

APRIL 2016



Monday	Tuesday	Wednesday	Thursday	Friday
<p>APRIL IS..... CELEBRATING OUR EARTH MONTH !!!</p>	<p><u>SAVE THE DATE!!!</u> <u>TRIP TO KOHL'S</u> WEDNESDAY, MAY 4, 2016 1:00PM</p>	<p><u>SAVE THE DATE!!!</u> <u>CINCO de MAYO PARTY</u> THURSDAY, MAY 5, 2016 3:30PM <u>ADVANCED RESERVATIONS ONLY!!!!</u></p>	<p>We Welcome New Members: HERBERT ROSS, WILLIAM "BILLY" OSHRIN, LEONARD WEINBERGER, BETTY LOWENBERG, MAUREEN BROWN, ELINOR HENICK</p>	<p>1 10:00 <u>CREATIVE WRITING</u>-WITH JERI GOLUS 10:30 CARDS/GAMES 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE -WITH SANDYE</p>
<p>4 10:00 <u>MUSICAL MEMORIES</u>-WITH MARY & MARTHA FROM STEPHANIE JOYCE KAHN FOUNDATION 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 1:00 <u>SKETCH CLASS/ADULT COLORING CLASS</u></p>	<p>5 10:15 <u>"BE FOOD SAFE"</u>- ROBYN LITTMAN 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA 12:45 <u>TRIP & PROG/CTR. CNCL. MTG</u> 1:00 <u>LET'S PLAY BRIDGE!</u></p>	<p>6 10:00 <u>"HEALTH FOR THE SENIOR YEARS"</u>-BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA <u>TRIP TO THE MUSEUM OF JEWISH HERITAGE- WE WILL BE LEAVING THE CENTER AT 9:00AM</u></p>	<p>7 10:00 CURRENT EVENTS -TRUDI 10:30 CARDS/GAMES 11:05 DANCE/MVMT.-LISA WISEL 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO <u>TRADER JOE'S</u></p>	<p>8 10:00 <u>CREATIVE WRITING</u>-WITH JERI GOLUS 10:30 CARDS/GAMES 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE -WITH SANDYE</p>
<p>11 10:00 ETHICS WITH A TWIST 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 1:00 <u>SKETCH CLASS/ADULT COLORING CLASS</u></p>	<p>12 10:00 <u>"THE CULTURE CLUB,"</u> WITH RABBI PAUL HOFFMAN 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA 1:00 <u>LET'S PLAY BRIDGE!</u></p>	<p>13 10:00 <u>"HEALTH FOR THE SENIOR YEARS"</u>-BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA</p>	<p>14 <u>SPRING FLING</u> 10:30-12:00-ENTERTAINMENT BY DJ, ANGELA LOBIANCO 12:00-LUNCH & DESSERT <u>ADVANCED RESERVATIONS ONLY!!!</u> 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO <u>STOP & SHOP</u></p>	<p>15 10:00 <u>CREATIVE WRITING</u>-WITH ELLEN PICKUS 10:30 CARDS/GAMES 10:30 <u>HEALTH SCREENING</u> 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE WITH SANDYE</p>
<p>18 10:00 ETHICS WITH A TWIST 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 1:00 <u>SKETCH CLASS/COLORING</u></p>	<p>19 10:00 <u>WEST ELEMENTARY SCHOOL RECORDER CLUB</u> 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA 1:00 <u>LET'S PLAY BRIDGE!</u></p>	<p>20 10:00 <u>"HEALTH FOR THE SENIOR YEARS"</u>-BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA</p>	<p>21 10:00 CURRENT EVENTS -TRUDI 10:30 CARDS/GAMES 11:00 <u>TOTAL BODY FITNESS</u> 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO <u>STOP & SHOP</u></p>	<p>22 10:00 <u>CREATIVE WRITING-EARTH DAY PROGRAM</u>- WITH JERI GOLUS 10:30 CARDS/GAMES 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE -WITH SANDYE</p>
<p>25 10:00 ETHICS WITH A TWIST 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 1:00 <u>SKETCH CLASS/COLORING</u></p>	<p>26 10:00 <u>"SPROUTS & MICRO GREENS"</u>- BERNADETTE MARTIN FROM THE LB FARMER'S MARKET 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA 1:00 <u>LET'S PLAY BRIDGE!</u></p>	<p>27 10:00 <u>"HEALTH FOR THE SENIOR YEARS"</u>-BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA 12:00 <u>GENERAL MEMBERSHIP MEETING</u></p>	<p>28 10:00 CURRENT EVENTS -TRUDI 10:30 CARDS/GAMES 11:00 <u>TOTAL BODY FITNESS</u> 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO <u>STOP & SHOP</u></p>	<p>29 <u>JASA IS CLOSED</u> WISHING THOSE WHO CELEBRATE A HAPPY PASSOVER!!</p>

JASA SENIOR CENTER

Staff:

Project Director, Senior Center-Mindy Leeper

Assistant Project Director, Senior Center-Bonni Goetz

Zdenka Polom, Coordinator of Transportation and Home Delivered Meals

Leslie Blumenthal, Office Manager

If you are interested in speaking with a Social Worker or would like information about caregiver support groups please call 432-0570

Daily Lunch:

- Lunch is Kosher and served daily at 12 noon.
- Reservations for lunch are required and must be made **NO LATER THAN 1:00pm** on the **business** day **BEFORE** you will be joining us for lunch. Reservations can be made by calling 432-5555.
- Suggested Voluntary Lunch Contribution is \$3.00
- Persons with self-declared incomes at, or above, 185% of the federal poverty level are encouraged to make a contribution equal to the actual cost of the meal which is \$7.37. No person will be denied a service because of inability or unwillingness to contribute.

Other Important Information

Door to door transportation to the JASA Long Beach Senior Center is provided for registered members residing in Atlantic Beach, Long Beach, Lido and Point Lookout. Call **516-432-5555**

Medical Transportation is available for seniors living in Long Beach, Atlantic Beach, Point Lookout and Island Park. For more information and reservations please call **516-432-0570**.



Long Beach Senior Center

75 EAST WALNUT STREET

Long Beach, NY 11561 516-432-5555

Welcomes ALL persons 60 years young & over!!

Open Daily Monday thru Friday

- EXTRAORDINARY PEOPLE
- LUNCH CAFÉ
- LECTURES
- ENTERTAINMENT
- ART CLASSES
- EXERCISE
- MUSICAL PERFORMANCES....and SO MUCH MORE!!!!

Funded by: This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging, through the NYSOFA, and the U.S. Administration on Aging. JASA is a member agency of UJA-Federation of New York. The Cultural Arts programs are made possible by a NYS Legislative Grant from Todd Kaminsky. Additional funding provided by the Slo-mo and Cindy Silvian Foundation.