Brookdale Village Older Adult Center
(718) 471-3200
131 Beach 19th Street, Far Rockaway, NY 11691
November 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 • 08:30 DMV (In Person) • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am - (In Person) ESL CLASS with Evelyn - Dining Rm; • 10am – (In Person) - Billiards - Pool Rm; • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm- (In Person)-BodyBreathFlow • 2:00pm- (In Person) Art Class	3  ELECTION DAY • 10:00am- (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 1:00pm-2:00pm- (In Person) CHAIR YOGA • 2:00pm- (In Person)- Ceramics Class; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Dining Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class	4 • 10am - 10:30am- Fire Drill November 2026 • 10:00am-4:00pm (In Person) Billiards -Pool Room; • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm (In Person) - ZUMBA GOLD • 2:00pm- (In Person) Library; • 2:00pm- 3:00pm (In Person) "It all feels like it was just yesterday!"- Songs accompanied by guitar. Performed by Sergey Pavlishin-Dining room;	5 • 09:45 am COSTCO (In Person) • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10am – (In Person) Billiards- Pool Rm; • 12:00pm- (In Person) Boardwalk Talks with Robbie "The Gamble of Gambling"- OHEL • 12:00pm (In Person)- Computer LAB; • 1:00pm- (In Person) - CHAIR YOGA • 3:00pm-4:00pm- (In Person)- Russian Social Club- Virtual Tour to Venice, Italy- TV Room	6 • 10:30 am Burlington & Target (In Person) • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am-11:00am (In Person)- Technology Lab Computers with Seva- Computer Room; • 11:00am-12:00pm (In Person)- JASA Talent CLUB with Seva- TV Room; • 12:00pm-1:00pm (In Person)- Technology Lab Smartphones with Seva- Computer Room; • 10:00am-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY • 1:00pm- (In Person) - Mindfulness exercises WITH ARGENIS

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9	10	11	12	13
• 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am - (In Person) ESL CLASS with Evelyn - Dining Rm; • 10am – (In Person) - Billiards - Pool Rm; • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm- (In Person)-BodyBreathFlow • 2:00pm- (In Person) Art Class	• 10:00am- (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 1:00pm-2:00pm- (In Person) CHAIR YOGA • 2:00pm- (In Person)- Ceramics Class; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Pool Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class	• 10:00am-4:00pm (In Person) Billiards -Pool Room; • 10:00am - (In Person)- Get your blood pressure checked – Dining room; • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 11:00 am Sammy's BBQ restaurant (In Person) • 12:00pm (In Person)- Computer LAB; • 12:30pm-2:30pm (In Person)-BINGO- Dining Room • 1:00pm-2:00pm (In Person) - ZUMBA GOLD • 2:00pm- (In Person) Library;	• 09:30 am (In Person) Stop & Shop • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10am – (In Person) Billiards- Pool Rm; • 12:00pm (In Person)- Computer LAB; • 12:00pm- (In Person) "Senior Safety" Lecture- with 101st Precinct Crime Prevention Officer- New York City Police Department-Dining; • 1:00pm- (In Person) - CHAIR YOGA	• 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am-11:00am (In Person)- Technology Lab Computers with Seva- Computer Room; • 11:00am-1:00pm (In Person)- THANKSGIVING DJ PARTY WITH INTERNATIONAL HOME CARE AGENCY- Dining Room; • 11:00am-12:00pm (In Person)- JASA Talent CLUB with Seva- TV Room; • 12:00pm-1:00pm (In Person)- Technology Lab Smartphones with Seva- Computer Room; • 10:00am-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY • 1:00pm- (In Person) - Mindfulness exercises WITH ARGENIS

