



May 2023 ACTIVITIES

Gratefully acknowledging additional generous funding provided by Councilwoman Joann Ariola

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9AM Continental Breakfast 9AM-3PM Case Manager Melissa NEW 10AM Table Games 11AM Chair Yoga with Cynthia 1-3PM Arts & Crafts with Janice <i>Luminaries/Candle Decor</i></p>	<p>2</p> <p>9AM Continental Breakfast 9AM-3PM Case Manager Melissa NEW 11AM Bingo 12PM Lunch 1:30PM Walk Around The Block NEW 2:30PM Computer Class with Renee</p>	<p>3</p> <p>9AM Continental Breakfast 10AM Quilting Class 12PM Lunch Learn: Getting A Good Nights Sleep - Stephanie LCSW 12:30PM Canasta & Mahjong NEW 1PM Chair Qi Gong for Arthritis with Cynthia 2PM Table Games 2:30PM Computer Class with Renee</p>	<p>4</p> <p>9AM Continental Breakfast 10AM Boardwalk Power Walk NEW 10AM Table Games 12PM Lunch 1PM Dance/Movement Therapy with Lisa 2:30pm Trivia with Steve</p>	<p>5</p> <p>9AM Continental Breakfast 10:30am Mindfulness Workshop w/JCCRP 11:30 PM Chair Yoga with Cynthia 12:30PM Lunch & Monthly Members Meeting 1:45PM Rockaway Park Cinema with Popcorn <i>Now Showing: Mildred Pierce</i></p>
<p>8</p> <p>9AM Continental Breakfast 9AM-3PM Case Manager Melissa 10AM Table Games 11AM Chair Yoga with Cynthia 1-3PM Arts & Crafts with Janice <i>WaterColor Flowers Painting</i></p>	<p>9</p> <p>9AM Continental Breakfast 9AM-3PM Case Manager Melissa 10AM Advisory Board Meeting 11AM Bingo 12PM Lunch 1:30PM Walk Around The Block 2:30PM Computer Class with Renee</p>	<p>10</p> <p>9AM Continental Breakfast 10AM Quilting Class 11AM Reading Rubies Book Club NEW 12PM Lunch 12:30PM Canasta & Mahjong 1PM Chair Qi Gong for Arthritis with Cynthia 2PM Table Games 2:30PM Computer Class with Renee</p>	<p>11</p> <p>9AM Continental Breakfast 9:30AM TRIP: Volunteer at Edgemere Farm & Lunch at Harbor Light Pub 10AM Table Games 12PM Lunch 1PM Dance/Movement Therapy with Lisa 2:30pm Trivia with Steve</p>	<p>12</p> <p>9AM Continental Breakfast 10:30am Mindfulness Workshop w/JCCRP 11:30 PM Chair Yoga with Cynthia 12:30PM Lunch 1:45PM Rockaway Park Cinema with Popcorn <i>Now Showing: Step Mom</i></p>
<p>15</p> <p>9AM Continental Breakfast 9AM-3PM Case Manager Melissa 10AM Table Games 11AM Chair Yoga with Cynthia 1-3PM Arts & Crafts with Janice <i>Home Decorative Sign (DIY)</i></p>	<p>16</p> <p>9AM Continental Breakfast 9AM-3PM Case Manager Melissa 11AM Bingo 12PM Lunch & Learn - Emergency Preparedness 1:30PM Walk Around The Block 2:30PM Computer Class with Renee</p>	<p>17</p> <p>9AM Continental Breakfast 10AM Quilting Class 12PM Lunch & Blood Pressure Screening 12:30PM Canasta & Mahjong 1PM Chair Qi Gong for Arthritis with Cynthia 2PM Table Games 2:30PM Computer Class with Renee</p>	<p>18</p> <p>9AM Continental Breakfast 9:30AM TRIP: Movie - Book Club The Next Chapter & Lunch at Vincent's Pizzeria 10AM Table Games 12PM Lunch 1PM Dance/Movement Therapy with Lisa 2:30pm Trivia with Steve</p>	<p>19</p> <p>9AM Continental Breakfast 10:30am Mindfulness Workshop w/JCCRP 11:30 PM Chair Yoga with Cynthia 12:30PM Lunch & Learn - Aging in Place 1:45PM Rockaway Park Cinema with Popcorn <i>Now Showing: Blindside</i></p>
<p>22</p> <p>9AM Continental Breakfast 9AM-3PM Case Manager Melissa 10AM Table Games 11AM Chair Yoga with Cynthia 1-3PM Arts & Crafts with Janice <i>Painting with Objects</i></p>	<p>23</p> <p>9AM Continental Breakfast 9AM-3PM Case Manager Melissa 11AM Bingo 12PM Lunch 1:30PM Walk Around The Block 2:30PM Computer Class with Renee</p>	<p>24</p> <p>9AM Continental Breakfast 10AM Quilting Class 12PM Lunch & Learn: Nutrition and Osteoporosis with Nutritionist Stephanie 12:30PM Canasta & Mahjong 1PM Chair Qi Gong for Arthritis with Cynthia 2PM Table Games 2:30PM Computer Class with Renee</p>	<p>25</p> <p>9AM Continental Breakfast 10AM Boardwalk Power Walk 10AM Table Games 12PM Lunch 1PM Dance/Movement Therapy with Lisa 2:30pm Trivia with Steve</p>	<p>26</p> <p>9AM Continental Breakfast 10:30am Mindfulness Workshop w/JCCRP 11:30 PM Chair Yoga with Cynthia 12:30PM Lunch & Learn - Falls Prevention 1PM Rockaway Park Cinema with Popcorn <i>Now Showing: Guilt Trip</i> 1-3PM Arts & Crafts with Janice <i>Wind Chimes (DIY)</i></p>

