



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

JUNE - 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>29:00AM - TODAY IN THE NEWS</div> <div>11:00 – CHAIR ZUMBA</div> <div>12:30PM - MOTIVATIONAL MONDAY</div> <div>1:00PM - WEEK IN REVIEW</div> <div>1:00 – ART CLASS W/SU CASA</div> <div>Week In Review</div>	<div>39:00AM - TODAY IN THE NEWS</div> <div>9:30AM-12N – KEEP ON TRACK BLOOD PRESSURE SCREENING</div> <div>10:15AM-EXERCISE W/ TOMMY</div> <div>11:30 – ADVISORY BOARD MEETING</div> <div>1:00 – ART CLASS W/SU CASA</div>	<div>49:00AM - TODAY IN THE NEWS</div> <div>9:30AM MORNING STRETCH</div> <div>11:00AM – AEROBICS W/LESLIE</div> <div>11:30AM – COLORING SESSION</div> <div>1:00PM - VITA MAHJONG GAME</div>	<div>59:00AM - TODAY IN THE NEWS</div> <div>10:15AM - EXERCISE W/TOMMY</div> <div>11:30AM - COLORING SESSION</div> <div>1:00PM – ART CLASS - SuCASA</div>	<div>69:00AM - TODAY IN THE NEWS</div> <div>10:30AM- CHAIR ZUMBA</div> <div>11:30AM - JACKSON COMEDY CLUB</div> <div>1:00PM – WORD GAME</div>
<div>99:00AM - TODAY IN THE NEWS</div> <div>11:00 –AEROBICS W/LESLIE</div> <div>12:30PM - MOTIVATIONAL MONDAY</div> <div>1:00PM - WEEK IN REVIEW</div> <div>1:00PM ART CLASS – W/SUCASA</div> <div>Week In Review</div>	<div>109:00AM - TODAY IN THE NEWS</div> <div>9:30AM-12N – KEEP ON TRACK BLOOD PRESSURE SCREENING</div> <div>10:15AM-EXERCISE W/ TOMMY</div> <div>1:00 – UNDERSTANDING ALZHEIMER & DEMENTIA BY VNS</div>	<div>119:00AM - TODAY IN THE NEWS</div> <div>9:30AM MORNING STRETCH</div> <div>11:00AM – AEROBICS W/LESLIE</div> <div>11:30 – COLORING SESSION</div> <div>1:00PM</div>	<div>129:00AM - TODAY IN THE NEWS</div> <div>10:15AM - EXERCISE W/TOMMY</div> <div>1:00PM FATHER’S DAY CELEBRATION</div> <div>2:00PM ART CLASS – SuCASA</div>	<div>139:00AM - TODAY IN THE NEWS</div> <div>10:30AM - CHAIR ZUMBA</div> <div>11:30AM - JACKSON COMEDY CLUB</div> <div>1:00PM WORD GAMES</div> <div>1:00PM PAINT & SIP</div>
WE’RE CELEBRATING THE “JACKSON CENTER DADS” ON JUNE 12 TH !			UPCOMING EVENTS	
<div>HAPPY Father’s DAY</div>		<div>BILLIARDS (POOL ROOM)</div> <div>10AM - 12NOON & 1:00PM - 4:00PM</div> <div>DOMINOES</div> <div>10:00AM - 12NOON 1:00PM - 4:00PM</div> <div>CASE ASSISTANCE: MARIA VASQUEZ</div> <div>BY APPOINTMENT ONLY</div>		<div>FRIDAY - JULY 4TH</div> <div>CENTER CLOSED FOR INDEPENDENCE DAY</div> <div>TUESDAY - JULY 22ND</div> <div>JULY BIRTHDAY CELEBRATION</div>



