



JASA Senior Alliance Older Adult Center

Phone Number (718) 646-4100

161 Corbin Place, Brooklyn, NY, 11235

OCTOBER 2024 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30 September 9:30am-10:30am Silver Sneakers with Mike 10:00am -11:00am Current Events Discussion 10:00am - 4:00pm Tablets Free Time Library 10:30am-11:15am Dance Class with Angela 11:30am-12:30pm DISCO HOUR</p>	<p>1 October 9:00am-9:45am SAIL - Anatoly 10:00am-10:45am Zumba- Lisa 10:00am-11:00am Computer with Anatoly 10:00am - 4:00pm TECH 101 10:00am-11:00am Blood Pressure Monitoring 12:00pm-1:00pm Rosh Hashanah Celebration with Chabad 12:00pm Crochet Club 12:00pm-2:00pm INTERNATIONAL DAY of OLDER PERSON "Dance with Us" with Irina FOREVER YOUNG DANCE PARTY 1:00pm- 2:00pm ESL for Beginners with Irina</p>	<p>2 October 9:00am-10:15am Yoga - Lena 10:00am-4:00pm TECH 101 10:30am-11:30am Exercise Class - Iouri 12:00pm-1:00pm Blood Pressure Monitoring 2:00pm-3:30pm ESL – Elementary with Lana</p>	<p>3 October</p> <p style="text-align: center;">JASA CLOSED</p> <p style="text-align: center;">Happy Rosh Hashanah !</p>	<p>4 October 9:30am-10:30am Chair Exercise with Mike 9:30am-11:00am ESL Class with Yelena advanced 10:00am-11:00am Current Events Discussion Club 10:30am-11:15am Dance Class with Angela SIMCHAT DANCES 11:45am-12:45pm Exercise Class with Iouri 12:00pm Hour with Rabbi Winner Happy Rosh Hashanah Blowing a Shofar</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7 9:30am-10:30am Silver Sneakers with Mike 10:00am -12:00pm Classic Art Class with Tatiana 10:00am - 4:00pm Tablets Free Time Library 10:00am -11:00am Current Events Discussion 10:30am-11:15am Dance Class with Angela</p>	<p>8 9:15am TRIP to LUBAVITCHER REBBE'S RESTING PLACE 10:00am-10:45am Zumba- Lisa 10:00am-11:00am Blood Pressure Monitoring 10:00am - 4:00pm TECH 101 Tablets Free Time Library 11:00am-12:00pm Crochet Club 12:00pm-2:00pm "Dance with Us" with Irina</p>	<p>9 9:00am-10:15am Yoga - Lena 10:00am-4:00pm TECH 101 10:30am-11:30am Exercise Class - Iouri 12:00pm-1:00pm Blood Pressure Monitoring 2:00pm-3:30pm ESL – Elementary with Lana</p>	<p>10 9:00am-9:45am SAIL - Anatoly 10:00am-10:45am Zumba - Lisa 10:00am-11:00am Computer with Anatoly 10:00am-4:00pm TECH 101 10:00am-12:00pm Book Club with Zoya 11:30am-12:30pm Yom Kippur Lecture with Chabad 12:00pm-1:30pm ESL-MID with Lyuba 2:00pm-3:30pm ESL – Elementary with Lana</p>	<p>11 9:30am-10:30am Chair Exercise with Mike 9:30am-11:00am ESL Class with Yelena advanced 10:00am-11:00am Current Events Discussion Club 10:30am-11:15am Dance Class with Angela 11:00am- 12:00pm ESL for Beginners with Irina 11:45am-12:45pm Exercise Class with Iouri</p>
<p>14 9:30am-10:30am Silver Sneakers with Mike 10:00am -11:00am Current Events Discussion 10:00am - 4:00pm Tablets Free Time Library 10:30am-11:15am Dance Class with Angela 12:00pm-2:00pm FALL ART SHOW Tatyana Zeltser's Art Class EXHIBITION OF PAINTINGS</p>	<p>15 9:00am-9:45am SAIL - Anatoly 10:00am-10:45am Zumba- Lisa 10:00am-11:00am Computer with Anatoly 10:00am-11:00am Blood Pressure Monitoring 10:00am - 4:00pm TECH 101 Tablets Free Time Library 11:00am-12:30pm "Ladies Pearl Club" with Inna 11:00am-12:00pm Crochet Club 12:00pm-2:00pm "Dance with Us" with Irina</p>	<p>16 9:00am-10:15am Yoga - Lena 10:00am-4:00pm TECH 101 10:30am-11:30am Exercise Class - Iouri 12:00pm-1:00pm Blood Pressure Monitoring 2:00pm-3:30pm ESL – Elementary with Lana</p>	<p>17 9:00am-9:45am SAIL - Anatoly 10:00am-10:45am Zumba - Lisa 10:00am-11:00am Computer with Anatoly 10:00am-4:00pm TECH 101 10:00am-12:00pm Book Club with Zoya 12:00pm-1:30pm ESL-MID with Lyuba 2:00pm-3:30pm ESL – Elementary with Lana</p>	<p>18 9:30am-10:30am Chair Exercise with Mike 9:30am-11:00am ESL Class with Yelena advanced 10:00am-11:00am Current Events Discussion Club 10:30am-11:15am Dance Class with Angela 11:00am- 12:00pm ESL for Beginners with Irina 11:45am-12:45pm Exercise Class with Iouri 1:00pm-2:00pm Spirituality Hour with Rabbi Barry Melman</p>

