JASA at the HES Older Adult Center

Phone Number 718-251-3700

9502 Seaview Avenue, Brooklyn, NY,11236

Calendar is subject to change

November 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Sunday, November 1, 2026, at 2:00 a.m. local time (clocks move back 1 hour to 1:00 a.m) **2** • 9:30am-11am Computer Lab (in-person) • 10am-11am Tai Chi (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-12:45pm Presentation by JASA Care (in-person) • 12:45pm-1:30pm SAIL (hybrid) • 1:30pm BINGO (in-person)	**3** • 10am-11am Yoga (in-person) • 11am-12pm Cardio Dance Party (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:30pm-1:30pm Library Time (in-person) • 1:30pm Leisure Games (in-person) **Election Day**	**4** • 10am-11am Zumba with Maria (in-person) • 11am-1:30pm Macrame (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:15pm-1pm SAIL (hybrid) • 1:05pm-1:50pm Rhythmic Thunder (in-person) • 1:50pm Leisure Games (in-person)	**5** • 10am-10:45am Walk- In Place (in-person) • 11am-12pm Breathe Body Flow (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:45pm-1:30pm Elder Abuse Presentation by NYPD (in-person) • 1:30pm Leisure Games (in-person)	**6** • 8am-3:30pm Trip to The MET Cloisters Museum in Manhattan (in-person) • 9:30am-11am Computer Lab (in-person) • 10am-11am Chair Exercises (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-1pm Zumba with Maria (in-person) • 1pm-1:45pm Meditation (in-person) • 1:45pm Leisure Games (in-person)

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Monday	Tuesday	Wednesday	Thursday	Friday
9 • 9:30am-11am Computer Lab (in-person) • 10am-11am Tai Chi (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-12:45pm Afternoon Tea Time (in-person) • 12:45pm-1:45pm Chair Exercises (in-person) • 1:45pm Leisure Games (in-person)	**10** • 10am-11am Yoga (in-person) • 11am-12pm Cardio Dance Party (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:45pm-1:45pm Medicare & Medicaid Changes in 2027- Presentation by Medicare Licensed Agent- German Talis • 1:45pm Leisure Games (in-person)	**11** • 10am-11am Zumba with Maria (in-person) • 11am-1:30pm Macrame (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:15pm-1pm SAIL (hybrid) • 1:05pm-1:50pm Rhythmic Thunder (in-person) • 1:50pm Leisure Games (in-person) **Veteran's Day**	**12** • 10am-10:45am Walk- In Place (in-person) • 11am-12pm Breathe Body Flow (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:45pm-1:45pm Health Education Seminar by HealthFirst (in-person) • 1:45pm Leisure Games (in-person)	**13** • 9:30am-11am Computer Lab (in-person) • 10am-11am Alzheimer's Disease Presentation by NYC Aging & St.John's University (hybrid) • 11:30am-1pm Hot Congregate Lunch • 12pm-1pm Zumba with Maria (in-person) • 1pm-1:45pm Veteran's Day Presentation (in-person) • 1:45pm Leisure Games (in-person)

