

JUNE 2016



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>BRING A FRIEND DAY!!!</u> THURSDAY, JUNE 30TH Bring a friend (s) to enjoy our wonderful programs and delicious lunch!!</p>	<p>For each friend that you bring who becomes a JASA registered member, you and your friend's complimentary lunch will be covered by a contribution made on your behalf.</p>	<p>1 10:00 "SUGAR: THE HIDDEN HIGHS & LOWS" (SIX-WEEK DIABETES PROGRAM) SESSION #5-MEDICATIONS 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA 12:45 <u>TRIP & PROG/CTR. CNCL. MTG</u></p>	<p>2 10:00 THE FLINT MICHIGAN CRISIS- OPERATION H2O -LOUISE GRAHAM 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>3 10:00 CREATIVE WRITING-WITH JERI GOLUS 10:30 CARDS/GAMES 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE -WITH SANDYE</p>
<p>6 10:00 "ETHICS WITH A TWIST"-RABBI BENNETT HERMANN 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 1:00 <u>SKETCH CLASS/ADULT COLORING CLASS</u></p>	<p>7 10:15 "MAKE BETTER BEVERAGE CHOICES"- ROBYN LITTMAN 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA 1:00 <u>LET'S PLAY BRIDGE!</u></p>	<p>8 10:00 "SUGAR: THE HIDDEN HIGHS & LOWS" -SESSION #6-WRAP-UP 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA</p>	<p>9 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 & SHOP</u></p>	<p>10 10:00 CREATIVE WRITING-WITH JERI GOLUS 10:30 CARDS/GAMES 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE -WITH SANDYE</p>
<p>13 JASA IS CLOSED FOR SHAVUOT</p>	<p>14 10:00 "GROWING UP WITH RADIO" MARILYN KAUFMAN 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA 1:00 <u>LET'S PLAY BRIDGE!</u></p>	<p>15 10:00 "THE CULTURE CLUB" WITH RABBI PAUL HOFFMAN 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA</p>	<p>16 10:00 CURRENT EVENTS -TRUDI 10:30 CARDS/GAMES 11:00 <u>TOTAL BODY FITNESS</u> -WITH SA-MANTHA 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO <u>STOP & SHOP</u></p>	<p>17 10:00 CREATIVE WRITING-WITH JERI 10:30 CARDS/GAMES 10:30 <u>HEALTH SCREENING</u> 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE WITH SANDYE</p>
<p>20 10:00 "ETHICS WITH A TWIST"- RABBI BENNETT HERMANN 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 1:00 <u>SKETCH CLASS/COLORING</u></p>	<p>21 10:00 "THE CULTURE CLUB" WITH RABBI PAUL HOFFMAN 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA 1:00 <u>LET'S PLAY BRIDGE!</u></p>	<p>22 10:00 "HEALTH FOR THE SENIOR YEARS"-BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA <u>TRIP TO CITIFIELD</u> <u>LET'S GO METS!!!!!!</u></p>	<p>23 10:00 CURRENT EVENTS -TRUDI 10:30 CARDS/GAMES 11:00 <u>TOTAL BODY FITNESS</u> 1:00 SHOPPING TO <u>STOP & SHOP</u> (NO PAINTING CLASS TODAY!!)</p>	<p>24 10:00 CREATIVE WRITING- WITH ELLEN 10:30 CARDS/GAMES 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE WITH SANDYE</p>
<p>27 10:00 "STAY HYDRATED!!"- BLUEBERRY BLAST FOOD DEMO & TASTING-WITH TANIA COLLAZO 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 1:00 <u>SKETCH CLASS/COLORING</u></p>	<p>28 10:00 "ETHICS WITH A TWIST"- RABBI BENNETT HERMANN 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA 1:00 <u>LET'S PLAY BRIDGE!</u></p>	<p>29 10:00 "HEALTH FOR THE SENIOR YEARS"-BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA 12:00 <u>GENERAL MEMBERSHIP MEETING</u></p>	<p>30 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> <u>"BRING A FRIEND DAY!!"</u></p>	<p>We Welcome New Members: ROSE DOWNEY RITA LEVINE EVELYN CHUGERMAN MELODEE GABLER RICHARD CARUSO</p>

LONG BEACH SENIOR CENTER

Staff: **SPONSORED BY JASA**

Project Director, Senior Center-Mindy Leeper

Assistant Project Director, Senior Center-Bonni Goetz

Zdenka Polom, Coordinator of Transportation and Home Delivered Meals

Donna Brown, 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
- For those with self-declared incomes at, or above, 185% of the federal poverty level, the suggested contribution is 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.