



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>GAIL A. BROWN, PROGRAM DIRECTOR X 2198 GBROWN2@JASA.ORG</p> <p>ALMA GONZALEZ, ASST. DIRECTOR X 2203 AGONZALEZ@JASA.ORG</p> <p>BETTY PEAN-AUGUSTE, PROGRAM COORDINATOR X 2567 BPEANAUGUSTE@JASA.ORG</p>		<p>1 10:00am Daily Exercise 10:00am-1:00pm Mah Jongg, Bridge and Canasta</p> <p>1:00pm Holliswood OAC Town Hall Meeting</p> <p>1:45pm Freestyle Painting</p>	<p>2 11:00am Daily Exercise 10:00am-11:00am Bridge Instruction Coat Room 10:00am-1:00pm Mah Jongg, and Canasta</p> <p>12:30pm SONGS FOR LIFE W/ CLAIRE TAYLOR</p> <p>1:45pm The Significance of Rosh Hashanah</p>	<p>3 Agency is Closed in Observance of Rosh Hashanah</p>	<p>4 Holliswood OAC is Closed in Observance of Rosh Hashanah</p>
	<p>7 10:00am Bingo</p> <p>11:00am Modern Dance 10:00am-1:00pm Mah Jongg, Bridge and Canasta Play</p> <p>12:30pm Health Management w/Dr. Rick</p> <p>1:15pm JASACARE presentation</p> <p>1:45pm Jewelry Making</p>	<p>8 10:00am Senior Benefit Info Session</p> <p>11:00am Dance Therapy 10:00am-Noon Mah Jongg, Bridge and Canasta</p> <p>12:30pm MEDICARE OPEN ENROLLMENT INFO SESSION W/ PATRICIA HARDY</p>	<p>9 11:00am Daily Exercise 10:00am-11:00am Bridge Instruction Coat Room 10:00am-1:00pm Mah Jongg, and Canasta</p> <p>12:30pm Alzheimer's Awareness w/ Alzheimer's Foundation of America</p> <p>1:30pm Open Rec</p>	<p>10 10:00am Home Tips w/ Betty</p> <p>11:00am Daily Exercise 10:00am-Noon Canasta/Bridge and Mah Jongg Play</p> <p>12:30pm Voters Ed.</p> <p>1:00pm Beacon Nsg/Rehab October B-day Party</p>	<p>11 10:30am-11:30am Yoga 10:00am-11:00am Bridge Instruction w/ David Millindorf and Mah Jongg Play</p> <p>11:30am-Noon Senior Tech Help/Info</p> <p>1:15pm IRS Emergency Tax Plan w/ Betty</p>
<p>13 11:00am Daily Exercise 10:00am-1:00pm Mah Jongg, Bridge and Canasta</p> <p>1:30pm Popcorn and a movie</p> <p>THE FABULOUS FOUR **\$1 P/P</p>	<p>14 10:00am Bingo</p> <p>11:00am Modern Dance 10:00am-1:00pm Mah Jongg, Bridge and Canasta Play</p> <p>12:30pm Nutrition w/Dr. Rick</p> <p>1:15pm Aliah Homecare/VNS Health Living for Brain/Body</p> <p>1:45pm Bingo, Jewelry Making</p>	<p>15 10:00am Daily Exercise 10:00am-1:00pm Mah Jongg, Bridge and Canasta</p> <p>12:30pm OCT. IS BREAST CANCER AWARENESS MONTH DISCUSSION Dr. Louis J. Auguste, MD Surgical Oncology, Northwell/LIJ</p> <p>2:00pm Freestyle Painting</p>	<p>16 11:00am Daily Exercise 10:00am-11:00am Bridge Instruction Coat Room 10:00am-1:00pm Mah Jongg, and Canasta</p> <p>12:30pm Best Tips for Pest Control at Home as it Prevents Illness</p> <p>1:30pm Open Rec</p>	<p>17 Holliswood OAC is Closed in Observance of Sukkot</p>	<p>18 Holliswood OAC is Closed in Observance of Sukkot</p>