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Monday

**Closed
Memorial Day**

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Tuesday

9AM Continental Breakfast
9AM-3PM Case Manager Melissa
11AM Bingo
12PM Lunch
1:30PM Walk Around The Block
2:30PM Computer Class with Renee

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Wednesday

9AM Continental Breakfast
10AM Quilting Class
12PM **Lunch & Mother's Day Party**
12:30PM Canasta & Mahjong
1PM Chair Qi Gong for Arthritis with Cynthia
2PM Table Games
2:30PM Computer Class with Renee

HELP WANTED

Volunteers needed to lead

- **Bingo**
- **Themed Trivia**

See Christina for details

Join the Activities Committee

See Christina for details



May 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Shepherd Pie with Beef and Turkey Whole wheat bread Garden Salad Apple Orange Juice 1% Low Fat Milk</p>	<p>2</p> <p>Chicken Marsala Whole Wheat bread Yellow rice Roasted beets Applesauce Orange Pineapple Juice 1% Low Fat Milk</p>	<p>3</p> <p>Vegan Stuffed Peppers Roasted Potatoes Whole Wheat Bread Green Beans Apple Juice Orange 1% Low Fat Milk</p>	<p>4</p> <p>Sweet and Sour Meatballs Mauzone Toasted Barley and Onion Whole Wheat Bread Creamy Spinach Banana Orange Juice 1% Low Fat Milk</p>	<p>5</p> <p>Roasted Chicken in Brown Gravy Challah Bread Potato Kugel Carrot Tzimmes Apple Juice Kiwi 1% Low Fat Milk</p>
<p>8</p> <p>TVP Sloppy Joe Rice and Beans California Blend Vegetables Apple Juice Kiwi 1% Low Fat Milk</p>	<p>9</p> <p>Chicken Francaise Mashed Sweet Potatoes Vegetable Medley Apple Orange Juice 1% Low Fat Milk</p>	<p>10</p> <p>Beef Meatloaf with Mushroom Gravy Homemade Mashed Potatoes Whole Wheat Bread Creamy Spinach Orange Pineapple Juice 1% Low Fat Milk</p>	<p>11</p> <p>Fish Francaise Creole Sauce Rice A Roni Whole Wheat Bread Steamed Carrots Banana Orange Juice 1% Low Fat Milk</p>	<p>12</p> <p>Cranberry Chicken Challah Bread Noodle Kugel Green Beans Apple Juice Orange 1% Low Fat Milk</p>
<p>15</p> <p>Chinese Style Pepper Steak Chow Fun Noodles Whole Wheat Bread Oriental Blend Vegetables Apple Juice Orange 1% Low Fat Milk</p>	<p>16</p> <p>Black Beans and Mushrooms Vegan Burger Roasted Potatoes Green bean Salad Applesauce Orange Juice 1% Low Fat Milk</p>	<p>17</p> <p>California Turkey Meatloaf Homemade Mashed Potatoes Whole Wheat Bread Mixed Vegetables Apple Juice Kiwi 1% Low Fat Milk</p>	<p>18</p> <p>Homemade Breaded Fish Brown Rice and Black Beans Whole Wheat Bread Steamed Sliced Carrots Banana Orange Juice 1% Low Fat Milk</p>	<p>19</p> <p>Chicken Shawarma Lentils with Spiced Brown Rice and Caramelized onions Whole Wheat Pita Cucumber Dill Salad Apple Juice Pear 1% Low Fat Milk</p>
<p>22</p> <p>Stuffed Cabbage with Beef Toasted Barley with Onions Whole Wheat Bread Capri Blend Vegetables Apple Juice Orange 1% Low Fat milk</p>	<p>23</p> <p>Baked Falafel Patties Whole Wheat Pita Za'atar Spiced Israeli Salad Apple Juice Pear 1% Low Fat Milk</p>	<p>24</p> <p>Turkey with Gravy Homemade Mashed Potatoes Whole Grain Stuffing Green Beans Orange Juice Strawberry Applesauce 1% Low Fat Milk</p>	<p>25</p> <p>Teriyaki Baked Fish Yellow Rice Whole Wheat Bread Oriental Blend Vegetables Banana Orange Juice 1% Low Fat Milk</p>	<p>26</p> <p>Roasted Chicken Challah Bread Potato Kugel Carrot Tzimmes Apple Orange Pineapple Juice 1% Low fat Milk</p>

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**Closed
Memorial Day**

30

**Breaded Eggplant Cutlets
Fusilli Pasta with parsley
Garlic Bread
Italian Blend Vegetables
Apple
Orange Juice
1% Low Fat Milk**

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**Beef Pot Roast
Homemade Mashed Potatoes
Whole Wheat Bread
Creamy Spinach
Applesauce
Orange Pineapple Juice
1% Low Fat Milk**



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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

Fun * Friends * Food * Fitness

Revere Joyce
Director

Christina Rivera
Coordinator

Melissa Diaz
Case Manager

Ivy Farrell
Food Technician

Michael Joseph
Porter

