JASA Senior Alliance Older Adult Center
Phone Number (718) 646-4100
161 Corbin Place, Brooklyn, NY, 11235
NOVEMBER 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 **9:15 am-10:15 am** Exercise with Mike **9:30am-12:00pm** Meet the nurses Blood Pressure Monitoring Health/Nutrition Lecture **10:00 am -12:00 pm** **Classical Art Class -** **New Teacher Larysa Nestserava** **10:00 am - 4:00 pm** TECH 101-Tablets Free Time Library **10:30 am-11:15 am** Dance Class with Angela **2:00 pm-4:00 pm** Device Technical Support with Alexander **3:00 pm-4:45 pm** Table Games ***Calendar** **is subject to change***	**3** **9:00 am-9:45 am** SAIL - Anatoly **9:00am-12:00pm** Meet the nurses Blood Pressure Monitoring Health or Nutrition Lecture **10:00 am-10:45 am** Zumba- Lisa **10:00 am-11:00 am** Computer with Anatoly **10:00 am - 4:00 pm** TECH 101 **11:00 am-12:00 pm** ESL Intermediate with Larisa **11:00 am-12:00 pm** Crochet Club with Krystyna **11:30 am- 12:30 pm Art room** **The Art of Calm with Sofya** **12:00pm-1:30pm Ladies Pearl Club with Inna Sapozhnikova** **Alzheimer's Awareness Month** **12:00 pm-2:00 pm "Dance with Us"- Irina. Themed Class: Bollywood Disco Party (Indian)** **2:00 pm-4:00 pm** Device Technical Support **2:15 pm-3:30 pm** ESL Elementary with Lana	**4** **9:00 am-10:00 am** Yoga with Lena **10:00 am-11:00 am** Latin Dance with Valerii **10:00 am-4:00 pm** TECH 101 **11:00 am-12:00 pm** Exercise Class with Iouri **1:00 pm-2:00 pm** ESL with Irina **2:00 pm-4:00 pm** Notary Public Services with Jolanta Room #4 with Yelena Room #10 **2:00pm-4:00pm** Device Technical Support with Alexander **2:00pm-4:00pm NEW!** **Art Class** **Fine Art with Roza Vilk** **(twice a month)** **3:00pm-5:00pm** Tango Social Club **3:45 pm-4:45 pm** Table Games	**5** **9:00 am-9:45 am** SAIL -Anatoly **10:00 am-10:45 am** Zumba- Lisa **10:00 am-11:00 am** Computer with Anatoly **10:00 am-4:00 pm** TECH 101-Tablets Free Time Library with Alexandr **10:00 am-12:00 pm** Book Club with Zoya **11:00 am-12:00 pm National Alzheimer's Awareness Month Memory Matching Game with Sofya TRIO Weill Cornell** **2:00 pm-4:00 pm** Device Technical Support with Alexander **2:15 pm-3:30 pm NEW!** **Creative English with Lana** **3:45 pm-4:45pm** Table Games	**6** **9:15 am-10:15 am** Exercise with Mike **9:00am-12:00pm** Meet the Nurses Nutrition or Health Lecture Blood Pressure Monitoring **10:00 am - 4:00 pm** TECH 101-Tablets Free Time **10:30 am-11:15 am** Dance Class with Angela **11:45 am-12:45 pm** Exercise Class with Iouri **10:30 am-12:00 pm** ESL advanced with Yelena **1:00 pm-2:00 pm** Spirituality Hour with Rabbi Barry Melman **2:00 pm-4:00 pm** Device Technical Support **2:15 pm-3:45 pm** Art Culture & World Tradition with Lana

