

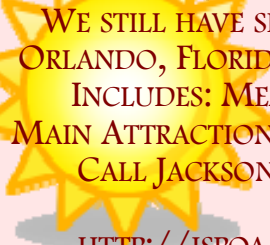
THEODORA G. JACKSON ADULT CENTER

OFFSITE MEALS SERVED MONDAY-FRIDAY 12N-1PM \$1.50
 INTERNATIONAL TOWERS: 90-20 170TH STREET, JAMAICA, NY
 (ALL MEALS SERVED AND ENJOYED IN DINING ROOM)

DAILY AND WEEKLY ACTIVITIES

BILLIARDS (POOL ROOM): MONDAY-FRIDAY: 10AM-12N, 1-4PM
 DOMINOES MONDAY-FRIDAY: 10:30-11:30AM DINING ROOM / 1-4PM
 MP2 ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEALTH TALKS w/ DFTA HEALTH PROMOTIONS VOLUNTEER 9:30AM MP1	<u>ARTS & CRAFTS</u> 10-11:30AM 1-4PM	<u>BIG APPLE WALKING CLUB</u> 9:30-10:30AM	<u>PIANO CLASS</u> 10-11:30AM	ZUMBA <u>FITNESS</u> 10:30AM
<u>Wii BOWL</u> 10AM	<u>NUTRITION CLASS</u> 10:30-11AM	<u>BLOOD PRESSURE CHECK-UPS</u> 10AM-12N	<u>KNITTING CLASS</u> 10-11:30AM	<u>BONUS BINGO</u> ALTERNATE FRIDAYS 1PM (DATES LISTED ON OTHER SIDE.)
<u>BINGO MADNESS</u> 1-2PM	<u>EXERCISE CLASS</u> 11-11:45AM	<u>BINGO MADNESS</u> 1-2PM	<u>SEWING CLASS</u> 10-11:30AM	
	<u>CHORAL GROUP</u> 12:30-1:30PM		<u>NUTRITION CLASS</u> 10:30-11AM	
	<u>LET'S TALK: OPEN DISCUSSION GROUP</u> 1PM		<u>STAYWELL EXERCISE</u> 11-11:45AM	<u>HAPPY HOUR</u> ALTERNATE FRIDAYS 1PM (DATES LISTED ON OTHER SIDE.)

 WE STILL HAVE SPACE FOR YOU TO TRAVEL WITH THE JACKSON CENTER TO
 ORLANDO, FLORIDA / APRIL 21-29, 2012: 9 DAYS, 8 NIGHTS / \$650.00
 INCLUDES: MEALS, HOTELS AND MOTOR COACH TRANSPORTATION /
 MAIN ATTRACTION: TOUR OF HOLY LAND EXPERIENCE AND OTHER DAY TRIPS
 CALL JACKSON CENTER (718) 657-6581 FOR MORE INFORMATION
 OR CHECK OUR WEB PAGE AT
[HTTP://JSPOA.ORG/CENTERS/THEODORA/THEODORACENTER.HTML](http://jspoa.org/centers/theodora/theodoracenter.html)

February 2012

THEODORA G. JACKSON ADULT CENTER

92-47 165TH STREET—JAMAICA, NY 11433

OPEN: 9 A.M.—5 P.M. MONDAY-FRIDAY — LUNCH: 11:30 A.M.—1 P.M.—\$1.50



TELEPHONE DIRECTORY

RECEPTION DESK: 718 657-6570	—	FAX: 718 657-6620
JACKSON CENTER PROGRAM OFFICE		718 657-6581
CRIME VICTIM SERVICES		718 657-6672
FOOD SERVICES		718 657-6582
SENIOR EMPLOYMENT (55+)		718 657-6597
SOCIAL SERVICES		718 657-6639
TRANSPORTATION (MEDICAL APPOINTMENTS—9AM-3PM)		718 657-6616
TRANSPORTATION (SENIOR CENTER APPOINTMENTS—9AM-3PM)		718 657-6591

February 2012

THEODORA G. JACKSON ADULT CENTER

92-47 165TH STREET, JAMAICA, NY 11433—(718) 657-6581
 TRACY REAVES, DIRECTOR — CYNTHIA ELLINGTON, PROGRAM COORDINATOR

MON

TUE

WED

THU

FRI

 <p>COME OUT AND GET SOME GOODIES AT OUR BAKE-A-LICIOUS BAKE SALE ON TUESDAY, FEBRUARY 21, 2012 10:30 A.M.—UNTIL EVERYTHING IS GONE</p>		<p>1 EVERY WEDNESDAY 10AM –12N STAY ON TRACK BLOOD PRESSURE</p>	<p>2 HEALTH PLUS ELITE 65+ 1PM</p>	<p>3 BONUS BINGO 1PM</p>
<p>6 KNOW YOUR NUMBERS 10AM ARTS & CRAFT RM YOGA (RM. MP1) 10:30AM</p>	<p>7 LET'S TALK 1P.M. LINE DANCE MP1 2:30 P.M.</p>	<p>8 TRIP: BLACK SPECTRUM THEA. ACCEPT "EXCEPT" \$20.00/ DEP. 10AM JOKESERCISE 10:30AM</p>	<p>9 CALENDAR MTG. 10:30AM FINANCIAL JUSTICE 1PM PRESENTED BY NEDAP</p>	<p>10 HAPPY HOUR 1PM</p>
<p>13 ADVISORY BOARD MTG. 10AM GENERAL MEMBERSHIP 1PM</p>	<p>14 Happy Valentine's Day VALENTINE'S DAY FUN 1PM "VALENTINE'S FUNNY STORY" BY VILMA AND DRAMA GROUP</p>	<p>15 10:30A.M. "NEW HAPPENINGS AT QUEENS PUBLIC LIBRARY" PRESENTATION BY MARILYN</p>	<p>16 IN-HOME SAFETY EQUIPMENT 1PM</p>	<p>17 TRIP: ACQUEDUCT CASINO \$5.00 DEP: 9:30 A.M.—RET. 1:P.M. BONUS BINGO 1P.M.</p>
<p>20 Center is Closed. "Presidents' Day"</p>	<p>21 10A-12N METRO MOBILE BAKE SALE DELICIOUS 10:30A.M. LET'S TALK 1PM LINE DANCE MP1 2:30 P.M.</p>	<p>22 1 P.M. DOUBLE-UP BINGO!</p>	<p>23 MEDICARE ADV & LONGTERM CARE 1PM PRESENTED BY VNSNY</p>	<p>24 1PM PRESENTATION IN RECOGNITION OF BLACK HISTORY MONTH</p>
<p>27 TRIP: BLACK SPECTRUM THEATRE "TRIBUTE TO MAE JEMISON \$20.00 / DEP. 9:30AM WOMEN'S HEALTH ISSUES 2PM CARMELA MARASIGAN, R.N</p>	<p>28 FEBRUARY Birthday Party! LUNCH 11:30 P.M. PARTY 1 P.M.</p>	<p>29 10:30 A.M. HEALTHY HEART DR. THOMAS PUTTAGULAN, MD</p>	<p>Orlando, Florida—April 21-29, 2012. Call Program Office at 718 657-6581 ask for Cynthia. Reservation Deadline: February 21, 2012. There is information on our web page at http://jspoa.org/Centers/Theodora/TheodoraCenter.html</p>	