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Monday	Tuesday	Wednesday	Thursday	Friday
16 • 9:30am-11am Computer Lab (in-person) • 10am-11am Tai Chi (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-12:45pm Afternoon Tea Time (in-person) • 12:45pm-1:30pm SAIL (hybrid) • 1:30pm Leisure Games (in-person)	**17** • 10am-11am Managing Diabetes To Save Sight Presentation by NYC Aging & Lighthouse Guild (hybrid) • 11am-12pm Cardio Dance Party (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:45am-1:45pm Nutrition Presentation by GrowNYC (in-person) • 1:45pm Leisure Games (in-person)	**18** • 8am-3pm Trip to Radio City Christmas Spectacular (in-person) • 10am-11am Zumba with Maria (in-person) • 11am-1:30pm Macrame (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:15pm-1pm SAIL (hybrid) • 1:05pm-1:50pm Rhythmic Thunder (in-person) • 1:50pm Leisure Games (in-person)	**19** • 10am-10:45am Walk- In Place (in-person) • 11am-12pm Breathe Body Flow (in-person) • 11:30am-1pm Hot Congregate Lunch • 1pm-2pm Let us sing (in-person) • 2pm Leisure Games (in-person)	**20** • 10am-2:30pm Thanksgiving Party (in-person) • 12pm-1pm Zumba with Maria (in-person) • 11:30am-1pm Hot Congregate Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
23 • 9:30am-11am Computer Lab (in-person) • 10am-11am Tai Chi (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-12:45pm Afternoon Tea Time (in-person) • 12:45pm-1:45pm Chair Exercises (in-person) • 1:45pm Leisure Games (in-person)	**24** • 10am-11am Yoga (in-person) • 11am-12pm Cardio Dance Party (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:45pm-1:45pm TheraMotive Mobile Clinic Visit (in-person) • 1:45pm Leisure Games (in-person)	**25** • 10am-11am Zumba with Maria (in-person) • 11am-1:30pm Macrame (in-person) • 11am-12:15pm Blood Pressure Monitoring Keep On Track (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:15pm-1:15pm Chair Exercises (in-person) • 1:15pm Leisure Games (in-person)	**26** **JASA Is Closed** **Thanksgiving Day**	**27** **JASA Is Closed** **Day After Thanksgiving**

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Monday	Tuesday	Wednesday	Thursday	Friday
30 • 9:30am-11am Computer Lab (in-person) • 10am-11am Tai Chi (in-person) • 12pm-1pm Hot Congregate Lunch • 12pm-12:45pm Afternoon Tea Time (in-person) • 12:45pm-1:30pm SAIL (hybrid) • 1:30pm Leisure Games (in-person)				

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November 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pepper Steak Vegetable Lo Mein Steamed Broccoli Whole Wheat Bread Apple 1% Low Fat Milk	**3** Shepherd Pie with Turkey Corn, Black Bean and Pepper Salad Tomato and Cucumber Salad with Dressing Whole Wheat Bread Applesauce 1% Low Fat Milk	**4** Salmon Salad Pasta Primavera Salad Red Cabbage Slaw Whole Wheat Bread Orange 1% Low Fat Milk	**5** Curry Chickpea Stew Brown Rice Tossed Salad with Dressing Whole Wheat Bread Banana 1% Low Fat Milk	**6** Baked Asian Style Honey Chicken Roasted Spiced Red Potatoes Savory Braised Cabbage Whole Wheat Bread Kiwis (2) 1% Low Fat Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
9 Turkey Chili con Carne Brown Rice Steamed Carrots Whole Grain Yellow Corn Tortillas Kiwis (2) 1% Low Fat Milk	**10** Kasha Knish Hummus Israeli Salad with Chickpeas Whole Wheat Bread Apple 1% Low Fat Milk	**11** Baked Breaded Fish Fillets Tartar Sauce Rice A Roni Creamy Spinach Whole Wheat Bread Applesauce 1% Low Fat Milk	**12** Beef Pot Roast Mashed Sweet Potatoes Coleslaw Whole Wheat Bread Banana 1% Low Fat Milk	**13** Hawaiian Chicken Potato Souffle Steamed Carrots Whole Wheat Bread Orange 1% Low Fat Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
16 Individual Chicken Pot Pie Tossed Salad with Chickpeas and Dressing Whole Wheat Bread Applesauce 1% Low Fat Milk	**17** Sweet and Sour Beef Meatballs Toasted Acini de Pepe with Onions Spinach Souffle Whole Wheat Bread Orange 1% Low Fat Milk	**18** Aromatic Lentil Stew with Carrots and Turnips Brown Rice Steamed Broccoli Whole Wheat Bread Kiwis (2) 1% Low Fat Milk	**19** Teriyaki Baked Fish Springtime Fried Brown Rice Steamed Green Beans Whole Wheat Bread Banana 1% Low Fat Milk	**20** Roasted Chicken Roasted Potatoes Carrot Tzimmes Whole Wheat Bread Pear 1% Low Fat Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
23 Fish Francaise Mashed Potatoes Green Bean Salad Whole Wheat Bread Orange 1% Low Fat Milk	**24** Traditional Whole Wheat Bean Burrito Brown Rice Garden Salad Whole Wheat Bread Pear 1% Low Fat Milk	**25** Stuffed Cabbage with Beef Steamed Carrots Whole Wheat Bread Applesauce 1% Low Fat Milk	**26** **JASA Is Closed** **Thanksgiving Day**	**27** **JASA Is Closed** **Day After Thanksgiving**