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16	17	18	19	20
• 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am - (In Person) ESL CLASS with Evelyn - Dining Rm; • 10am – (In Person) - Billiards - Pool Rm; • 10:30 am (In Person) Bowling Trip • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm- (In Person)-BodyBreathFlow • 2:00pm- (In Person) Art Class	• 10:00am- (ZOOM) OHEL WORKSHOP-the FACTS AND the MYTHS of PSYCHIATRY - TV Room; • 10:00am- (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:30 am (In Person) Movies and Restaurant trip. • 1:00pm-2:00pm- (In Person) CHAIR YOGA • 2:00pm- (In Person)- Ceramics Class; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Pool Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class	• 10am-3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am-4:00pm (In Person) Billiards -Pool Room; • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm (In Person) - ZUMBA GOLD	• 10:00 am (In Person) Ikea trip. • 10:00 am - (In Person) Art Movie- Dining Rm; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10am – (In Person) Billiards- Pool Rm; • 11:00am- (In Person-) Health Discussions- Dining Room; • 12:00pm- (In Person) Boardwalk Talks with Robbie "Alzheimers vs. Dementia"- OHEL • 12:00pm (In Person)- Computer LAB; • 1:00pm- (In Person) - CHAIR YOGA	• 09:00 am (In Person) Brighton Beach trip. • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am-11:00am (In Person)- Technology Lab Computers with Seva- Computer Room; • 11:00am-12:00pm (In Person)- JASA Talent CLUB with Seva- TV Room; • 12:00pm-1:00pm (In Person)- Technology Lab Smartphones with Seva- Computer Room; • 10:00am-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY • 12:00pm- (In Person-) KOSHER RULES- Educational Presentation • 1:00pm- (In Person) - Mindfulness exercises WITH ARGENIS

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23	24	25	26	27
• 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am - (In Person) ESL CLASS with Evelyn - Dining Rm; • 11:00am-1:00pm (In Person)- THANKSGIVING PARTY WITH The Five Towns Premier Rehabilitation & Nursing Center - Dining Room; • 10am – (In Person) - Billiards - Pool Rm; • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm- (In Person)-BodyBreathFlow • 2:00pm- (In Person) Art Class	• 09:30 am (In Person) Trader Joe's trip. • 10:00am- (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 1:00pm-2:00pm- (In Person) CHAIR YOGA • 2:00pm- (In Person)- Ceramics Class;	• 10:00am-4:00pm (In Person) Billiards -Pool Room; • 10:00am - (In Person)- Get your blood pressure checked – Dining room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm (In Person) - ZUMBA GOLD	JASA CLOSED HAPPY THANKSGIVING	JASA CLOSED

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30 • 10:00 am (In Person) Green Acres Mall trip. • 10:00am - (In Person) Movie Matinee- Dining Rm; • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am - (In Person) ESL CLASS with Evelyn - Dining Rm; • 10am – (In Person) - Billiards - Pool Rm; • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm- (In Person) - BodyBreathFlow • 2:00pm- (In Person) Art Class				

Brookdale Village Older Adult Center
Phone Number (718) 471-3200
131 Beach 19th Street, Far Rockaway, NY 11691
November 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 • Pepper Steak • Vegetable Lo Mein • Steamed Broccoli • Whole Wheat Bread • Low Fat Milk • Apple • Egg Salad	3 • Shepherd Pie • Corn, Black Bean & Pepper Salad • Tomato & Cucumber Salad • Whole Wheat Bread • Low Fat Milk • Applesauce • Tuna Salad	4 • Salmon Cakes • Cous Cous • Cucumber Salad • Whole Wheat Bread • Low Fat Milk • Orange • Salmon Salad	5 • Curry Chickpea Stew • Brown Rice • Tossed Salad • Whole Wheat Bread • Low Fat Milk • Banana	6 • Baked Asian Style Honey Chicken • Roasted Spiced Red Potatoes • Savory Braised Cabbage • Challah Bread • Low Fat Milk • Kiwis • Egg Salad
9 • Turkey Chili con Carne • Brown Rice • Steamed Carrots • Whole Grain Yellow Corn Tortillas • Low Fat Milk • Kiwis • Egg Salad	10 • Kasha Knish • Hummus • Israeli Salad • Whole Wheat Bread • Low Fat Milk • Apple	11 • Baked Breaded Fish • Rice- A- Roni • Creamy Spinach • Whole Wheat Bread • Low Fat Milk • Applesauce • Salmon Salad	12 • Beef Pot Roast • Mashed Sweet Potatoes • Coleslaw • Whole Wheat Bread • Low Fat Milk • Banana • Tuna Salad	13 • Hawaiian Chicken • Potato Souffle • Steamed Carrots • Challah Bread • Low Fat Milk • Orange • Egg Salad

