





June 2022 ACTIVITIES

Gratefully acknowledging additional generous funding provided by Councilwoman Joann Ariola

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10AM-Quilting Class 11AM-Blood Pressure Screening 11AM-Trivia 12PM- Lunch 12:15PM-Health Lecture	2 10AM-Virtual Computer Class 10AM-Arts & Crafts 11AM-Fitness class/Movin & Groovin 12PM-Lunch 1PM-JASA Rockaway Park Cinema 2:30PM-Virtual Tour at Rockaway Park	3 10AM-Knitting & Crocheting 10AM- Virtual Tai-Chi 12PM-JASA Rockaway Park Cinema 12PM- Lunch 1PM- Yoga
6 11AM-Zumba Gold 11AM- Virtual Classical Concert 12PM- Lunch 12:30PM-Juneteenth Lecture 1:30PM- Walking on the Boardwalk	7 10AM-Virtual Computer Class 11AM-Pride & Proud Celebration 12PM-Lunch 12:30PM- Virtual Current Events	8 10AM-Quilting Class 11AM-Blood Pressure Screening 11AM-Trivia 12PM- Lunch 12:15PM-Health Lecture	9 10AM-Virtual Computer Class 10AM-Arts & Crafts 11AM-Fitness class/Movin & Groovin 12PM-Lunch 1PM-JASA Rockaway Park Cinema 2:30PM-Virtual Tour at Rockaway Park	10 10AM-Knitting & Crocheting 10AM- Virtual Tai-Chi 12PM-JASA Rockaway Park Cinema 12PM- Lunch 1PM- Yoga
13 11AM-Zumba Gold 11AM- Virtual Classical Concert 12PM- Lunch 1:30PM- Walking on the Boardwalk	14 10AM-Virtual Computer Class 11AM-Bingo 12PM- Virtual Jazz Concert 12PM-Lunch 12:30PM- Virtual Current Events	15 10AM-Quilting Class 11AM-Blood Pressure Screening 11AM-Trivia 12:30PM-Nutrition Lecture 12PM- Lunch 12:15PM-Health Lecture	16 10AM-Virtual Computer Class 10AM-Arts & Crafts 11AM-Fitness class /Movin & Groovin 12PM-Lunch 1PM-JASA Rockaway Park Cinema 2:30PM-Virtual Tour at Rockaway Park	17 10AM-Knitting & Crocheting 10AM- Virtual Tai-Chi 11AM- Fathers Day Party 12PM-JASA Rockaway Park Cinema 12PM- Lunch 1PM- Yoga
20 JASA CLOSED JUNETEENTH	21 10AM-Virtual Computer Class 11AM-Bingo 12PM- Virtual Jazz Concert 12PM-Lunch 12:30PM- Virtual Current Events	22 10AM-Quilting Class 11AM-Blood Pressure Screening 11AM-Trivia 12PM- Lunch 12:30PM-Nutrition Lecture	23 10AM-Virtual Computer Class 10AM-Arts & Crafts 11AM-Fitness class/Movin & Groovin 12PM-Lunch 1PM-JASA Rockaway Park Cinema 2:30PM-Virtual Tour at Rockaway Park	24 10AM-Knitting & Crocheting 10AM- Virtual Tai-Chi 12PM-JASA Rockaway Park Cinema 12PM- Lunch 1PM- Yoga
27 11AM-Zumba Gold 11AM- Virtual Classical Concert 12PM- Lunch 1:30PM- Walking on the Boardwalk	28 10AM-Virtual Computer Class 11AM-Bingo 12PM- Virtual Jazz Concert 12PM-Lunch 12:30PM- Virtual Current Events	29 10AM-Quilting Class 11AM-Blood Pressure Screening 11AM-Trivia 12PM- Lunch 12:15PM-Health Lecture	30 10AM-Virtual Computer Class 10AM-Arts & Crafts 11AM-Fitness class/Movin & Groovin 12PM-Lunch 1PM-JASA Rockaway Park Cinema 2:30PM-Virtual Tour at Rockaway Park	***Please be advised, if you are attending any in person activities you must social distance and wear a mask except while eating or drinking, regardless of vaccination status. If you do not have a mask one will be provided for you*** ***Activities are subject to change without notice***



June 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Turkey Meat Sauce Pasta Italian Blend Vegetables	2 Roasted Chicken in Brown Gravy Potato Kugel Carrot Tzimmes	3 Egg Salad Roasted Red Potato Health Salad (Kosher Coleslaw)
6 Breaded Southern Steak Steamed vegetables Rice or Pasta	7 Fish/ tartar sauce Rice A Roni Steamed Carrots	8 Turkey Burger with BBQ sauce Spiced Sweet Potatoes Creamy Spinach	9 Cranberry Chicken Noodle Kugel Green Beans	10 Egg Salad Bowtie Pasta Three Bean Salad
13 Chinese Style Pepper Steak Chow Fun Noodles Oriental Blend Vegetables	14 Black Beans Mushrooms Vegan Burger Homemade Mashed Potatoes Green Bean Salad	15 Chinese Style Chicken Patty Smashed Red Potatoes Roasted Beets	16 Chicken Shawarma Lentils with Spiced Rice & Caramelized Onions Israeli Salad	17 Egg Salad Macaroni and Pea Salad Russian Coleslaw
20 JASA CLOSED JUNETEENTH	21 Stuffed Cabbage with Beef Toasted Barley with Onions Capri Blend Vegetables	22 Pasta Meat sauce Italian Blend Vegetables	23 Roasted Chicken Potato Kugel Carrot Tzimmes	24 Turkey Salad Bowtie Salad Cucumber & Red Bean
27 Salmon Cakes and Dill Lemon Sauce Creamy Spinach Homemade Mashed Potatoes	28 Beef Pot Roast Kasha Varniskes Steamed Broccoli	29 Turkey Burger Baked Spiced Sweet Potatoes Creamy Spinach	30 Lemon Chicken Roasted Potatoes Winter Blend Vegetables	***Please be advised, if you are attending any in person activities you must social distance and wear a mask except while eating or drinking, regardless of vaccination status. If you do not have a mask one will be provided for you*** *** Menu is subject to change without notice***

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**JASA Rockaway Park Older Adult Center
106-20 Shore Front Parkway
Rockaway Park, NY 11694, Suite 300
718.634.0344
www.jasa.org**

Monday-Friday 8:00AM-4:00PM

Lunch is served from 12:00PM- 1:00PM

Monday:

**In-person Zumba Gold
Virtual Classical Concert presented by Concerts In Motion
In- person walking on the boardwalk**

Tuesday:

***** June 7th Pride & Proud Celebration with DJ Angela Lobianco***
Virtual Computer Class
Virtual Jazz Concert presented by Concerts In Motion
Virtual Current Events with Stu Lahn**

Wednesday:

**In- person Quilting Class
In- person Blood Pressure Screening
Virtual Broadway Concert presented by Concerts In Motion
June 22 In-person Nutrition Lecture with Certified Nutritionist Stephanie Cordaro
Health Lectures**

Thursday:

**Virtual Computer Class
In- person Arts & Crafts
In- person Fitness Class/ Movin & Groovin
In- person Trivia**

Friday:

*****June 17th Fathers Day Celebration with DJ Angela Lobianco***
In- person Knitting & Crocheting
Virtual Tai- Chi
Virtual Latin Concert
In- person Yoga**

