baby Spinach Salad, Fruit Cocktail	04/17/2018 Stewed Pork Chops, Mashed Potatoes, Winter Blend Veggie, Apple	04/18/2018 Chili con Carne, Brown Rice, Corn and Red Peppers, Sliced Peaches	04/19/2018 Chicken and Broccoli Stir Fry, Chinese Style Spaghetti, Collard Greens with Tomato, Banana	04/20/2018 Baked Tilapia, Red Bliss Potatoes, Steamed Peas and Carrots, Orange
04/23/2018 Arroz con Pollo Chicken Breast and Rice, Kale Tomato, Apple	04/24/2018 Beef and Broccoli, Chinese Style, Chinese Style Mustard Greens, Orange	04/25/2018 Deluxe Cheeseburger with onions, Bun, Whole Wheat, Mixed Green Salad, Home fries, Canned Mandarins	04/26/2018 Baked Chicken Quarters, Egg Barley with Mushrooms, Brussel sprouts and Kale , Banana	04/27/2018 Baked Fish, California Blend Veggie, Tangerine
04/30/2018 Beef and Turkey Meatloaf with Mushroom Gravy, Bowtie Pasta with Mushroom Gravy	04/30/2018 Beets and Baby Carrots with Dill, Canned apricots			



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*

*April 2018*



**Lunch Menu**

**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, .....  
8:00am-4:00pm, Walk ins welcome*