Holliswood Older Adult Center September 2026 Activity Calendar

86-25 Francis Lewis Blvd., Jamaica, NY 11427 T.: 718-454-6157 E. Holliswoodevents@jasa.org

Days of Operation: Mon. –Fri. Hours of Operation: 8:00am to 4:00pm Kosher Lunches are served: Noon to 1:00pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00am Daily Exercise w/ Mary Grace 12:30pm Identity Theft Prevention Presentation w/ NYSDOCP 1:00pm Line Dancing w Shell 2:00pm Puzzle Social Games BACK TO CLASS CAMPAIGN BEGINS	2 10:00am-1:00pm Mah Jongg, Bridge and Canasta Play 10:00am: Paint by Sticker w/ Michelle 11:00am Daily Exercise w/ Mary Grace 12:30pm Town Hall Meeting w / Mariah 12:45pm Intro to Back To Class w/ JASA's Bunsri P. 2:00PM Skin Care Presentation w/ Mariah	3 10:00am Karaoke w/ Michelle 11:00am Daily Exercise w/ Mary Grace 1:00pm: Hollis Knitting Club w Florence 1:30pm: Activate Your Brain w/ Michelle	4 10:00am Daily Exercise w Mary Grace 2:00PM National Cheese Pizza Day Presentation w/Michelle Mariah & Ernest Providing Mini Pizza
Programs are subject to change HABLAMOS ESPANOL AQUI	7 ***JASA Holliswood OAC CLOSED For Labor Day***	8 10:00am Daily Exercise w/ Mary Grace 11:00am Modern Dancing w Rudy 12:30pm Nutrition Lecture w/ Dr Rick 1:00pm Line Dancing w Shell 2:00pm Puzzle Social Games	9 10:00am-1:00pm Mah Jongg, Bridge and Canasta Play 11:00am Daily Exercise w/ Mary Grace 12:30pm Fire Safety Presentation w/ FDNY 2:00PM National Teddy Bear Day Presentation w/ Michelle	10 10:00am-12:00pm: Bridge Tournament 11:00am Daily Exercise w/ Mary Grace 12:30pm New Garbage Bin Regulations Presentation w/ Dept. of Sanitation- Jason C. 1:00pm: Hollis Knitting Club w Florence 1:15pm: Trivia w/ Michelle	11 10:00am Bridge Instruction w/ David 10:30am Chair Yoga w/ Laura 1:15pm Senior Tech Help/Info w Michelle 2PM Significance of Rosh Hashanah w/ Alma (Bag giveaway) Rosh Hashanah Begins (Sundown)
	14 10:00am-1:00pm Mah Jongg, Bridge and Canasta Play 10:00am Bingo w/ Michelle 11:00am Modern Dance w/ Rudy 12:30pm Health Management w/Dr. Rick 1:30pm In-House Games w/ Alma	15 10:00am Daily Exercise w/ Mary Grace 12:30pm Fire Drill Evacuation presentation w/Alma 1:00pm Line Dancing w Shell 2:00pm Puzzle Social Games	16 10:00am-1:00pm Mah Jongg, Bridge and Canasta Play 11:00am Daily Exercise w/ Mary Grace 12:30pm Blood Pressure Screenings w/ Dalia M. 1:15PM Canvas Painting w/ Theresa 2:00pm Ice Cream Social w/ Ernest & Mariah	17 10:00am-12:00pm: Bridge Tournament 10:00am: Activate Your Brain w/ Michelle 11:00am Daily Exercise w/ Mary Grace 12:30pm Older Adults Tech Services Presentation w/ AARP's Stella 1:00pm: Hollis Knitting Club w Florence	18 10:00am Bridge Instruction w/ David 10:00am Daily Exercise w Mary Grace 11:00am Karaoke w / Alma 12:30pm Nutrition Demo w/ Tiana 2:00 pm Rhinestone Art Project w/ Michelle
	21 ***JASA Holliswood OAC CLOSED For Yom Kippur***	22 10:00am Daily Exercise w/ Mary Grace 11:00am Modern Dancing w Rudy 12:30pm Nutrition Lecture w/ Dr Rick 1:00pm Line Dancing w Shell 2:00pm Puzzle Social Games	23 10:00am-1:00pm Mah Jongg, Bridge and Canasta Play 11:00am Daily Exercise w/ Mary Grace 12:30pm Citizen Preparedness Corps Bag Event 1:15PM Canvas Painting w/ Theresa 2:15pm Meditation Webinar w/ Lisa W.	24 10:00am-12:00pm: Bridge Tournament 11:00am Daily Exercise w/ Mary Grace 12:30pm Stop The Bleed Workshop w/ Arnold R. of Jamaica Hospital 1:00pm: Hollis Knitting Club w Florence 1:15pm: Celebrating September Birthdays w/ Ernest & Mariah	25 10:00am Bridge Instruction w/ David 10:30am Chair Yoga w/ Laura 12:30PM Intro to Book Club Discussion- *That Librarian* w/ Cristina 1:15pm Senior Tech Help/Info w Michelle
	28 10:00am-1:00pm Mah Jongg, Bridge and Canasta Play 10:00am In-House Games w/ Alma 11:00am Modern Dance w/ Rudy 1:15pm Trivia w/ Michelle	29 10am In-House Games w/Alma 11:00am Dance Therapy w Lisa 1:00pm Line Dancing w Shell 2:00pm Puzzle Social Games	30 10:00am-1:00pm Mah Jongg, Bridge and Canasta Play 10:00am Bingo w/ JASA Care Gurpreet 10:30am Building New York: How the New Deal Transformed the City Webinar w/ Art Deco Society of NY 11:00am Daily Exercise w/ Mary Grace 1:00PM Fall Prevention presentation w/ DOHMH Jewel Gosh	***Program Director*** ALMA GONZALEZ, ***X2203*** ***AGONZALEZ@JASA.ORG*** ***Assistant Program Director*** Mariah Bailey, **X2198** MBAILEY@JASA.ORG ***Program Coordinator*** Michelle Restrepo, **X2567** MRESTREPO@JASA.ORG	

