

# September 2023 ACTIVITIES

Gratefully acknowledging additional generous funding provided by Councilwoman Joann Ariola

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Fall Prevention Virtual Presentations</b></p> <ul style="list-style-type: none"> <li>Wed, Sep 20th at 10am</li> <li>Thu, Sep 21st at 11am</li> <li>Fri, Sep 22nd at 10am</li> </ul> <p><i>Continental Breakfast Served</i></p>	<p><b>Walk With Ease</b> Six-week program to reduce the pain of arthritis</p> <p>Orientation &amp; Lunch Mon, Sep. 11th at 12pm</p> <p>FREE Workbook and after program, Free ankle/wrist 1lb weights</p>	<p><b>1/2 Fare Card Registration</b></p> <p>with Tiffani Ponce De Leon JASA Social Work Supervisor</p> <p><i>You will need an ID card to apply.</i></p> <ul style="list-style-type: none"> <li>*Valid driver's license (or legal equivalent)</li> <li>*Valid passport from any country</li> <li>*IDNYC OR Birth Certificate + Photo ID</li> <li>*Medicare card + Photo ID</li> <li>*Valid State Photo ID</li> </ul>	<p><b>Health</b></p> <p><b>Food &amp; Medical Appointments</b> Register with Christina</p> <p><b>Pantry / Stop &amp; Shop / Doctor</b> <b>Farmer's Market</b> <b>Edgemere Farm</b></p>	<p><b>1</b></p> <p>10:30AM Mindfulness Meditation w/Argenis 11:30 PM Chair Yoga with Cynthia 12:30PM <b>Lunch &amp; Member's Town Hall</b> 1:30PM Rockaway Park Cinema with Popcorn <i>Now Showing: Father Of The Bride 2022</i></p>
<p><b>4</b></p> <p><b>Jasa Closed</b> <b>Labor Day</b></p>	<p><b>5</b></p> <p>11AM Bingo 11AM-3PM SCREENING DAY with Alena, social worker: Depression and Anxiety 12PM <b>LUNCH &amp; LEARN LECTURE: What is the NYC Office Of Administrative Trials And Hearing (OATH)</b> 1:30PM <b>NEW</b> Dance Aerobics w/Kelly</p>	<p><b>6</b></p> <p>10AM Quilting Club 11AM Table Games &amp; Ping Pong 12PM <b>LUNCH &amp; LEARN LECTURE: Health Coaches for Hypertension Control / Part 7 of 8</b> 1PM Chair QiGong for Arthritis with Cynthia 2PM Themed Trivia 2PM Ice Cream Social 2PM Technology Troubleshooting</p>	<p><b>7</b></p> <p>10AM Boardwalk Power Walk w/Christina 11AM Table Games &amp; Ping Pong 12PM <b>LUNCH &amp; LEARN LECTURE: What Can I Get For Free: Benefits and Freebies for Older Adults - Stephanie, social worker</b> 1PM Trivia with Steve</p>	<p><b>8</b></p> <p>10AM <b>NEW</b> Knitting Club w/Linda 10:30AM Mindfulness Meditation w/Argenis 11:30 PM Chair Yoga with Cynthia 12:30PM <b>LUNCH &amp; LEARN LECTURE: Charge It Right - New York Community Bank</b> 1:30PM Rockaway Park Cinema with Popcorn <i>Now Showing: St. Vincent 2014</i></p>
<p><b>11</b></p> <p>10:30AM Chakra Yoga Dance w/Cynthia 12PM Lunch &amp; Karaoke 12PM <b>ORIENTATION</b> for Walk with Ease 1PM Arts &amp; Crafts with Janice 1PM Table Games &amp; Ping Pong 2PM Technology Troubleshooting</p>	<p><b>12</b></p> <p>9AM <b>TRIP</b> Ferry to Wall St. 11AM Bingo 1:30PM Dance Aerobics w/Kelly</p>	<p><b>13</b></p> <p>10AM Quilting Club 10AM Table Games &amp; Ping Pong 12 PM <b>LUNCH &amp; LEARN LECTURE: Unclaimed Funds With Leah Solomon, NYS Comptroller</b> 1PM Chair QiGong for Arthritis with Cynthia 2PM Themed Trivia 2PM Ice Cream Social</p>	<p><b>14</b></p> <p>10AM Boardwalk Power Walk w/Christina 11AM Table Games &amp; Ping Pong 12PM <b>SPECIAL LUNCH</b> Veggie Lo Mein &amp; Egg Roll 1PM Trivia with Steve</p>	<p><b>15</b></p> <p><b>National Older Adult Center Month Celebration</b> 10AM Knitting Club w/Linda 10:30AM Mindfulness Workshop w/Argenis 11am-1pm Blood Pressure Screening: <b>St. John's Episcopal Hospital</b> 11:30AM <b>Stacy Amatto Mobile Office</b> 11:30PM Chair Yoga with Cynthia 12:00-2 PM <b>LUNCH &amp; ROCK PARK PARTY</b> w/DJ K. Wah!</p>

