







March 2023 ACTIVITIES

Gratefully acknowledging additional generous funding provided by Councilwoman Joann Ariola

Monday	Tuesday	Wednesday	Thursday	Friday
 	<p>Please be advised, if you are attending any in person activities, we strongly encourage that you continue social distancing and you 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>Activities are subject to change without notice</p>	<p>1 9AM-Continental Breakfast 10AM-Quilting Class 11AM-Arts & Crafts 12PM- Lunch 1PM-Qi Gong</p>	<p>2 9AM-Continental Breakfast 10AM-Arts & Crafts 10AM-Chair Fitness class 11AM Bingo 12PM-Lunch 1PM-Trivia</p>	<p>3 9AM-Continental Breakfast 10AM-Knitting & Crocheting 11:30 PM- Yoga 12:30PM- Lunch 1PM-JASA Rockaway Park Cinema with popcorn Now showing: Hidden Figures</p>
<p>6 9AM-Continental Breakfast 10AM-Troubleshooting Tablets and Phones 11AM-Chair Yoga 12PM- Lunch 1PM- Opera (DVD) I Puritani</p>	<p>7 9AM-Continental Breakfast 10AM-TRIP: Movie & Restaurant 11AM-Bingo 12PM-Lunch 1PM- Chair Aerobics</p>	<p>8 9AM-Continental Breakfast 10AM-Quilting Class 11AM-Arts & Crafts 12PM- Lunch 1PM-Qi Gong</p>	<p>9 9AM-Continental Breakfast 10AM-Arts & Crafts 10AM-Chair Fitness class 11AM Bingo 12PM-Lunch 1PM-Trivia</p>	<p>10 9AM-Continental Breakfast 10AM-Knitting & Crocheting 11AM- Centennial Birthday Celebration 11:30 PM- Yoga 12:30PM- Lunch 1PM-JASA Rockaway Park Cinema with Popcorn Now Showing: Funny Girl</p>
<p>13 9AM-Continental Breakfast 10AM-Troubleshooting Tablets and Phones 11AM-Chair Yoga 12PM-Lunch 1PM- Opera (DVD) La Forza Del Destino</p>	<p>14 9AM-Continental Breakfast 10AM- Advisory Board Meeting 11AM-Bingo 12PM-Lunch 1PM- Chair Aerobics</p>	<p>15 9AM-Continental Breakfast 11AM Elder Abuse Presentation: 100th Precinct 10AM-Quilting Class 12PM- Lunch 1PM-Qi Gong</p>	<p>16 9AM-Continental Breakfast 10AM-Arts & Crafts 10AM-Chair Fitness class 11AM Bingo 12PM-Lunch 1PM-Trivia</p>	<p>17 9AM-Continental Breakfast 10AM-Knitting & Crocheting 11:30 PM- Yoga 12:30PM- Lunch 12:30PM Elder Abuse Lecture 1PM-JASA Rockaway Park Cinema with Popcorn Now Showing: Steel Magnolias</p>
<p>20 9AM-Continental Breakfast 10AM-Troubleshooting Tablets and Phones 11AM-Chair Yoga 12PM-Lunch 1PM- Opera (DVD) Les Pecheurs De Perles</p>	<p>21 9AM-Continental Breakfast 11AM-Bingo 12PM-Lunch 12:30PM- Health Lecture: Are You Feeling S.A.D? 1PM- Chair Aerobics</p>	<p>22 9AM-Continental Breakfast 10AM-Quilting Class 11AM-Arts & Crafts 12PM- Lunch 12:30 PM Nutrition Lecture 1PM-Qi Gong</p>	<p>23 9AM-Continental Breakfast 10AM-Arts & Crafts 10AM-Chair Fitness class 11AM Bingo 12PM-Lunch 1PM-Trivia</p>	<p>24 9AM-Continental Breakfast 10AM-Knitting & Crocheting 11:30 PM- Yoga 12:30PM- Lunch 1PM-JASA Rockaway Park Cinema with popcorn</p>
<p>27 9AM-Continental Breakfast 10AM-Troubleshooting Tablets and Phones 11AM-Chair Yoga 12PM-Lunch 1PM- Opera (DVD) Romeo & Juliet</p>	<p>28 9AM-Continental Breakfast 11AM-Bingo 12PM-Lunch 1PM- Chair Aerobics</p>	<p>29 9AM-Continental Breakfast 10AM-Quilting Class 11AM-Arts & Crafts-Rosary/Beading/Painting 12PM- Lunch 12:3 PM Nutrition Lecture 1PM-Qi Gong</p>	<p>30 9AM-Continental Breakfast 10AM-Arts & Crafts 10AM-Chair Fitness class 11AM Bingo 12PM-Lunch 1PM-Trivia</p>	<p>31 9AM-Continental Breakfast 10AM-Knitting & Crocheting 11:30 PM- Yoga 12:30PM- Lunch / Open House / DJ Angela & March Birthday Party</p>