Holliswood OAC September 2026 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1 Whole Wheat Bean Burrito Brown Rice Tossed Salad with Dressing Pear	2 Stuffed Cabbage with Beef Steamed Carrots Apple	3 Shepherd Pie with Turkey Tossed Salad with Chickpeas and Dressing Banana	4 Baked Breaded Chicken Cutlet Pasta Primavera Salad Health Slaw Applesauce (Cold Meal)
Program are subject to change HABLAMOS ESPANOL AQUI	7 *JASA Holliswood OAC* *CLOSED* *For Labor Day*	8 Chicken Shawarma Spiced Majadra Brown Rice, Lentils, and Caramelized Onions Carrot Salad	9 Baked Salmon Rice Pilaf Israeli Salad Applesauce	10 Meaty Vegetarian Moussaka Beet Salad Banana	11 No Noodle Chicken Chow Mein Springtime Fried Brown Rice Vegetable Mix
	14 Turkey Meatballs with Tomato Sauce Pasta Sauteed Spinach Kiwis (2)	15 Baked Breaded Fish Fillets Rice Pilaf Broccoli Souffle Applesauce	16 Vegetarian Bean Chili Brown Rice Whole Grain Yellow Corn Tortillas Steamed Green Beans Pear	17 Individual Chicken Pot Pie Tossed Salad with Chickpeas and Dressing Banana	18 Turkey Burger with Peppers and Onions Mashed Sweet Potatoes Apple
	21 *JASA Holliswood OAC* *CLOSED* *For Yom Kippur*	22 Shepherd Pie with Turkey Corn, Black Bean and Pepper Salad Tomato and Cucumber Salad with Dressing Applesauce	23 Baked Asian Style Honey Chicken Springtime Fried Brown Rice California Blend Vegetables Orange	24 Curry Chickpea Stew Brown Rice Tossed Salad with Dressing Banana	25 Salmon Cakes with Dill Lemon Sauce Cous Cous Cucumber Salad Kiwis (2)
	28 Turkey Chili con Carne Brown Rice Whole Grain Yellow Corn Tortillas Steamed Carrots Kiwis (2)	29 Kasha Knish Hummus Israeli Salad with Chickpeas Apple	30 Baked Breaded Fish Fillets Rice A Roni Creamy Spinach Applesauce	***Program Director*** ALMA GONZALEZ***, X2203 AGONZALEZ@JASA.ORG*** ***Assistant Program Director*** Mariah Bailey, **X2198** MBAILEY@JASA.ORG ***Program Coordinator*** Michelle Restrepo, **X2567** MRESTREPO@JASA.ORG	