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Monday	Tuesday	Wednesday	Thursday	Friday
9 **9:15 am-10:15 am** Exercise with Mike **9:30am-12:00pm** Meet the nurses Blood Pressure Monitoring Health or Nutrition Lecture **10:00 am -12:00 pm** **Classical Art Class -** **New Teacher Larysa Nestserava** **10:00 am - 4:00 pm** TECH 101-Tablets Free Time Library **10:30 am-11:15 am** Dance Class with Angela **11:00 am-2:00 pm** **Food Packages Distribution** **2:00 pm-4:00 pm** Device Technical Support with Alexander **2:00 pm-3:30 pm (Russian)** **Poetry Club with Yelana Silver** **Russian Poetry Lovers Meeting** **Themed Vladimir Mayakovsky** **3:00 pm-4:45 pm** Table Games	**10** **9:00 am-9:45 am** SAIL - Anatoly **9:00am-12:00pm** Meet the nurses Blood Pressure Monitoring Health or Nutrition Lecture **10:00 am-10:45 am** Zumba- Lisa **10:00 am-11:00 am** Computer with Anatoly **10:00 am - 4:00 pm** TECH 101 **11:00 am-12:00 pm** ESL Intermediate with Larisa **11:00 am-2:00 pm** **Food Packages Distribution** **11:00 am-12:00 pm** Crochet Club with Krystyna **11:30 am- 12:30 pm Art Room** **The Art of Calm with Sofya** **12:00 pm-2:00 pm** "Dance with Us"- Irina **2:00 pm-4:00 pm** Device Technical Support **2:15 pm-3:30 pm** ESL Elementary with Lana **3:45 pm-4:45 pm** Table Games	**11** **9:00 am-10:00 am** Yoga with Lena **10:00 am-11:00 am** Latin Dance with Valerii **10:00 am-4:00 pm** TECH 101 **11:00 am-12:00 pm** Exercise Class with Iouri **1:00 pm-2:00 pm** ESL with Irina **2:00 pm-4:00 pm** Notary Public Services with Jolanta Room #4 with Yelena Room #10 **2:00 pm-3:00 pm Concert** **Veterans Day Celebration** **Honoring our Heroes through** **the Power of Music** **with Pavel Gaidenko** **2:00pm-4:00pm** Device Technical Support with Alexander **3:00pm-5:00pm** Tango Social Club **3:45 pm-4:45 pm** Table Games	**12** **9:00 am-9:45 am** SAIL -Anatoly **10:00 am-10:45 am** Zumba- Lisa **10:00 am-11:00 am** Computer with Anatoly **10:00 am-4:00 pm** TECH 101-Tablets Free Time **10:00 am-12:00 pm** Book Club with Zoya **2:00 pm-4:00 pm** Device Technical Support **2:15 pm-3:30 pm NEW!** **Creative English with Lana** **3:00pm-5:00pm NEW!** **Collectors Club** **(Numismatists, stamps, badges)** **with Gennady Kirovskiy** **3:45 pm-4:45pm** Table Games	**13** **9:15 am-10:15 am** Exercise with Mike **9:00 am-12:00 pm** Meet the nurses Blood Pressure Monitoring Health or Nutrition Lecture **10:00 am - 4:00 pm** TECH 101-Tablets Free Time **10:30 am-11:15 am** Dance Class with Angela **11:45 am-12:45 pm** Exercise Class with Iouri **10:30 am-12:00 pm** ESL advanced with Yelena **1:00 pm-2:00 pm** Spirituality Hour with Rabbi Barry Melman **2:00 pm-3:00 pm** **Meet the Practitioners** **of Alternative Medicine** **Tatiana Maltseva** **Natalya Naomi Shiryayeva** **Umarkhan Zakirkhodjaev** **2:00 pm-4:00 pm** Device Technical Support with Alexander **2:15 pm-3:45 pm** Art Culture & World Tradition with Lana **3:45 pm-4:45pm** Table Games