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JUNE - 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>169:00AM - TODAY IN THE NEWS</div> <div>11:00AM – AEROBICS W/LESLIE</div> <div>12:30PM-MOTIVATIONAL MONDAY</div> <div>1:00PM – WEEK IN REVIEW</div> <div>1:00PM – ART CLASS W/SUCASA</div> <div>Week In Review</div>	<div>179:00AM - TODAY IN THE NEWS</div> <div>9:30AM 12N – KEEP ON TRACK BLOOD PRESSURE SCREENING</div> <div>10:15AM – EXERCISE W/ TOMMY</div> <div>1:00PM GENERAL MEMBERSHIP MEETING</div> <div>1:30PM – JUNETEENTH CELEBRATION</div>	<div>189:00AM - TODAY IN THE NEWS</div> <div>9:30AM MORNING STRETCH</div> <div>11:00AM – AEROBICS W/LESLIE</div> <div>11:30AM – COLORING SESSION</div> <div>1:00PM</div> <div>BINGO</div>	<div>19</div> <div>CENTER CLOSED</div> <div>HAPPY JUNE TEENTH</div>	<div>209:00AM - TODAY IN THE NEWS</div> <div>10:30AM – CHAIR ZUMBA</div> <div>11:30AM – JACKSON CENTER</div> <div>1:00M AFTERNOON MIXER!</div> <div>COMEDY Club</div>
<div>239:00AM - TODAY IN THE NEWS</div> <div>11:00AM – AEROBICS W/LESLIE</div> <div>12:30PM-MOTIVATIONAL MONDAY</div> <div>1:00PM – WEEK IN REVIEW</div> <div>1:00PM – ART CLASS W/SUCASA</div> <div>Week In Review</div>	<div>249:00AM - TODAY IN THE NEWS</div> <div>9:30AM 12N – KEEP ON TRACK BLOOD PRESSURE SCREENING</div> <div>10:15AM – EXERCISE W/ TOMMY</div> <div>1:00PM - JUNE BIRTHDAY CELEBRATION</div>	<div>259:00AM - TODAY IN THE NEWS</div> <div>9:30AM - MORNING STRETCH</div> <div>11:00AM – AEROBICS W/LESLIE</div> <div>11:30AM COLORING SESSION</div> <div>1:00PM FAMILY FEUD GAME</div> <div>FAMILY FEUD</div>	<div>269:00AM - TODAY IN THE NEWS</div> <div>10:15AM - EXERCISE W/TOMMY</div> <div>11:30 – COLORING SESSION</div> <div>1:00PM – ART CLASS W/SUCASA</div> <div>1:00PM – HOME GARDEN WORKSHOP</div> <div>HOME GARDEN</div>	<div>279:00AM - TODAY IN THE NEWS</div> <div>10:30AM – CHAIR ZUMBA</div> <div>11:30AM – JACKSON CENTER</div> <div>1:00PM VITA MARJONG GAME</div> <div>COMEDY Club</div>
<div>309:00AM - TODAY IN THE NEWS</div> <div>11:00AM – AEROBICS W/LESLIE</div> <div>12:30PM-MOTIVATIONAL MONDAY</div> <div>1:00PM – WEEK IN REVIEW</div> <div>1:00PM – ART CLASS W/SUCASA</div> <div>Week In Review</div>	<div>JUNETEENTH FREEDOM DAY JUNE 19</div>			

JUNE MENU - 2025

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



MENU IS SUBJECT TO CHANGE
MILK, JUICE & BREAD IS SERVED WITH ALL LUNCHES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 TURKEY MEATLOAF W/MUSHROOMS & PEPPERS MASHED POTATOES SAUTEED STRING BEANS ORANGE JUICE BANANA	3 BROWN STEW CHICKEN BAKED POTATO STEAMED RED OR GREEN CABBAGE ORANGE/PINEAPPLE JUICE ORANGE	4 FRIED BROWN RICE W/CRISPY TOFU & VEGGIES STEAMED BROCCOLI W/SOY SAUCE APPLE JUICE KIWI P	5 BEEF STEW MASHED SWEET POTATOES CALIFORNIA BLEND VEGGIES ORANGE JUICE APPLE	6 BAKED FISH HOME FRIES W/PEPPERS AND ONIONS TOSSED SALAD W/ DRESSING GRAPE JUICE TANGERINES
9 BAKED FISH W/LEMON GARLIC BUTTER SAUCE WHITE RICE STEAMED SLICED CARROTS APPLE JUICE BANANA	10 SWEET & SOUR PORK LOIN SWEET BAKED YAMS STEAMED RED OR GREEN CABBAGE GRAPE JUICE KIWI	11 BEEF MEATBALLS IN TOMATO SAUCE WHOLE WHEAT SPAGHETTI TOSSED SALAD W/ DRESSING ORANGE JUICE NECTARINE	12 BAKED CHICKEN QUARTERS WHOLE WHEAT PASTA SALAD COLLARD GREENS ORANGE PINEAPPLE JUICE ORANGE FATHER'S DAY CAKE	13 RASTA PASTA STEAMED BROCCOLI W/SOY SAUCE APPLE JUICE APPLE P
16 CURRIED CHICKEN LEGS BROWN RICE CALIFORNIA BLEND VEGGIES GRAPE JUICE BANANA	17 BBQ PORK CHOPS GLAZED SWEET POTATOES STEAMED STRING BEANS ORANGE PINEAPPLE JUICE PEAR	18 FRIED BROWN RICE W/CRISPY TOFU AND VEGGIES STEAMED BROCCOLI W/SOY SAUCE APPLE JUICE ORANGE P	19 CENTER CLOSED 	20 DELUXE CHEESEBURGER W/ONIONS BAKED FRIES TOSSED SALAD W/ DRESSING ORANGE JUICE KIWI
23 CHICKEN GUMBO WHITE RICE STEAMED BROCCOLI ORANGE/PINEAPPLE JUICE APPLE	24 BEEF & CHEESE LASAGNA TOSSED SALAD W/ DRESSING APPLE JUICE CANTALOUPE BIRTHDAY CAKE	25 OVEN FRIED CHICKEN ROASTED POTATOES STEAMED RED OR GREEN CABBAGE GRAPE JUICE BANANA	26 BAKED TURKEY WINGS GLAZED SWEET POTATOES SAUTEED SPINACH APPLE JUICE APPLE	27 VEGETABLE CHILI BROWN RICE ORANGE JUICE PEAR P
30 BAKED FISH W/LEMON GARLIC BUTTER SAUCE WHITE RICE STEAMED SLICED CARROTS APPLE JUICE	<div>    </div>			

