

CENTER ACTIVITIES SEPTEMBER 2023

DAILY REMINDER:

***IT'S IMPORTANT TO CALL DAILY TO RESERVE YOUR MEAL.**

*****IT IS VERY IMPORTANT TO CALL DAILY FROM 8:30 AM – 9:30 AM*****

***PLEASE WEAR YOUR MASK PROPERLY BEFORE ENTERING THE FACILITY AND KEEP IT ON AT ALL TIMES EXCEPT WHEN EATING ONSITE. ***

**Do you have questions about your current health insurance?
Would you like additional information on HIICAP/Health insurance
information and assistance?**

**Help is available Monday-Friday 8:30-3:30 PM.
Please contact Annette or Patricia at 718-365-3725.**

DAILY/WEEKLY SERVICES:

Lunch–12:30 PM (\$2.00 voluntary donation) Transportation, Case Assistance – Information & Referrals, Nutrition Education & Health Promotion Lectures, Blood Pressure Monitoring, Physical Health & Exercise, Cultural Activities, and Other Activities such as Computer Lab with WIFI, Brain Teasers (Memory Quizzes), Group Discussions, Movies & Billiards

SAVE THE DATE

***NATIONAL SENIOR CENTER MONTH W/ CONSCIENTIOUS MUSICAL REVUES 9/25
12:30 PM**

***INFLUENZA & COVID UPDATE PRESENTATION 9/26 11:30 AM**

***SEPTEMBER BIRTHDAY' CELEBRATION 9/26 12:30 PM**

***BE PROACTIVE FALLS PREVENTION 9/28 11:00 AM**

***READY NEW YORK PRESENTATION 10/3 11:45 AM**

***ARTHRITIS PRESENTATION & DEMO WITH EINSTEIN MEDICAL STUDENTS 10/11
10:30 AM**

***IMPORTANT CONVERSATIONS AND ADVANCED CARE PLANNING WITH MJHS 10/12
12:30 PM**

***BREAST CANCER AWARENESS PRESENTATION 10/17 11:30 AM**

***LEGACY PROJECT AND MEANING-MAKING WITH MJHS 10/19 12:30 PM**

REFRESHMENTS WILL BE SERVED DURING EVERY EVENT

REMINDER: NO FOOD REMOVAL FROM THE CENTER. REMOVAL OF FOOD NOT PROPERLY WRAPPED MAY CAUSE BACTERIAL OR FOOD-BORNE ILLNESSES. REMOVE AT YOUR OWN RISK.

Fresh Fruits on the weekly menu are subject to change due to the quality of the fruit when delivered.