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Monday	Tuesday	Wednesday	Thursday	Friday
16 **9:15 am-10:15 am** Exercise with Mike **9:30am-12:00pm Meet the nurses Antimicrobial Awareness. Clean Hands, Safe Future. Health Lecture & Giveaway with Anna Banar** **10:00 am -12:00 pm** **Classical Art Class** **New Teacher Larysa Nestserava** **10:00 am - 4:00 pm** TECH 101 Tablets Free Time Library **10:30 am-11:15 am** Dance Class with Angela **11:30 am-12:30 pm** Soul Workout (Rus) Discussion Club with Galina **1:00 pm-2:00 pm NEW!** **SHARING REFLECTIONS PROGRAM** **2:00 pm-4:00 pm** Device Technical Support with Alexander **3:00 pm-4:45 pm** Table Games	**17** **9:00 am-9:45 am** SAIL - Anatoly **9:30 am TRIP** **Lincoln Center Manhattan** **10:00 am-10:45 am** Zumba- Lisa **10:00 am-11:00 am** Computer with Anatoly **10:00 am - 4:00 pm** TECH 101 **11:00 am-12:00 pm** ESL Intermediate with Larisa **11:00 am-12:00 pm** Crochet Club with Krystyna **11:30 am- 12:30 pm Art Room** **The Art of Calm with Sofya** **12:00 pm-2:00 pm** "Dance with Us" - Irina **2:00 pm-4:00 pm** Device Technical Support with Alexander **2:15 pm-3:30 pm** ESL Elementary with Lana **3:45 pm-4:45 pm** Table Games	**18** **9:00 am-10:00 am** Yoga with Lena **10:00 am-11:00 am** Latin Dance with Valerii **10:00 am-4:00 pm** TECH101 Tablets Free Time Library **11:00 am-12:00 pm** Exercise Class with Iouri **1:00 pm-2:00 pm** ESL with Irina **2:00 pm-4:00 pm** Notary Public Services with Jolanta Room #4 with Yelena Room #10 **2:00 pm-4:00 pm** Device Technical Support with Alexander **2:00pm-4:00pm NEW Art Class** **Fine Art with Roza Vilk** **(twice a month)** **3:00pm-5:00pm** Tango Social Club **3:45 pm-4:45pm** Table Games	**19** **9:00 am-9:45 am** SAIL -Anatoly **10:00 am-10:45 am** Zumba- Lisa **10:00 am-11:00 am** Computer with Anatoly **10:00 am-4:00 pm** TECH 101 Free Time Library **10:00 am-12:00 pm** Book Club with Zoya **12:00 pm-1:00 pm** Art Mosaic Discussion Club by Experienced tour guide Galina **2:00 pm-4:00 pm** Device Technical Support with Alexander **2:15 pm-3:30pm NEW!** **Creative English with Lana** **3:00pm-5:00pm NEW!** **Collectors Club (Numismatists, stamps, badges) with Gennady Kirovskiy** **3:45 pm-4:45 pm** Table Games	**20** **9:15 am-10:15 am** Exercise with Mike **9:00am-12:00pm** Meet the nurses Nutrition or Health Lecture Blood Pressure Monitoring **10:00 am - 4:00 pm** TECH 101-Tablets Free Time **10:30 am-11:15 am** **Dance Class with Angela** **International Hat Day** **Dance with Fedora Hats** **11:45 am-12:45 pm** Exercise Class with Iouri **10:30 am-12:00 pm** ESL advanced with Yelena **1:00 pm-2:00 pm** Spirituality Hour with Rabbi Barry Melman **2:00 pm-4:00 pm** Device Technical Support **2:15 pm-3:45 pm** Art Culture & World Tradition with Lana **3:45 pm-4:45pm** Table Games

