



**ALLEN COMMUNITY
SENIOR CITIZENS CENTER**
"Serving Seniors With A Smile"

166-01 LINDEN BOULEVARD, JAMAICA, NY 11434

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AUGUST 2025 – NEWSLETTER

NATIONAL WELLNESS MONTH/NATIONAL BLACK BUSINESS MONTH

UPCOMING SPECIAL EVENTS

August 1st—SUPER BINGO

August 13th—Talent is Timeless

August 14th—Jokercise

August 15th—Summer Party

August 21st—August Birthday Celebration

August 22nd—Sip N Paint

August 27th—Ice Cream Social

August 2025– Special Events

Mon

Tue

Wed

Thu

Fri

				<p>1</p> <p>SUPER BINGO</p> <p>1 pm—Movie: STRAW</p>
<p>4</p>	<p>5</p> <p>1pm—Nutrition—Anasa Smith</p>	<p>6</p>	<p>7</p> <p>1pm Elder Abuse—JASA</p>	<p>8</p> <p>1pm—Movie: The Reason</p>
<p>11</p>	<p>12</p>	<p>13</p> <p>Talent is Timeless</p>	<p>14</p> <p>10am—Jokercise—Howard Newman</p>	<p>15</p> 
<p>18</p> <p>1pm Mindful Momemts—Malka Pill</p>	<p>19</p> <p>1pm Health & Wellness—John Oneyeyan</p>	<p>20</p>	<p>21</p> <p><i>AUGUST BIRTHDAY CELEBRATION</i></p> 	<p>22</p> 
<p>25</p>	<p>26</p>	<p>27</p> <p><i>ice cream social</i></p> 	<p>28</p> <p>1pm—Alzheimers –VNS</p>	<p>29</p>

Allen Community Senior Center—Regular Events

Monday	Tuesday	Wednesday	Thursday	Friday
8am-4pm Mental Health Counseling with Malka 9:30am Adult Coloring 11:00am Strength & Mobility <u>12:00pm: LUNCH</u> 1:00pm Loom	9:30am Adult Coloring 9:30am Bingo 11:00am Chair Exercise <u>12:00pm: LUNCH</u> 1:00pm Health Management Workshop 1:00pm Bid Whist Club 2:00pm Ceramics	9:30am Adult Coloring 10:00am Zumba 10:00am Computer Class <u>12:00pm: LUNCH</u> 1:00pm Bid Whist Club 1:00pm Rhythm & Ride (Dance Movement w/Shell)	8am Mental Health Counseling with Malka 9:30am Adult Coloring 10:00am Knitting & Crochet 10:00am Drumming Exercise 10-12am Computer Class <u>12:00pm: LUNCH</u> 1:00pm Health Management Workshop	9:30am Adult Coloring 9:30am Bingo 11:30am: Trivia <u>12:00pm: LUNCH</u> 1:00pm Movie

TECH SUPPORT SERVICES

- ♦ *The computer lab is open Monday thru Friday 9am to 4pm*

Help is Available

Wednesday 10am—3pm with Olsen Bell



MENTAL HEALTH CORNER BY MALKA

As August approaches and the end of the summer is near, individuals may experience changes in their mental health due to climate change, stress related to transitioning into the fall, or the reduced daylight hours. If you or anyone you know is experiencing these transitional stressors, please don't hesitate to reach out.

*If you or anyone you know is experiencing stress, and can benefit from therapy, please don't hesitate to reach out. Malka Pill, LMSW
Mondays and Thursdays 8:30 AM– 4:30 PM - Phone: 718-670-5036*

TRANSPORTATION SERVICES

We offer transportation to and from the center daily.
Shopping trips are Tuesdays and Thursdays. See Schedule below.

Tuesdays

08/05 Gateway Mall

08/12 Key Food

08/19 Walmart

08/26 Walmart

Wednesday

08/13 Queens County Farm

08/20 Queens County Farm

08/27 Queens County Farm

Thursdays

08/07 Walmart

08/14 Stop & Shop

08/21 Key Food

08/28 Hobby Lobby

Allen Community Senior Citizen Center

Staff Directory

Program Director.....Angella King

Administrative Assistant.....Tavara Schand

CookFelix Weller

Kitchen Aide.....Sonja Jones

Program Coordinator.....Barbara Felton

Case Manager..... Adorne Miles-Lawley

Assistant Cook..... Rene Marville

Kitchen Aide.....Lynn Chattan