





November 2022 ACTIVITIES

Gratefully acknowledging additional generous funding provided by Councilwoman Joann Ariola

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10AM-Board meeting 11AM-Bingo 12PM-Lunch 12:30PM-Rummy Cube 1PM- Chair Aerobics	2 10AM-Quilting Class 12PM- Lunch 1:30PM-JASA Rockaway Park Cinema	3 10AM-Arts & Crafts 10AM-Chair Fitness class 11AM-Bingo 12PM-Lunch 1PM-Trivia	4 10AM-Knitting & Crocheting 11:30 PM- Yoga 12:30PM- Lunch 1PM-JASA Rockaway Park Cinema
7 10AM-Troubleshooting Phones 11AM-Chair Yoga 12PM- Lunch 12:15PM-Evidence Based- Chronic Pain Self-management	8 11AM-Bingo 12PM-Lunch 12:30PM-Rummy Cube 1PM- Chair Aerobics	9 10AM-Quilting Class 12PM- Lunch 12:15PM-Health Lecture 1:30PM-JASA Rockaway Park Cinema	10 10AM-Arts & Crafts 10AM-Chair Fitness class 11AM-Bingo 12PM-Lunch 1PM-Trivia	11 10AM-Knitting & Crocheting 11:30 PM- Yoga 12:30PM- Lunch 1PM-JASA Rockaway Park Cinema
14 10AM-Troubleshooting Phones 11AM-Chair Yoga 12PM- Lunch 12:15PM-Evidence Based- Chronic Pain Self-management	15 11AM-Bingo 12PM-Lunch 12:30PM-Rummy Cube 1PM- Chair Aerobics	16 10AM-Quilting Class 11AM- Thanksgiving Day Party 12PM- Lunch 1:30PM-JASA Rockaway Park Cinema	17 10AM-Arts & Crafts 10AM-Chair Fitness class 11AM-Bingo 12PM-Lunch 1PM-Trivia	18 10AM-Knitting & Crocheting 11:30 PM- Yoga 12:30PM- Lunch 1PM-JASA Rockaway Park Cinema
21 10AM-Troubleshooting Phones 11AM-Chair Yoga 12PM-Lunch	22 11AM-Bingo 12PM-Lunch 12:30PM-Rummy Cube 1PM- Chair Aerobics	23 10AM-Quilting Class 12PM- Lunch 12:15PM- Nutrition Lecture 1:30PM-JASA Rockaway Park Cinema	<p style="text-align: center;">JASA Closed Thanksgiving day</p>	25 10AM-Knitting & Crocheting 11:30 PM- Yoga 12:30PM- Lunch 1PM-JASA Rockaway Park Cinema
28 10AM-Troubleshooting Phones 11AM-Chair Yoga 12PM-Lunch	29 11AM-Bingo 12PM-Lunch 12:30PM-Rummy Cube 1PM- Chair Aerobics	30 10AM-Quilting Class 12PM- Lunch 1:30PM-JASA Rockaway Park Cinema	 	***Please be advised, if you are attending any in person activities, we strongly advise that you continue social distancing and you must 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***



November 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*** Please be advised, if you are attending any in person activities, we strongly advise that you continue to social distance and you must 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***</p>	<p>1 Breaded Eggplant Cutlets Fusilli Pasta Italian Blend Vegetables</p>	<p>2 Beef Pot Roast Homemade Mashed Potatoes Creamy Spinach</p>	<p>3 Salmon Cakes with Dill lemon sauce Roasted Potatoes Winter Blend</p>	<p>4 Spanish Style Roasted Chicken Rice A Roni Sautéed Zucchini</p>
<p>7 Italian Meatballs with Beef and turkey Pasta Green Beans</p>	<p>8 Veggie Burgers Homemade Mashed Potatoes Braised Red Cabbage</p>	<p>9 Stuffed Cabbage with Beef Kasha Varnishkes Capri Blend Vegetables</p>	<p>10 Fish Francaise Yellow rice Creamy Spinach</p>	<p>11 Hawaiian Chicken with Vegetables Mauzone Toasted Barley & Onion Steamed Carrots</p>
<p>14 Shepherd's Pie with Beef & turkey Garden Salad</p>	<p>15 Chicken Marsala Yellow Rice Roasted Beets</p>	<p>16 Vegan Stuffed Peppers Roasted Potatoes Green Beans</p>	<p>17 Sweet & Sour Meatballs Mauzone Toasted Barley & Onion Creamy Spinach</p>	<p>18 Roasted chicken With Brown Gravy Potato Kugel Carrot Tzimmes</p>
<p>21 Sloppy Joe Rice and Beans California Blend Vegetables</p>	<p>22 Turkey Leg with Gravy Mashed Sweet Potatoes Vegetable Mix</p>	<p>23 Beef Meatloaf with Mushroom Gravy Homemade Mashed Potatoes Creamy Spinach</p>	<p>24 JASA Closed Thanksgiving day</p>	<p>25 Cranberry Chicken Noodle Kugel Green Beans</p>
<p>28 Chinese Style Pepper Steak Chow Fun Noodles Oriental Blend Vegetables</p>	<p>29 Black Bean & Mushroom Burger Roasted Potatoes Green Bean Salad</p>	<p>30 California Turkey Meatloaf Homemade Mashed Potatoes Mixed Vegetables</p>	<p>PROUD PARTNER UJA Federation NEW YORK</p>	<p> NYC Department for the Aging</p>



**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

JASA Rockaway Park will be closed on Thursday November 24th for Thanksgiving Day

**Puzzles are worked on anytime of the day.
Fun fact: Puzzles improve short-term memory and problem solving.
Join Us!!!**

**Monday:
In-person Chair Yoga with Cynthia
12:15PM-Evidence Based- Chronic Pain Self- management. Last Session Monday Nov.14th
Puzzles**

**Tuesday:
In-person Bingo with Christina
In-person Rummy Cube
1 PM In-person Chair Aerobics with Tommy
Puzzles**

**Wednesday:
November 23rd In person Nutrition Lecture with [Stephanie Cordaro](#)
November 16th Thanksgiving Day Party**

**In- person Quilting Class
In- person Blood Pressure Screening
Health Lectures
JASA Rockaway Park Cinema
Puzzles**

**Thursday:
In- person Arts & Crafts
10AM In- person Fitness Class with Tommy
In-person Bingo
In- person Trivia with Christina
Puzzles**

**Friday:
In-person Knitting & Crocheting
Lunch served at 12:30 PM
In- person Yoga with Cynthia
JASA Rockaway Park Cinema
Puzzles**

