

ALLEN COMMUNITY - THEODORA G. JACKSON SENIOR CENTER

FUNDED BY: NYC-AGING

92-47 165 Street, Jamaica, NY 11433 - Telephone: 929 357 9555 ELENA DE LA CRUZ - PROGRAM DIRECTOR

Breakfast: 9:00AM - 10:00AM & Lunch 12Noon - 1:00PM

MARCH - 2025

MONDAY	Tircoax	IA/EDATECD A X/	Trumonax	Entraz
MONDAY 9:00AM - TODAY IN THE NEWS	TUESDAY 9:00AM - TODAY IN THE NEWS	9:00AM - TODAY IN THE NEWS	THURSDAY 9:00AM - TODAY IN THE NEWS	FRIDAY
9:00AM - TODAY IN THE NEWS 11:00 - AEROBICS W/LESLIE 12:30PM - MOTIVATIONAL MONDAY W/POSITIVE VIBES 1:00PM - WEEK IN REVIEW	9:00AM - TODAY IN THE NEWS 10:15AM-EXERCISE W/ TOMMY 11:30 - ADVISORY BOARD MEETING 12:30 JACKSON CHORAL GROUP 1:00PM - PIERRE MENARD CENTER LIGHT	9:00am – 3:15 SUNY DOWNSTATE NURSING PROGRAM 9:30AM-12N – KEEP ON TRACK BLOOD PRESSURE SCREENING 11:00AM – AEROBICS 1:00PM BINGO	10:15AM - EXERCISE W/TOMMY 11:30AM - COLORING SESSION 12:30 – JACKSON CHORAL GROUP 1:00PM VITA MAHJONG GAME	9:00AM - TODAY IN THE NEWS 10:30AM - CHAIR ZUMBA 11:30AM - JACKSON COMEDY CLUB 1:00PM - WORD GAME
9:00AM - TODAY IN THE NEWS 11:00 - AEROBICS W/LESLIE 12:30PM - MOTIVATIONAL MONDAY W/POSITIVE VIBES 1:00PM - WEEK IN REVIEW Week In Review	1 1 9:00AM - TODAY IN THE NEWS 10:15AM-EXERCISE W/ TOMMY 10:30 - COLORING SESSION 12:30 - JACKSON CHORAL GROUP 1:00 HEALTH FIRST	9:00AM - TODAY IN THE NEWS 9:30AM-12N - KEEP ON TRACK BLOOD PRESSURE SCREENING 11:00AM - AEROBICS W/LESLIE 1:00PM VITA MAHJONG GAME	13 9:00AM - TODAY IN THE NEWS 10:15AM - EXERCISE W/TOMMY 11:30AM - COLORING SESSION 12:30 - JACKSON CHORAL GROUP 1:00PM DGMH WORKSHOP W/IAN HOWARD "AGING GRACEFULLY"	9:00AM - TODAY IN THE NEWS SHOPPING TRIP - WALMART 10:30AM - CHAIR ZUMBA 1:00PM "PAINT 'N Paint Sip"
JOIN US ON - MARCH 27 th FOR OUR "WOMEN'S <i>HER</i> STORY PROGRAM"			UPCOMING EVENTS	
RILLIARDS (POOL ROOM)		TUESDAY ~ APRIL 15 th ~ HAT SHOW		



BILLIARDS (POOL ROOM) 10AM - 12Noon & 1:00PM - 4:00PM

DOMINOES 10:00AM - 12Noon 1:00PM - 4:00PM

CAPE MENTAL HEALTH PROGRAM PERSONAL WELLNESS SUPPORT **EVERY TUESDAY & THURSDAY** 8:00AM - 4:00PM

THURSDAY ~ APRIL 17TH ~ HOUSEPLANT APPRECIATION

FRIDAY ~ APRIL 18TH CENTER CLOSED FOR GOOD FRIDAY

TUESDAY ~ APRIL 22ND APRIL BIRTHDAY CELEBRATION



1:00PM - ART CLASS

Week In

Review

1:00PM – WEEK IN

REVIEW

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MONDAY **TUESDAY** Wednesday Thursday FRIDAY 9:00AM - TODAY IN THE NEWS 19 9:00AM - TODAY IN THE NEWS 9:00AM - TODAY IN THE NEWS **21** 9:00AM - TODAY IN THE NEWS 9:00AM - TODAY IN THE NEWS Nello 9:00am - 3:15 SUNY DOWNSTATE 10:00AM - 12NOON 11:00AM -10:15AM - EXERCISE W/ TOMMY 10:30AM - CHAIR ZUMBA METROCARD VAN **NURSING PROGRAM AEROBICS W/LESLIE** 11:30AM - COLORING SESSION 11:30AM - JACKSON CENTER 9:30AM 12N - KEEP ON TRACK 10:15AM - EXERCISE W/TOMMY 12:30PM-MOTIVATIONAL MONDAY **BLOOD PRESSURE SCREENING** COMEDY 12:30PM - CHORAL GROUP 1:00PM - ART CLASS 12:30PM - JACKSON CHORAL GROUP 11:00AM - AEROBICS W/LESLIE 1:00PM 1:00PM – WEEK IN Week In 1:00PM - GENERAL MEMBERSHIP 1:00PM PAINT & SIP MARCH BIRTHDAU 1:00PM FAMILY Review REVIEW MEETING Feud Game CEREBRATTON 9:00AM - TODAY IN THE NEWS 9:00AM - TODAY IN THE NEWS **2**5 9:00AM - TODAY IN THE NEWS 9:00AM - TODAY IN THE NEWS 9:00AM - TODAY IN THE NEWS 10:00AM SHOPPING TRIP: WALMART 9:00am - 3:15 **SUNY D**ownstate 10:15AM - EXERCISE W/TOMMY 11:00AM -10:15AM - EXERCISE W/ TOMMY **NURSING PROGRAM AEROBICS W/LESLIE** 10:30AM - CHAIR ZUMBA 12:30 Jackson Choral Group 11:30AM - COLORING SESSION 9:30AM 12N - KEEP ON TRACK 12:30PM-MOTIVATIONAL MONDAY 11:30AM - JACKSON CENTER **BLOOD PRESSURE SCREENING** 1:00PM Women's History 12:30PM - Jackson Choral Group MONTH PROGRAM 1:00PM - ART CLASS COMEDY 11:00AM – AEROBICS W/LESLIE 1:00PM - NUTRITION 1:00PM – WEEK IN Workshop Week In REVIEW 1:00PM 1:00PM Review W/ANGELA SINCLAIR WORD GAME 9:00AM - TODAY IN THE NEWS International 11:00AM -**AEROBICS W/LESLIE** HAPPY CESSJomen's DAY 12:30PM-MOTIVATIONAL MONDAY