<p><b>18 MON</b></p> <p>10:30AM Chakra Yoga Dance w/Cynthia            9AM <b>TRIP</b> Mini-Golf &amp; Sherwood Diner            12PM Lunch            1PM Arts &amp; Crafts with Janice            1PM Table Games &amp; Ping Pong            2PM Technology Troubleshooting            2PM <b>NEW</b> Walk with Ease</p>	<p><b>19 TUE</b></p> <p>11AM-3PM <b>SCREENING DAY</b> with Alena, social worker: Depression and Anxiety            11AM Bingo            12PM <b>LUNCH &amp; LEARN LECTURE:</b> <i>How To Sleep Without Counting Sheep</i> - Alena            1:30PM Dance Aerobics w/Kelly</p>	<p><b>20 WED</b></p> <p>10AM Quilting Club            10AM <b>NEW Virtual Presentation:</b> <i>Hearing Loss &amp; Falls – Center for Hearing and Communication</i>            12PM <b>LUNCH &amp; LEARN LECTURE:</b> <i>Health Coaches for Hypertension Control / Part 8 of 8</i>            1PM Chair QiGong for Arthritis with Cynthia            2PM <b>Advisory Council Meeting</b>            2PM Themed Trivia            2PM Ice Cream Social            2PM Walk with Ease</p>	<p><b>21 THU</b></p> <p>10AM Boardwalk Power Walk w/Christina            11AM <b>NEW Virtual Presentation:</b> <i>Falls Prevention Strategies For Older Adults with Vision Impairments – Visions &amp; Falls – St. John’s University</i>            12PM <b>LUNCH &amp; LEARN LECTURE:</b> <i>Safety Tips For Riding In Taxis - NYC Taxi &amp; Limousine Commission</i>            1PM Trivia with Steve            2PM <b>Activities Committee Meeting</b></p>	<p><b>22 FRI</b></p> <p>10AM Knitting Club w/Linda            10AM <b>NEW Virtual Presentation:</b> <i>Medications &amp; Falls – St. John’s University</i>            10:30AM Mindfulness Meditation w/Argenis            11:30 PM Chair Yoga with Cynthia            12:30PM Lunch            1:30PM Rockaway Park Cinema with Popcorn  <i>Now Showing: A Man Called Otto 2022</i>            2PM Walk with Ease</p>
<p><b>25</b></p> <p><b>JASA Closed</b> <b>Yom Kippur</b></p>	<p><b>26</b></p> <p>11AM Bingo            12PM <b>SPECIAL LUNCH</b> Pizza, Greek Salad &amp; Garlic Knots            1:30PM Dance Aerobics w/Kelly            2PM Walk with Ease            2:30PM Technology Troubleshooting</p>	<p><b>27</b></p> <p>10AM Quilting Club            11AM Table Games &amp; Ping Pong            12PM Lunch            1PM Chair QiGong for Arthritis with Cynthia            2PM Themed Trivia            2PM Ice Cream Social            2PM Walk with Ease</p>	<p><b>28</b></p> <p>10AM Boardwalk Power Walk w/Christina            11AM Table Games &amp; Ping Pong            12PM Lunch            1PM Trivia with Steve</p>	<p><b>29</b></p> <p>10AM Knitting Club w/Linda            10:30AM Mindfulness Meditation w/Argenis            11:30 PM Chair Yoga with Cynthia            12:30 PM <b>LUNCH &amp; LEARN LECTURE:</b> <i>Nutrition &amp; Eye Health w/Stephanie</i>            1:45PM Rockaway Park Cinema with Popcorn  <i>Now Showing: West Side Story 2021</i>            2PM Walk with Ease</p>



