

Holliswood OAC

86-25 Francis Lewis Blvd, Jamaica, NY 11427
718-454-6157

LUNCH SERVED DAILY 12pm 1pm

June 2022 ACTIVITIES Makeup Sunday - June 12th

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bone Fit Program w/ Pam 9:45am Daily Exercise w/Mary Grace 10:45 Bridge 10 am - 4pm Mah Jongg 10am - 4pm Canasta 10am - 4pm	2 Daily Exercise - 10:45am Dance Therapy w/ Lisa 12:30pm Bridge 10 am - 4pm Mah Jongg 10am - 4pm	3 Bridge Instruction - 10am Yoga w/ Laura - 10:30am Bridge 10 am - 4pm Mah Jongg 10am - 4pm Canasta 10am - 4pm Jewelry Making w Theresa 1230pm - 230pm

6

Jasa Closed

Shavout Holiday

7

Daily Exercise w/Mary Grace - 9:45am

Dance Therapy w/ Lisa - 11:15am

Bridge 10 am - 4pm

MahJongg 10am - 4pm

Jewelry Making w Theresa 1230pm - 230pm

8

Bone Fit Program w/Pam 9:45am

Daily Exercise w/Mary Grace

10:45

Bridge 10am - 4pm

Mah Jongg 10am - 4pm

Canasta 10am - 4pm

9

Daily Exercise - 10:45am

Dance Therapy w/ Lisa 12:30pm

Bridge 10 am - 4pm

Mah Jongg 10am - 4pm

10

Bridge Instruction - 10am

Yoga w/ Laura - 10:30am

Bridge 10 am - 4pm

MahJongg 10am - 4pm

Canasta 10am - 4pm

Health Management/Lecture w Annette Roth 10am -What you need to know about Allergies?

Jewelry Making w Theresa

1230-230pm

13

Current Events w/ Alma 930am

ZUMBA w/ Raphael 10am

Jewelry Making w Theresa

1230pm- 230pm

Bridge 10 am - 4pm

Mah Jongg 10am - 4pm

Canasta 10am - 4pm

14

DailyExercise w/Mary Grace - 9:45am

Dance Therapy w/ Lisa - 11:15am

Jewelry making w Theresa 1230pm -230pm

Bridge 10 am - 4pm

Mah Jongg 10am - 4pm

15

Bone Fit Program w/ Pam 9:45am

Daily Exercise w/Mary Grace - 10:45

Bridge 10 am - 4pm

MahJongg10am - 4pm - Canasta 10am - 4pm

Broadway- Funny Girl-Bus departing noon

16

Daily Exercise w/Mary Grace - 10:45am

Bridge 10 am - 4pm

Mah Jongg 10am - 4pm

Father's Day Luncheon

17

Bridge Instruction - 10am

Yoga w/ Laura - 10:30am

Jewelry Making w Theresa 1230pm- 230pm

Bridge 10 am - 4pm

MahJongg 10am - 4pm

Canasta 10am 4pm

<p>20</p> <p>Jasa Closed</p> <p>Juneteenth</p>	<p>21</p> <p>DailyExercise w/MaryGrace-9:45am</p> <p>Dance Therapy w/ Lisa - 11:15am</p> <p>Jewelry Making w Theresa 1230-230pm</p> <p>Bridge 10 am - 4pm</p> <p>Mah Jongg 10am - 4pm</p>	<p>22</p> <p>Daily Exercise w/MaryGrace - 10:45</p> <p>Health Management- Blvd Alpine best living w Eleanor 1130am</p> <p>Jewelry Making w Theresa 1230pm - 230pm</p> <p>Bridge 10 am - 4pm</p> <p>Mah Jongg 10am - 4pm</p> <p>Canasta 10am - 4pm</p>	<p>23</p> <p>Daily Exercise w/Mary Grace - 10:45am</p> <p>Dance Therapy w/ Lisa 12:30pm</p> <p>Bridge 10 am - 4pm</p> <p>MahJongg 10am - 4pm</p>	<p>24</p> <p>Bridge Instruction - 10am</p> <p>Yoga w/ Laura - 10:30am</p> <p>Bridge 10 am - 4pm</p> <p>Mah Jongg 10am - 4pm</p> <p>Canasta 10am - 4pm</p>
<p>27</p> <p>Current Events w/ Alma 930am</p> <p>ZUMBA w/ Raphael 10am</p> <p>Jewelry Making w Theresa 1230pm- 230pm</p> <p>Bridge 10 am - 4pm</p>	<p>28</p> <p>Daily Exercise w/Mary Grace-9:45am</p> <p>Dance Therapy w/ Lisa - 11:15am</p> <p>Jewelry Making Theresa 1230pm-230pm Jewelry presentation (last day)</p> <p>Bridge 10 am - 4pm</p> <p>MahJongg 10am - 4pm</p>	<p>29</p> <p>Bone Fit Program w/ Pam 9:45am</p> <p>Daily Exercise w/Mary Grace - 10:45</p> <p>Bridge 10 am - 4pm</p> <p>MahJongg 10am - 4pm</p> <p>Canasta 10am - 4pm</p> <p>ABT Swan Lake - NOON D</p>	<p>30</p> <p>Daily Exercise w/Mary Grace - 10:45am</p> <p>Dance Therapy w/ Lisa 12:30pm</p> <p>Bridge 10 am - 4pm</p> <p>MahJongg 10am - 4pm</p>	



Club Holliswood OAC
86-25 Francis Lewis Blvd Jamaica, NY 11427
718-454-6157 asoto@jasa.org www.jasa.org

9am -4pm

LUNCH SERVED DAILY

12pm - 1pm

Health Lecture/Discussions w/ Amelia

Current Events w/ Amelia

Monday

ZUMBA w/ Raphael

Monday

Daily Exercise with Mary Grace

Tuesday, Wednesday, Thursday

Dance Therapy w/ Lisa

Tuesday and Thursday

Bone Fit Program w/ Pam

Nutrition w/ Pam

Wednesday

Yoga w/ Laura

Friday

Bridge Instruction w/ David

Friday