

# MARCH 2016

We Welcome the following new members: ELLIOTT FEDERMAN, SYLVIA FIGARSKY, CHRISTINE CALLOWAY, CHARLOTTE

POWELL, KATHLEEN WILLIAMS, JEAN ZEIGLER, LOUISE GRAHAM, LARRY WADE, ROSEZINER WADE, PEARL POLITE, LAURA WILDER, ANNIE MOYE, EVELYN JONES, PEARLIE WILSON, JESSIE WILSON, ANITA QUISMUNDO, MARGARET GRUSSGOTT, ROSA GIRIBALDI, BURTON WACHTEL, SUSAN SANDBERG



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>SAVE THE DATE!!!</b></p> <p><b>DONOR DINNER DANCE</b> WEDNESDAY, MARCH 30, 2016 3:30PM</p> <p>FEATURING ENTERTAINMENT BY SHLOMO HAVIV</p>	<p>1 10:00 <b>“THE CULTURE CLUB.”</b> WITH RABBI PAUL HOFFMAN 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA</p>	<p>2 10:00 <b>“HEALTH FOR THE SENIOR YEARS-”</b>BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA</p>	<p>3 10:00 CURRENT EVENTS -TRUDI 10:30 CARDS/GAMES 11:05 DANCE/MVMT.-LISA WISEL 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO <b>TRADER JOE’S</b></p>	<p>4 10:00 <b>CREATIVE WRITING</b>-WITH JERI GOLUS 10:30 CARDS/GAMES 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE -WITH SANDYE</p>
<p>7 10:00 ETHICS WITH A TWIST 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 1:00 <b>SKETCH CLASS/ADULT COLORING CLASS</b></p>	<p>8 10:15 <b>“BE ACTIVE”</b>- ROBYN LITTMAN 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA</p>	<p>9 10:00 <b>“HEALTH FOR THE SENIOR YEARS-”</b>BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA 12:45 <b>TRIP &amp; PROG/CTR . CNCL. MTG</b></p>	<p>10 10:00 CURRENT EVENTS -TRUDI 10:30 CARDS/GAMES 11:00 <b>TOTAL BODY FITNESS</b>-SAMANTHA 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO <b>STOP &amp; SHOP</b></p>	<p>11 10:00 <b>CREATIVE WRITING</b>-WITH JERI GOLUS 10:30 CARDS/GAMES 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE -WITH SANDYE</p>
<p>14 10:00 ETHICS WITH A TWIST 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 1:00 <b>SKETCH CLASS/ADULT COLORING CLASS</b></p>	<p>15 10:00 <b>“WHAT’S IT LIKE FOR YOUR HUSBAND TO BE PRESIDENT?”</b>-MARILYN KAUFMAN 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA</p>	<p>16 10:00 <b>“HEALTH FOR THE SENIOR YEARS-”</b>BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA</p>	<p>17 10:00 CURRENT EVENTS -TRUDI 11:05 DANCE/MVMT.-LISA WISEL 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO <b>STOP &amp; SHOP</b></p>	<p>18 10:00 <b>CREATIVE WRITING</b>-WITH EL-LEN PICKUS 10:30 CARDS/GAMES 10:30 <b>HEALTH SCREENING</b> 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE WITH SANDYE</p>
<p>21 10:00 ETHICS WITH A TWIST 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 1:00 <b>SKETCH CLASS/COLORING</b></p>	<p>22 10:00 <b>SENIOR I.D. CARDS</b>-WITH JILL DAYNEY FROM ED MANGANO’S OFFICE 10:30 CARDS/GAMES 11:15 <b>STRETCH &amp; STRENGTH FOR</b></p>	<p>23 10:00 <b>“HEALTH FOR THE SENIOR YEARS-”</b>BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA 12:00 <b>GENERAL MEMBERSHIP MTG.</b></p>	<p>24 10:00 CURRENT EVENTS -TRUDI 10:30 CARDS/GAMES 11:00 <b>TOTAL BODY FITNESS</b> 1:00 PAINTING 1:00 SHOPPING TO <b>STOP &amp; SHOP</b></p>	<p>25 10:00 <b>“THE CULTURE CLUB.”</b> WITH RABBI PAUL HOFFMAN 10:30 CARDS/GAMES 11:00 TAKE CONTROL OF YOUR BODY THROUGH EXERCISE -WITH SANDYE</p>
<p>28 10:00 ETHICS WITH A TWIST 10:30 CARDS/GAMES 11:00 FIT AND FAB WITH LORI 1:00 <b>SKETCH CLASS/COLORING COLORING CLASS</b></p>	<p>29 10:00 <b>CURRENT EVENTS</b> -TRUDI (**please note change of day!!) 10:30 CARDS/GAMES 11:15 FIT FOR LIFE-MARIA</p>	<p>30 10:00 <b>“HEALTH FOR THE SENIOR YEARS-”</b>BRAD FRITZ 10:30 CARDS/GAMES 11:00 YOGA WITH MAGDA</p>	<p>31 10:00 <b>“THE CULTURE CLUB.”</b> 10:30 CARDS/GAMES 11:00 <b>TOTAL BODY FITNESS</b> 1:00 PAINTING WITH MARSHA 1:00 SHOPPING TO <b>STOP &amp; SHOP</b></p>	<p><b>MARCH IS.....</b> <b>WOMEN’S HISTORY MONTH and NATIONAL NUTRITION MONTH</b></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.