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Monday	Tuesday	Wednesday	Thursday	Friday
23 **9:15 am-10:15 am** Exercise with Mike **9:30am-12:00pm** Meet the nurses Blood Pressure Monitoring Health or Nutrition Lecture **10:00 am -12:00 pm** **Classical Art Class** **Workshop with Larysa Nestserava** **"Golden Autumn, Golden Years"** **10:00 am - 4:00 pm** TECH 101-Tablets Free Time Library **10:30 am-11:15 am** Dance Class with Angela **11:30 am-12:30 pm** Soul Workout (Rus) Discussion Club with Galina **2:00 pm-3:00 pm** **Happy Thanksgiving Concert** **Concert in Motion. Live Music.** **2:00 pm-4:00 pm** Device Technical Support with Alexander **3:00 pm-4:45 pm** Table Games	**24** **9:00am-12:00pm** Meet the nurses Blood Pressure Monitoring Health or Nutrition Lecture **10:00 am-10:45 am** Zumba- Lisa **10:00 am - 4:00 pm** TECH 101 **11:00 am-12:00 pm** ESL Intermediate with Larisa **11:00 am-12:00 pm** Crochet Club with Krystyna **11:30 am- 12:30 pm Art Room** **The Art of Calm with Sofya** **12:00 pm-2:00 pm** "Dance with Us" - Irina **2:00 pm-4:00 pm** Device Technical Support with Alexander **2:15 pm-3:30 pm** ESL Elementary with Lana **3:45 pm-4:45 pm** Table Games	**25** **9:00 am-10:00 am** Yoga with Lena **10:00 am-11:00 am** Latin Dance with Valerii **10:00 am-4:00 pm** TECH 101 **11:00 am-12:00 pm** Exercise Class with Iouri **11:00 am-12:00 pm** **Life in Lines -Literary Club. Story &** **Discussion with Tatiana Maltseva** **1:00 pm-2:00 pm** ESL with Irina **2:00 pm-4:00 pm** Notary Public Services with Jolanta Room #4 with Yelena Room #10 **2:00 pm-4:00 pm** Device Technical Support with Alexandr **3:00 pm-5:00 pm** Tango Social Club **3:45 pm-4:45 pm** Table Games	**26** **CENTER IS CLOSED** **HAPPY THANKSGIVING!**	**27** **CENTER IS CLOSED** **HAPPY THANKSGIVING!**

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Monday	Tuesday	Wednesday	Thursday	Friday
30 **9:15 am-10:15 am** Exercise with Mike **9:30am-12:00pm Meet the nurses Blood Pressure Monitoring Health Lecture. Flu Season: Benefits of wearing a Mask + Giveaway with Anna Banar** **10:00 am -12:00 pm** **Classical Art Class** - **New Teacher Larysa Nestserava** **10:00 am - 4:00 pm** TECH 101-Tablets Free Time Library **10:30 am-11:15 am** Dance Class with Angela **11:30 am-12:30 pm** Soul Workout (Rus) Discussion Club with Galina **2:00 pm-4:00 pm** Device Technical Support with Alexander **3:00 pm-4:45 pm** Table Games				***Calendar is subject to change***

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JASA Senior Alliance Older Adult Center

Phone Number (718) 646-4100

161 Corbin Place, Brooklyn, NY, 11235

NOVEMBER 2026 Kosher Lunch Menu 11:00am-2:00pm

Menu subject to change depending on food availability

Monday	Tuesday	Wednesday	Thursday	Friday
2 PEPPER STEAK VEGETABLE LO MEIN STEAMED BROCCOLI WHOLE WHEAT BREAD FRUIT MILK ALTERNATE: BEEF HAMBURGER ROASTED POTATOES	**3** SHEPHERD PIE WITH TURKEY CORN, BLACK BEAN AND PEPPER TOMATO & CUCUMBER SALAD WHOLE WHEAT BREAD FRUIT MILK ALTERNATE: SWEDISH MEATBALLS WITH TURKEY MASHED POTATOES	**4** SALMON SALAD RED CABBAGE SLAW PASTA PRIMAVERA SALAD FRUIT MILK ALTERNATE: ROASTED CHICKEN	**5 VEGAN** CURRY CHICKPEA STEW BROWN RICE TOSSED SALAD WITH DRESSING WHOLE WHEAT BREAD FRUIT MILK ALTERNATE: KASHA KHISH CHICKPEAS AND ONION SALAD	**6** BAKED ASIAN STYLE HONEY CHICKEN ROASTED RED POTATOES SAVORY BRAISED CABBAGE WHOLE WHEAT BREAD FRUIT MILK ALTERNATE: BAKED BREADED FISH CUCUMBER DILL SALAD
9 TURKEY CHILI CON CARNE BROWN RICE YELLOW CORN TORTILLAS STEAMED CARROTS FRUIT MILK	**10 VEGAN** KASHA KHISH HUMUS ISRAELI SALAD WITH CHICKPEAS FRUIT MILK ALTERNATE: BEAN BURRITO	**11** BAKE BREADED FISH FILLET RICE A RONI CREAMY SPINACH WHOLE WHEAT BREAD FRUIT MILK ALTERNATE: BAKED BREADED CHICKEN CUTLET	**12** BEEF POT ROAST MASHED SWEET POTATOES COLESLAW WHOLE WHEAT BREAD FRUIT MILK	**13** HAWAIIAN CHICKEN POTATO SOUFFLE STEAMED CARROTS WHOLE WHEAT BREAD FRUIT MILK ALTERNATE: SALMON CAKES