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Monday	Tuesday	Wednesday	Thursday	Friday
30 Beef Hamburger Roasted Spiced Red Potatoes Coleslaw Whole Wheat Hamburger Bun Pear 1% Low Fat Milk				

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

JASA at the HES Older Adult Center

9502 Seaview Avenue, Brooklyn, NY, 11236
Phone number: 718-251-3700
www.jasa.org

Hours

Mondays - Fridays 8:00am - 4:00pm
Closed for Federal and Jewish Holidays

Daily Lunch

Mondays - Fridays
11:30am - 1:00pm - Lunch Room

JASA at the HES OAC Older Adult Center Staff:

Program Director: Olha Medytska email: omedytska@jasa.org

Assistant Director: Nataliya Stefanyshyn email: nstefanyshyn@jasa.org

Program Coordinator: Lashmi Hinds email: lhinds@jasa.org

Case manager: Katleen Ortega email: kortega.jasa.org

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Special Activities in November 2026:

Monday, November 2, 2026

12pm-12:45pm Presentation by JASA Care (in-person)

Tuesday, November 3, 2026

12:30pm-1:30pm Library Time (in-person)

Thursday, November 5, 2026

12:45pm-1:30pm Elder Abuse Presentation by NYPD (in-person)

Friday, November 6, 2026

8am-3:30pm Trip to The MET Cloisters Museum in Manhattan (in-person)

Tuesday, November 10, 2026

12:45pm-1:45pm Medicare & Medicaid Changes in 2027- Presentation by Medicare Licensed Agent- German Talis (in-person)

Thursday, November 12, 2026

12:45pm-1:45pm Health Education Seminar by HealthFirst (in-person)

Friday, November 13, 2026

10am-11am Alzheimer's Disease Presentation by NYC Aging & St.John's University (hybrid)

1pm-1:45pm Veteran's Day Presentation (in-person)

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Tuesday, November 17, 2026

10am-11am Managing Diabetes To Save Sight- Presentation by NYC Aging & Lighthouse Guild (hybrid)

12:45am-1:45pm Nutrition Presentation by GrowNYC (in-person)

Wednesday, November 18, 2026

8am-3pm Trip to Radio City Christmas Spectacular (in-person)

Friday, November 20, 2026

10am-2:30pm Thanksgiving Day Party (in-person)

Tuesday, November 24, 2026

12:45pm-1:45pm TheraMotive Mobile Clinic Visit (in-person)

Wednesday, November 25, 2026

11am-12:15pm Blood Pressure Monitoring Keep On Track (in-person)

Links to join virtual classes/presentations:

SAIL with Anatoly (hybrid)

Mondays 12:45pm-1:30pm

Wednesdays 12:15pm-1pm

Join Zoom Meeting:

https://us06web.zoom.us/j/87533309740?pwd=XkbU9XqLhWnP1c9nI8xTrbHj6JPp06.1

Meeting ID: 875 3330 9740

Passcode: 877640

Friday, November 13, 2026

10am-11am Alzheimer's Disease Presentation by NYC Aging & St.John's University (hybrid)

Join Zoom Meeting:

Phone: 1-929-436-2866

Meeting ID: 890 8334 4017

Passcode: 172922

Tuesday, November 17, 2026

10am-11am Managing Diabetes To Save Sight- Presentation by NYC Aging & Lighthouse Guild (hybrid)

Join Zoom Meeting:

Meeting ID: 952 3851 4377

Phone: 1-646-558-8656 or 1-646-931-3860

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