

# FEBRUARY 2016



In celebration of **Heart Health Month**, please wear something **RED** on Monday, February 22, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 10:00 ETHICS WITH A TWIST 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 12:45 SKETCH CLASS/ADULT COLORING CLASS</p>	<p>2 10:00 <u>"THE CULTURE CLUB,"</u> WITH RABBI PAUL HOFFMAN 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA</p>	<p>3 10:30-11:00 <u>THE CHRISTIAN LIGHT BAPTIST CHURCH CHOIR PERFORMS</u> 11:00 -1:00 <u>PARTY AND LUNCH TO CELEBRATE BLACK HISTORY MONTH</u> ENTERTAINMENT BY LOUIS RISBROOK</p>	<p>4 10:00 <u>"AGING GRACEFULLY"</u> -TALIA RAPPS, LCSW 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>5 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>8 10:00 ETHICS WITH A TWIST 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 12:45 SKETCH CLASS/ADULT COLORING CLASS</p>	<p>9 10:15 <u>"CHOOSING HEALTHY MEALS"</u>- ROBYN LITTMAN 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA 12:45 <u>TRIP &amp; PROG/CTR . CNCL. MTG.</u> 3:00 <u>LBMS VALENTINE'S DAY MENTOR PROGRAM</u></p>	<p>10 10:00 <u>"THE CULTURE CLUB,"</u> WITH RABBI PAUL HOFFMAN 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA</p>	<p>11 10:00 CURRENT EVENTS -TRUDI 10:30 CARDS/GAMES 11:00 <u>TOTAL BODY FITNESS</u>-SAMANTHA 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO <u>STOP &amp; SHOP</u></p>	<p>12 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>15 <b>JASA IS CLOSED</b> <b>PRESIDENT'S DAY</b></p>	<p>16 10:00 <u>"CURENT EVENTS"</u>-TRUDI BERNSTEIN 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA</p>	<p>17 10:00 <u>"HEALTH FOR THE SENIOR YEARS"</u>-BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA</p>	<p>18 10:30 <u>"TALKING DRUMS,"</u> WITH KO-BLA DENTE 1:00 PAINTING WITH MARSHA  *5:00 <u>LECTURE &amp; DINNER</u> - FEATURING LECTURER, DR. PATRICK GRAHAM, Ph.D</p>	<p>19 10:00 <u>CREATIVE WRITING</u>-WITH JERI GOLUS 10:30 CARDS/GAMES 10:30 <u>HEALTH SCREENING</u> 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE WITH SANDYE</p>
<p>22 10:00 <u>"HEART HEALTH,"</u> - PRECILLIA FAIRMAN,-SOUTH NASS 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 12:45 SKETCH CLASS/COLORING (PLEASE WEAR RED TODAY)</p>	<p>23 10:00 <u>"THE ART &amp; ARCHITECTURE OF THE LINCOLN MEMORIAL,"</u> WITH ART HISTORIAN, LOUISE CARUSO 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA</p>	<p>24 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 MTG.</u></p>	<p>25 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>STOP &amp; SHOP</u></p>	<p>26 10:00 <u>CREATIVE WRITING</u>-WITH ELLEN PICKUS 10:30 CARDS/GAMES 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE -WITH SANDYE</p>
<p>29 10:00 <u>BOOK CLUB-"THE BOSTON GIRL,"</u> BY ANITA DIAMONT 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 12:45 SKETCH CLASS/COLORING</p>	<p><b>JASA WELCOMES NEW MEMBERS:</b> JOAN NACKENSON GAIL MCDONALD</p>	<p><b>CULTURAL ARTS PROGRAM</b> IN CELEBRATION OF BLACK HISTORY MONTH, THE JASA LONG BEACH SENIOR CENTER WILL BE HOSTING THE FOLLOWING PROGRAM:</p>	<p>*ATTEND AN EVENING WITH DR. PATRICK CAREY GRAHAM, Ph.D., AS HE EXPLORES THE AFRICAN INFLUENCE ON DEMOCRACY. DINNER TO FOLLOW LECTURE</p>	<p><b>THURS., FEBRUARY 18, 2016</b> <b>5:00PM</b> <u>ADVANCED RESERVATIONS ONLY MUST BE MADE NO LATER THAN FEBRUARY, 11, 2016</u> PLEASE CALL 432-5555 FOR MORE INFO.</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!!!!

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