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Monday	Tuesday	Wednesday	Thursday	Friday
16 INDIVIDUAL CHICKEN POT PIE TOSSED SALAD WITH CHICKPEAS WHOLE WHEAT BREAD FRUIT MILK ALTERNATE: BREADED FISH	**17** STAFFED CABBAGE WITH BEEF BARLEY WITH ONIONS STEAMED CARROTS WHOLE WHEAT BREAD FRUIT MILK ALTERNATE: SWEET AND SOUR BEEF MEATBALLS	**18 VEGAN** AROMATIC LENTIL STEW WITH CARROTS AND TURNIPS BROWN RICE STEAMED BROCCOLI WHOLE WHEAT BREAD FRUIT MILK	**19** TERIYAKI BAKED FISH SPRINGTIME FRIED RICE STEAMED GREEN BEANS WHOLE WHEAT BREAD FRUIT MILK	**20** ROASTED CHICKEN CARROT TZIMMES POTATO PANCAKE WHOLE WHEAT BREAD FRUIT MILK ALTERNATE: TURKEY BURGER
23 FISH FRANCAISE MASHED POTATOES GREEN BEAN SALAD WHOLE WHEAT BREAD FRUIT MILK ALTERNATE: PLAIN POTATO PIEROGI TURKEY MEATLOAF	**24** **THANKSGIVING LUNCH SPECIAL** CARVED TURKEY GRAVY STUFFING MASHED SWEET POTATOES GREEN BEANS CRANBERRY RELISH APPLE PIE	**25** STUFFED CABBAGE WITH BEEF STEAMED CARROTS WHITE RICE WHOLE WHEAT BREAD FRUIT MILK	**26** CENTER IS CLOSED HAPPY THANKSGIVING!	**27** CENTER IS CLOSED HAPPY THANKSGIVING!
30 BEEF HAMBURGER COLESLAW ROASTED SPICED RED POTATOES WHOLE WHEAT HAMBURGER BUN FRUIT MILK ALTERNATE: BREADED FISH				***ALL MEALS ARE SUBJECT TO CHANGE**

*MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOODS. *FUNDED UNDER CONTRACT BY NYC DEPARTMENT FOR THE AGING***PLEASE NOTE:** IF YOU TAKE FOOD HOME WITH YOU FROM MEAL SITE, IT IS DONE AT YOUR OWN RISK. BE SURE TO EAT FOOD OR REFRIGERATE IT WITHIN 30 MINUTES OF LEAVING THE SITE. REHEAT IN 350 DEGREE OVEN UNTIL BUBBLY FOR 5 MINUTES. DISCARD ANY FOOD LEFT AFTER 3 DAYS.