ALLEN COMMUNITY THEODORA G. JACKSON SR. CENTER



HAPPY
FATHER'S
DAY

FATHER'S DAY PROGRAM THURSDAY JUNE 12, 2025 - 1:00PM

ALLEN COMMUNITY THEODORA G. JACKSON SR. CENTER

92-47 165TH Street, Jamaica NY 11433

Breakfast Served: 9:00AM - 10:00AM / Lunch Served: 11:30AM - 1:00PM

Program Office: 929*357*9555 x408

Hours: 8:00AM - 4:00PM

(60 YEARS AND OLDER) - FUNDED BY NYC-AGING

CELEBRATE

Juneteenth



F R E E D O M D A Y

at the

ALLEN COMMUNITY
THEODORA G. JACKSON SR. CENTER

TUESDAY – JUNE 17, 2025
1:00PM

ALLEN COMMUNITY THEODORA G. JACKSON SR. CENTER

92-47 165TH Street, Jamaica NY 11433

Breakfast Served: 9:00AM - 10:00AM / Lunch Served: 11:30AM - 1:00PM

Program Office: 929*357*9555 x408

Hours: 8:00AM – 4:00PM

(60 YEARS AND OLDER) - FUNDED BY NYC-AGING

ALLEN COMMUNITY
THEODORA G. JACKSON SR. CENTER
AFTERNOON MIXER

THEME:

“CELEBRATE SUMMER MEMORIES!”



SIP, SIP & REMINICE!

AS ALWAYS...

They'll Be

Fun & Fellowship

FRIDAY

* 1:00PM *

JUNE 20, 2025

ALLEN COMMUNITY THEODORA G. JACKSON SR. CENTER

92-47 165TH Street, Jamaica NY 11433

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Program Office: 929*357*9555 x408

Hours: 8:00AM – 4:00PM

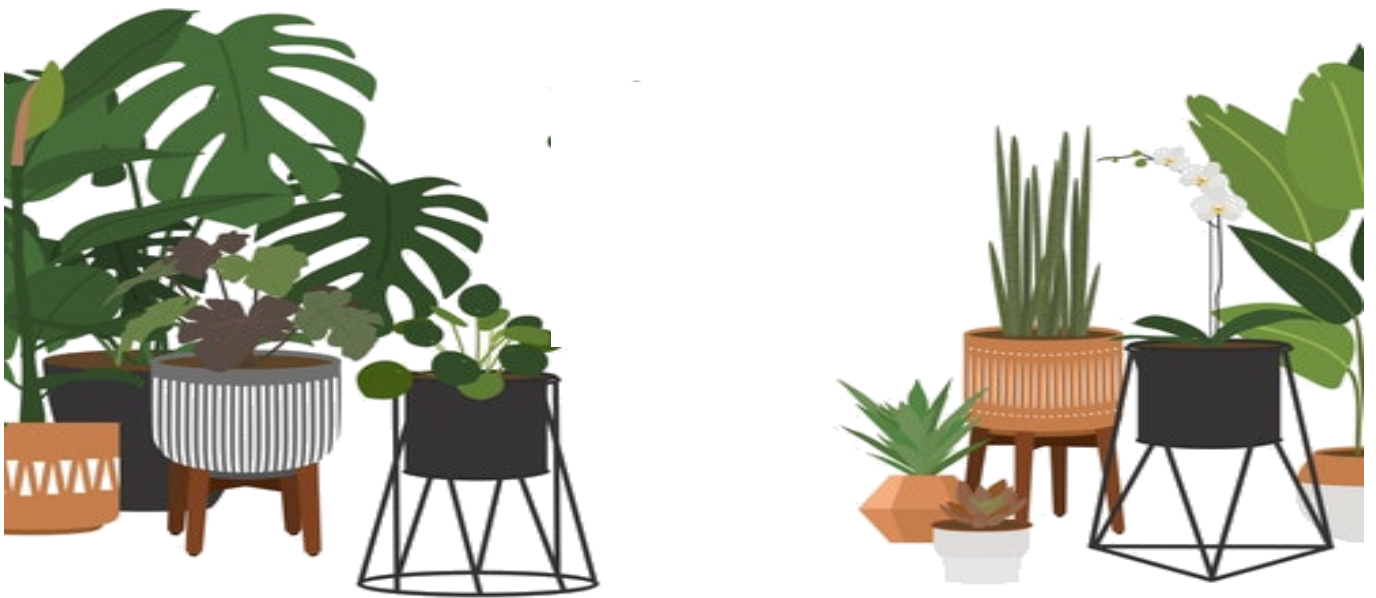
(60 YEARS AND OLDER) - FUNDED BY NYC-AGING

ALLEN COMMUNITY THEODORA G. JACKSON SR. CENTER

Brighten Your Living Space for Spring!
Learn How to Pot & Grow a Plant
at our

House Plant Workshop

Thursday - June 26, 2025 - 1:00PM



home is where the plants are!

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