March 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 	<p>***Please be advised, if you are attending any in person activities, we strongly encourage that you continue social distance and 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*** ***menus are subject to change without notice***</p>	<p>1 Turkey with gravy Homemade Mashed Potatoes Whole grain Stuffing</p>	<p>2 Teriyaki Baked Fish Yellow Rice Oriental Blend Vegetables</p>	<p>3 Roasted Chicken Potato Kugel Carrot Tzimmes</p>
<p>6 Swedish Meatballs with Turkey & Beef Egg Noodle Green Beans</p>	<p>7 Breaded Eggplant Cutlet Fusilli Pasta with Parsley Italian Blend Vegetables</p>	<p>8 Beef Pot Roast Homemade Potatoes Creamy Spinach</p>	<p>9 Salmon Cakes with Dill Lemon sauce Roasted Potatoes Winter Blend Vegetables</p>	<p>10 Spanish Style Roasted Chicken Rice A Roni Sauteed Zucchini</p>
<p>13 Italian Meatballs with Beef & Turkey Pasta Green Beans</p>	<p>14 Veggie Burgers Homemade Mashed Potatoes Braised Red Cabbage</p>	<p>15 Stuffed Cabbage with Beef Kasha Varnishkes Capri Blend Vegetables</p>	<p>16 Fish Francaise with Dill Lemon Sauce Yellow Rice Creamy Spinach</p>	<p>17 Hawaiian Chicken with Vegetables Mauzone Toasted Barley Steamed Carrots</p>
<p>20 Shepherd's Pie with Beef & Turkey Garden Salad</p>	<p>21 Chicken Marsala Yellow Rice Roasted Beets</p>	<p>22 Vegan Stuffed Peppers Roasted Potatoes Green Beans</p>	<p>23 Sweet & Sour Meatballs Mauzone Toasted Barley & Onion Creamy Spinach</p>	<p>24 Roasted Chicken with Brown Gravy Potato Kugel Carrot Tzimmes</p>
<p>27 TVP Sloppy Joe Rice and Beans California Blend Vegetables</p>	<p>28 Chicken Francaise Mashed Sweet Potatoes Whole Grain Stuffing</p>	<p>29 Beef Meatloaf with Mushroom Gravy Homemade Mashed Potatoes Creamy Spinach</p>	<p>30 Fish Francaise in Creole Sauce Rice A Roni Steamed Carrots</p>	<p>31 Cranberry Chicken Noodle Kugel Green Beans</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 12:00PM- 1:00PM

Revere Joyce, Program Director
Christina Rivera, Program Coordinator

ALL ACTIVITIES ARE IN-PERSON

Monday

Continental Breakfast
Troubleshooting Cell phones or Tablets with Christina
Chair Yoga with Cynthia
Opera (DVD)
Puzzles

Tuesday

Continental Breakfast
Bingo with Christina
Chair Aerobics with Tommy
Puzzles

Wednesday

Continental Breakfast
Quilting Class
Qi-Gong with Cynthia
Puzzles

Thursday

Continental Breakfast
Arts & Crafts
Chair Fitness with Tommy
Trivia with Christina
Puzzles

Friday:

Continental Breakfast
Knitting & Crocheting
Yoga with Cynthia
JASA Rockaway Park Cinema
Puzzles