## September 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Asian Style Honey Chicken White Rice Steamed Carrots Challah Bread Fruit 1% Low Fat Milk
<b>4</b>  <b>Jasa Closed</b>  <b>Labor Day</b>	<b>5</b> Whole Wheat Bean Burrito Brown Rice Tossed Salad Fruit 1% Low Fat Milk  <b>Green Salad Available Mon, Tue, Wed</b>	<b>6</b> Turkey w/Gravy Mashed Sweet Potatoes Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk  <b>Green Salad Available Mon, Tue, Wed</b>	<b>7</b> Teriyaki Baked Fish Brown Rice Oriental Blend Vegetables Whole Wheat Bread Fruit 1% Low Fat Milk	<b>8</b> Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Fruit 1% Low Fat Milk
<b>11</b> Swedish Meatballs w/Turkey Egg Noodles Steamed Sliced Carrots Whole Wheat Bread Fruit 1% Low Fat Milk  <b>Green Salad Available Mon, Tue, Wed</b>	<b>12</b> Vegetarian 3 Bean Chili Brown Rice Italian Blend Vegetables Whole Wheat Bread Fruit 1% Low Fat Milk  <b>Green Salad Available Mon, Tue, Wed</b>	<b>13</b> Beef Pot Roast Sauteed Onion & Peppers Creamy Spinach Mashed Sweet Potatoes Whole Wheat Bread Fruit 1% Low Fat Milk  <b>Green Salad Available Mon, Tue, Wed</b>	<b>14</b> Asian Style Whitefish w/Cilantro Roasted Butternut Squash Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk	<b>15</b> Chicken Francaise Rice a Roni Sauteed Zucchini Challah Bread Fruit 1% Low Fat Milk
<b>18</b> Turkey Meatballs w/Tomato Sauce Pasta Italian Blend Vegetables Sauteed Spinach Garlic Bread Fruit 1% Low Fat Milk  <b>Green Salad Available Mon, Tue, Wed</b>	<b>19</b> Lentil Stew w/Carrots & Turnips Brown Rice Braised Red Cabbage Whole Wheat Bread Fruit 1% Low Fat Milk  <b>Green Salad Available Mon, Tue, Wed</b>	<b>20</b> Stuffed Cabbage w/Beef Kasha Vernishkes Capri Blend Vegetables Whole Wheat Bread Fruit 1% Low Fat Milk  <b>Green Salad Available Mon, Tue, Wed</b>	<b>21</b> Fish Francaise Roasted Butternut Squash Creamy Spinach Whole Wheat Bread Fruit 1% Low Fat Milk	<b>22</b> Hawaiian Chicken White Rice Steamed Carrots Challah Bread Fruit 1% Low Fat Milk
<b>25</b>  <b>JASA Closed</b>  <b>Yom Kippur</b>	<b>26</b> Shepherd Pie With Beef & Turkey Garden Salad Mashed Sweet Potatoes Whole Wheat Bread Fruit 1% Low Fat Milk  <b>Green Salad Available Mon, Tue, Wed</b>	<b>27</b> Sweet & Sour Beef Meatballs Egg Noodles Creamy Spinach Whole Wheat Bread Fruit 1% Low Fat Milk  <b>Green Salad Available Mon, Tue, Wed</b>	<b>28</b> Curry Vegetable Chickpea Stew Brown Rice Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk	<b>29</b> Roasted Chicken in Brown Gravy Carrot Tzimmes Potato Kugel Challah Fruit 1% Low Fat Milk



**JASA Rockaway Park Older Adult Center**  
 106-20 Shore Front Parkway, Rockaway Park, NY 11694, Suite 300  
 718.634.0344 / [www.jasa.org](http://www.jasa.org)

**Fun \* Friends \* Food \* Fitness**

Our Team		
Staff	Advisory Council	
<b>Revere Joyce, Director</b>	<b>Margaret Steffens, President</b>	
<b>Christina Rivera, Coordinator</b>	<b>Denise Auerbach</b>	<b>Annette Clark</b>
<b>Ivy Farrell, Food Technician</b>	<b>Carman Cabranes</b>	<b>Natalie Fullum</b>
<b>Michael Joseph, Porter</b>	<b>Daisy Chisholm</b>	<b>Harriet Johnson</b>