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16 • Chicken Pot Pie • Tossed Salad • Whole Wheat Bread • Low Fat Milk • Applesauce • Egg Salad	**17** • Sweet & Sour Meatballs • Toasted Acini de Pepe w/ Onions • Spinach Souffle • Whole Wheat Bread • Low Fat Milk • Orange • Tuna Salad	**18** • Lentil Stew w/ Carrots & Turnips • Brown Rice • Steamed Broccoli • Whole Wheat Bread • Low Fat Milk • Kiwis	**19** • Teriyaki Baked Fish • Springtime Fried Rice • Steamed Green Beans • Whole Wheat Bread • Low Fat Milk • Banana • Salmon Salad	**20** • Roasted Chicken • Roasted Potatoes • Carrot Tzimmes • Challah Bread • Low Fat Milk • Pear • Egg Salad
23 • Carved Turkey • Stuffing • Mashed Sweet Potatoes • Whole Green Beans w/ Blistered Tomatoes • Cranberry Relish • Corn Muffin • Apple Juice • Orange	**24** • Whole Wheat Burrito • Brown Rice • Garden Salad • Whole Wheat Bread • Low Fat Milk • Pear	**25** • Stuffed Cabbage • Steamed Carrots • Whole Wheat Bread • Low Fat Milk • Applesauce • Salmon Salad	**26** JASA CLOSED HAPPY THANKSGIVING	**27** JASA CLOSED

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30 • **Beef Hamburger** • **Roasted Spiced Red Potatoes** • **Coleslaw** • **Whole Wheat Hamburger Bun** • **Low Fat Milk** • **Pear** • **Egg Salad**				•

Proud to be the go-to agency serving older New Yorkers

Brookdale Village Older Adult Center
131 Beach 19th Street, Far Rockaway, NY 11691
(718) 471-3200
www.jasa.org

Hours

Mondays - Fridays 8:30am - 4:30pm
Closed for Federal and Jewish Holidays

Daily Lunch

Daily Hot Kosher Lunch-(Monday-Friday)
11:00 AM-1:00 PM- DINING ROOM

Brookdale Village Older Adult Center Staff

Program Director: Viktoriya Krugolets - vkrugolets@jasa.org
Assistant Program Director: Rachel Fields - rfields2@jasa.org
Program Coordinator: Patricia Shenton - pshenton@jasa.org
Transportation Coordinator: Gregorio Vera - gvera@jasa.org

NEW November 2026 Activities/Programming

Get your blood pressure checked – Dining room- Wednesday, November 11th and November 25th @10:00am - (In Person);
Fire Drill November 2026 @ Wed Nov 4, 2026 10am - 10:30am
"It all feels like it was just yesterday!" Songs accompanied by guitar. Performed by Sergey Pavlishin@2pm-3pm- Wednesday, November 4- Dining room;
Boardwalk Talks with Robbie - OHEL Engagement Group -Thursday, November 5 and November 19 @12:00pm;
THANKSGIVING PARTY WITH INTERNATIONAL HOME CARE AGENCY@ 11:00am-1:00pm (In Person)- Friday, November 13 - Dining Room;
"Senior Safety" Lecture- with 101st Precinct Crime Prevention Officer- New York City Police-Thursday,November 12th@12:00pm
OHEL WORKSHOP-the FACTS AND the MYTHS of PSYCHIATRY(ZOOM)- TV Room-Tuesday,November 17@10am;
Nutrition Lecture - "Nutrition & Diabetes"- Wednesday, November 25th @11:00am
BODYBREATHFLOW- every Monday@1pm, CHAIR YOGA - Every Tuesday and Thursday@1pm,ZUMBA GOLD -Every Wednesday @1pm, Mindfulness WITH ARGENIS - Every Friday @1pm
THANKSGIVING PARTY WITH The Five Towns Premier Rehabilitation & Nursing Center @ 11:00am-1:00pm (In Person)- Monday, November 23 - Dining Room;
Technology Lab Computers with Seva- Computer Room- every Friday@ 10:00am-11:00am &12:00pm-1:00pm (In Person)
ESL CLASS with Evelyn - Dining Rm- every Monday@10:00am - (In Person)
OATS- Spanish - Explore Tech Lectures @ 10:00am - 11:15am -Mondays & Wednesdays (10/05/2026 - 12/09/2026)
11:00am-12:00pm (In Person)- JASA Talent CLUB with Seva-Friday@11am- TV Room;
11:00am-1:00pm (In Person) - Annual Thanksgiving Lunch- November 23rd @11am- Dining Room;

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