Holliswood Older Adult Center October 2026 Activity Calendar

86-25 Francis Lewis Blvd., Jamaica, NY 11427T.: 718-454-6157 E. Holliswoodevents@jasa.org

Days of Operation: Mon. –Fri. Hours of Operation: 8:00am to 4:00pm Kosher Lunches are served: Noon to 1:00pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Programs are subject to change HABLAMOS ESPANOL AQUI	*Program Director* ALMA GONZALEZ, *X2203* ***AGONZALEZ@JASA.ORG*** *Assistant Program Director* Mariah Bailey, **X2198** MBAILEY@JASA.ORG *Program Coordinator* Michelle Restrepo, **X2567** MRESTREPO@JASA.ORG			1 10AM Bridge Tournament w/ David 11AM Daily Exercise w/ Mary Grace 12:30PM Town Hall Meeting w / Mariah 1PM Hollis Knitting Club w/ Florence 1:15PM Financial Advisor Presentation w/ Aaron 2:15PM Domestic Violence Awareness Month presentation w / Alma	2 10AM Bridge Lessons w/ David 11AM Daily Exercise w/ Mary Grace 1:30PM Senior Tech Help/Info w/ Michelle 2:15PM National Hispanic Heritage Month w/Michelle
	5 10AM Canasta Play 11AM Karaoke w/ Alma 12:30PM Health Management presentation w/ Dr Rick 1:30PM Foil Art Craft Project w/ Michelle *Meal Survey Distribution*	6 10AM Daily Exercise w/ Mary Grace 11AM Advisory Council & Grievance Committee Meeting w/ Alma 1:15PM Line Dancing w/ Shell 2PM In-house Games w/Alma *Meal Survey Distribution*	7 10AM MahJongg Play 11AM Daily Exercise w/ Mary Grace 12:30pm Falls Prevention Presentation w/ Arnold (Jamaica Hospital) 1:30PM Pumpkin Painting w/ JASA Care Gurpreet *Meal Survey Distribution*	8 10AM Bridge Tournament w/ David 9:00am-12pm Flu Shots w/Rebecca (Walgreens Pharmacy) 11AM Daily Exercise w/ Mary Grace 1PM Hollis Knitting Club w/ Florence 1:30PM Bingo w/ Michelle *Meal Survey Distribution*	9 10AM Bridge Lessons w/ David 10:30AM Chair Yoga w /Laura 1:30PM World Mental Health Day w/ Alma 2:15PM Trivia Challenge w/ Michelle *Meal Survey Distribution*
	12 10AM Canasta Play 11AM Modern Dance w/ Rudy 12:30PM Health Management Presentation w/ Dr. Rick 1:30PM Activate Your Brain w/ Michelle	13 10AM Daily Exercise w/ Mary Grace 10AM Karaoke w/ Michelle 12:30pm Medicine Safety for Older Adults w/ Eduardo Torres 1:15PM Line Dancing w / Shell 2PM Breast Cancer Awareness Day presentation w/ Alma	14 10AM MahJongg Play 11AM Daily Exercise w/ Mary Grace 12:30pm Civic Engagement Presentation w/ The League of Women Voters 1:15PM Jewelry Making w/ Theresa	15 10AM Bridge Tournament w/ David 11AM Daily Exercise w/ Mary Grace 12:30pm Community Affairs Safety Presentation w/ NYPD P.O. Gorman 1PM Hollis Knitting Club w/ Florence 1:30PM Karaoke w/ Alma	16 10AM Bridge Lessons w/ David 11AM Daily Exercise w/ Mary Grace 1:30PM Senior Tech Help/Info w/ Michelle 2:15PM Trivia challenge w/ Michelle
	19 10AM Canasta Play 11AM Modern Dance w/ Rudy 12:30PM Health Management w/ Dr Rick 1:30PM Paint by Sticker w/ Michelle *Program Survey Distribution*	20 10AM Daily Exercise w/ Mary Grace 11:00AM Karaoke w/ Alma 12:30PM Nutrition Lecture w/ JASA's Tiana R 1:15PM Line Dancing w / Shell 1:30PM Puzzle Social *Program Survey Distribution*	21 10AM MahJongg Play 11AM Daily Exercise w/ Mary Grace 12:30pm Pedestrian Safety Workshop w/ NYC DOT Samantha 1:30PM Bingo w/ Michelle *Program Survey Distribution*	22 11AM Daily Exercise w/ Mary Grace 12:30PM Blood Pressure Screening w/ Dalia 1PM Hollis Knitting Club w/ Florence 1:30PM Celebrating October Birthdays w/ Mariah & Ernest *Program Survey Distribution*	23 10AM Bridge Lessons w/ David 10:30AM Chair Yoga w /Laura 12:30pm Free Book Distribution named Numbering w/ Debra M. 2:15PM Holliswood In-House Cinema (Dolly's Big Hair, Big Heart) *Program Survey Distribution*
	26 10AM Canasta Play 11AM Modern Dance w/ Rudy 12:30PM Health Management Presentation w/ Dr. Rick 1:30PM National Pumpkin Day w/ Michelle *Advisory Council Elections Begin*	27 10AM Karaoke w/ Michelle 11AM Dance Therapy w/ Lisa 1:15PM Line Dancing w / Shell 2:00PM Ice Cream Social w/ Ernest & Mariah	28 10AM MahJongg Play 11AM Daily Exercise w/ Mary Grace 1:15PM Jewelry Making w/ Theresa 2:15PM Meditation Webinar w/ Lisa W.	29 10AM Bridge Tournament w/ David 11AM Daily Exercise w/ Mary Grace 1:30PM Activate Your Brain w/ Michelle 3PM Western Fall Festival Volunteer Decorations w/ Alma	30 ***Fall Festival Special Event*** *Last day of Back to Class Campaign*

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	5 Individual Chicken Pot Pie Tossed Salad with Chickpeas and Dressing Applesauce	6 Sweet and Sour Beef Meatballs Toasted Acini de Pepe with Onions Spinach Souffle Orange	7 Aromatic Lentil Stew with Carrots and Turnips Brown Rice Steamed Broccoli Kiwis (2)	8 Teriyaki Baked Fish Springtime Fried Brown Rice Steamed Green Beans Pear	9 Roasted Chicken Rice Pilaf Vegetable Mix Banana
	12 Fish Francaise Mashed Potatoes Green Bean Salad Orange	13 Whole Wheat Bean Burrito Brown Rice Garden Salad Pear	14 Stuffed Cabbage with Beef Steamed Carrots Apple	15 Shepherd Pie with Turkey Beet Onion Salad Banana	16 Baked Breaded Chicken Cutlet Pasta Primavera Salad Health Slaw Apple (Cold Meal)
	19 Beef Hamburger Roasted Spiced Red Potatoes Coleslaw Pear	20 No Noodle Chicken Chow Mein Springtime Fried Brown Rice Vegetable Mix	21 Baked Salmon Rice Pilaf Israeli Salad Applesauce	22 Meaty Vegetarian Moussaka Beet Salad Banana	23 Chicken Shawarma Spiced Majadra Brown Rice, Lentils, and Caramelized Onions Carrot Salad
	26 Turkey Meatballs with Tomato Sauce Pasta Sauteed Spinach Kiwis (2)	27 Baked Breaded Fish Fillets Rice Pilaf Broccoli Souffle Applesauce	28 Vegetarian Bean Chili Brown Rice Whole Grain Yellow Corn Tortillas Steamed Green Beans Pear	29 Individual Chicken Pot Pie Tossed Salad with Chickpeas and Dressing Banana	30 Catered Mauzone Special Kosher Luncheon