<p>CASE MANAGER CARLA DAVIS IS AVAILABLE MON., TUES., WED. 8:00AM TO 4:00PM</p> <p>By Telephone or Email Email: CDAVIS@JASA.ORG Mobile: 631-295-7716</p>	<p>21 10:00am Bingo</p> <p>11:00am Modern Dance 10:00am-1:00pm Mah Jongg, Bridge and Canasta</p> <p>12:30pm Health Management w/Dr. Rick</p> <p>1:30pm Jewelry Making</p>	<p>22 9:30AM TO NOON WALGREENS FLU SHOTS</p> <p>11:00am Dance Therapy 10:00am-1:00pm Mah Jongg, Bridge and Canasta</p> <p>1:00pm Ice Cream Social</p> <p>Lvg 12:30pm Movie Trip t.b.a.</p>	<p>23 11:00am Daily Exercise 10:00am-11:00am Bridge Instruction Coat Room 10:00am-1:00pm Mah Jongg, and Canasta</p> <p>12:30pm ELDER ABUSE PREVENTION (FINANCIAL SCAMS)</p> <p>1:30pm Make a Difference Day w/ Betty</p>	<p>24 Holliswood OAC is Closed in Observance of Simchat</p>	<p>25 Holliswood OAC is Closed in Observance of Simchat</p>
	<p>28 11:00am Modern Dance DANCE EXHIBIT 10:00am-1:00pm Mah Jongg, Bridge and Canasta Play</p> <p>12:30pm Health Management w/Dr. Rick</p> <p>1:15pm Northwell Health Family Caregiving w/ Medicare and Medicaid w/ Pat Daly</p>	<p>29 10:00am Daily Exercise 10:00am-Noon Mah Jongg, Bridge and Canasta</p> <p>12:30pm EMERGENCY PREP w/ CPC</p> <p>1:30 Freestyle Painting</p>	<p>30 10:30 to Noon Daily Exercise 10:00am-11:00am Bridge Instruction Coat Room 10:00am-1:00pm Mah Jongg, and Canasta</p> <p>1:30pm Center Decorating</p>	<p>31 9:30am-Noon BP Screening w/ Dalia, RN 10:00am to 3:00pm ***Rsvp Req'd</p> <p>Fall Festival</p>	<p>**Program are subject to change</p> <p>NOU PALE KREYOL HABLAMOS ESPANOL AQUI</p> <p>Program are sponsored in part by</p>

Holliswood Older Adult Center October 2024 Menu**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>**Meals are subject to change. All meals are served with a vitamin fortified fruit or whole fruit, low fat, 1% milk, and a whole wheat bread or bread product Meals are sponsored in part by</p> 		<p>1 California Turkey Meatloaf Italian Blend Vegetables Roasted Sweet Potato Slices</p>	<p>2 Salmon Cakes Dill Lemon Sauce Cous Cous Roasted Butternut Squash</p>	<p>Agency is Closed in Observance of Rosh Hashanah</p>	<p>Agency is Closed in Observance of Rosh Hashanah</p>
	<p>7 Classic Chicken Cacciatore Pasta Steamed Green Beans</p>	<p>8 Crispy Oven Baked Falafel Patties Hummus Za'tar Spiced Salad</p>	<p>9 Sheherd's Pie with Turkey Tossed Salad With Dressing</p>	<p>10 Salmon Salad Bowtie Pasta Plain Pita Red Cabbage</p>	<p>11 Roasted Chicken Challah Bread Carrot Tzimmes Potato Kugel</p>
<p>13 Sunday Menu t.b.a.</p>	<p>14 Swedish Meatballs With Turkey (Dairy Free) Italian Blend Vegetables</p>	<p>15 Dairy Free Eggplant Rollatini Pasta Italian Blend Vegetables</p>	<p>16 Beef Pot Roast Sauteed Onions and Peppers Broccoli Kugel Roasted Sweet Potato Slices</p>	<p>Holliswood OAC is Closed in Observance of Sukkot</p>	<p>Holliswood OAC is Closed in Observance of Sukkot</p>
	<p>21 Turkey Meatballs Homemade Tomato Sauce Garlic Bread Italian Blend Vegetables</p>	<p>22 Kasha Knish Hummus Israeli Salad</p>	<p>23 Stuffed Cabbage Kasha Varnishkes Steamed Carrots</p>	<p>Holliswood OAC is Closed in Observance of Simchat</p>	<p>Holliswood OAC is Closed in Observance of Simchat</p>
	<p>28 Chicken Marsala White Rice Italian Blend Veggies</p>	<p>29 Shepherd's Pie w/ Turkey Garden Salad</p>	<p>30 Sweet and Sour Meatballs Egg Barley Spinach Souffle</p>	<p>31 Party menu t.b.a</p>  <p>Fall Festival</p>	