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JASA Senior Alliance Older Adult Center
161 Corbin Place, Brooklyn, NY 11235, (718) 646-4100 www.jasa.org

Hours: **Mondays - Fridays 9:00am - 5:00pm** *Closed for Federal and Jewish Holidays*

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

JASA Senior Alliance Older Adult Center Staff:

Anna Bella, Program Director abella@jasa.org	(718)646-4100 press 4
Elena Lembersky, Assistant Director	(718)646-4100 press 3
Yelena Pozina, Case Manager/Social Worker	(718)646-4100 press 2, (929)620-0846
Jolanta Tomaszewski, Program Coordinator	(718)646-4100 press 1
Oksana Anistratenko, Program Coordinator	(718)646-4100 press 1

NOVEMBER 2026 Highlight Important Program or Activity:

New! Tuesdays & Thursday 9:30am-4:30pm	Clinical Social Worker Sofya (Russian, English) Tuesdays 11:30 am- 12:30 pm The Art of Calm with Sofya - Art Room
New! Monday, Tuesday, Friday 9:30am-12:00pm	Meet the Nurses. Blood Pressure Monitoring and Health or Nutrition Lecture
New! Monday 10:00am-12:00pm	Classical Art Class. Meet New Teacher -Larysa Nestserava
New! Wednesday 2:00pm-4:00pm	New Art Class. Fine Art with Roza Vilk (two times a month) **NOV 4, NOV 18**
New! Thursday 3:00pm-5:00pm	Collectors Club (Numismatists, stamps, badges) with Gennady Kirovskiy (two times a month) **NOV 12, NOV 19**
NEW! Monday (Once a month)1:00pm-2:00pm	Sharing Reflections (Library)Join, remember and share your life experience. Meet new friends & have fun! **NOV 16**
NEW! Thursday 2:15 pm-3:30pm	Creative English with Lana
NEW! Starting NOV 16	**TOY DRIVE. Toys for Tots. Bring Joy to a Child this Holiday Season. New Unwrapped Toys. Room # 4**

NOV 3 12:00pm-1:30pm	Ladies Pearl Club with Inna Sapozhnikova Alzheimer's Awareness Month
NOV 3 12:00 pm-2:00 pm	"Dance with Us"with Irina. Themed Class. Bollywood Disco Party (Indian)Jimmy Jimmy Ajaa Ajaa
NOV 5 11:00 am-12:00 pm	National Alzheimer's Awareness Month Memory Matching Game with Sofya Clinical Social WorkerTRIO Weill Cornell
NOV 9 & NOV 10 11:00am-2:00pm	**FOOD PACKAGES DISTRIBUTION**
NOV 9 2:00 pm-3:30 pm	Poetry Club with Yelena Silver Russian Poetry Lovers Meeting. Vladimir Mayakovsky (Russian)
NOV 11 2:00pm-3:00pm	Veterans Day. Live Music. Honoring our Heroes through the Power of Music with Pavel Gaidenko. Concert
NOV 13 2:00pm-3:00pm	Meet the Practitioners of Alternative Medicine
NOV 16 10:00am-11:00am	Antimicrobial Awareness. Clean Hands, Safe Future. Health Lecture & Giveaway with Anna Banar
NOV 161:00 pm-2:00 pm	NEW! SHARING REFLECTIONS PROGRAM Join, remember and share your life experience. Meet new friends & have fun!
NOV 17 9:30am	TRIP to Lincoln Center. Manhattan
NOV 20 10:30 am-11:15 am	Dance Class with Angela. Themed Class. International Hat day. Dance with Fedora Hats.
NOV 23 10:00 am -12:00 pm	Classical Art Class Workshop with Larysa Nestserava "Golden Autumn, Golden Years"
NOV 25 11:00 am-12:00 pm	Life in Lines -Literary Club. Story & Discussion with Tatiana Maltseva
NOV 23 2:00pm-3:00pm	Happy Thanksgiving. Concert Live Music.
NOV 26 & NOV 27	Center is Closed. Happy Thanksgiving Day!
NOV 30 10:00am-11:00am	Health Lecture. Flu Season: Benefits of wearing a Mask + Giveaway with Anna Banar

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