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<p>21 9:30am-10:30am Silver Sneakers with Mike 10:00am -11:00am Current Events Discussion 10:00am - 4:00pm TECH 101 10:30am-11:15am Dance Class with Angela 12:00pm-1:00pm Sukkot Celebration with Chabad</p>	<p>22 9:00am-9:45am SAIL - Anatoly 10:00am-10:45am Zumba- Lisa 10:00am-11:00am Computer with Anatoly 10:00am-11:00am Blood Pressure Monitoring 10:00am - 4:00pm TECH 101 11:00am-12:00pm Crochet Club 11:00am-2:00pm Food Packages Distribution 12:00pm-2:00pm "Dance with Us" with Irina 2:00pm-3:00pm FALL CONCERT with Georgiy Skorokhod</p>	<p>23 9:00am-10:15am Yoga - Lena 10:00am-4:00pm TECH 101 10:30am-11:30am Exercise Class - Iouri 11:00am-2:00pm Food Packages Distribution 12:00pm-1:00pm Blood Pressure Monitoring 2:00pm-3:30pm ESL – Elementary with Lana</p>	<p>24 9:00am-9:45am SAIL - Anatoly 10:00am-10:45am Zumba- Lisa 10:00am-11:00am Computer with Anatoly 10:00am-4:00pm TECH 101 10:00am-12:00pm Book Club with Zoya 12:00pm-1:30pm ESL-MID with Lyuba 2:00pm-3:30pm ESL – Elementary with Lana</p>	<p>25 9:30am-10:30am Chair Exercise with Mike 9:30am-11:00am ESL Class with Yelena advanced 10:00am-11:00am Current Events Discussion Club 10:30am-11:15am Dance Class with Angela DANCE for a CURE OCTOBER-BREAST CANCER AWARENESS MONTH 11:00am- 12:00pm ESL for Beginners with Irina 11:45am-12:45pm Exercise Class with Iouri 1:00pm-2:00pm Spirituality Hour with Rabbi Barry Melman</p>

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<p>28 9:30am-10:30am Silver Sneakers with Mike 10:00am -11:00am Current Events Discussion 10:00am - 4:00pm TECH 101 10:30am-11:15am Dance Class with Angela</p>	<p>29 9:00am-9:45am SAIL - Anatoly 10:00am-10:45am Zumba- Lisa 10:00am-11:00am Computer with Anatoly 10:00am-11:00am Blood Pressure Monitoring 10:00am - 4:00pm TECH 101 11:00am-12:00pm Crochet Club 11:00am-12:00pm Lecture Sergei Rachmaninoff with Tatyana Gelfand-Library 12:00pm-2:00pm "Dance with Us" with Irina</p>	<p>30 9:00am-10:15am Yoga - Lena 10:00am-4:00pm TECH 101 10:30am-11:30am Exercise Class - Iouri 11:30am-12:30pm Costume Dance Party with Alexandr Li 12:00pm-1:00pm Blood Pressure Monitoring 2:00pm-3:30pm ESL – Elementary with Lana</p>	<p>31 9:00am-9:45am SAIL - Anatoly 10:00am-10:45am Zumba- Lisa 10:00am-11:00am Computer with Anatoly 10:00am-4:00pm TECH 101 10:00am-12:00pm Book Club with Zoya 12:00pm-1:30pm ESL-MID with Lyuba 2:00pm-3:30pm ESL – Elementary with Lana</p>	<p>*Calendar is subject to change*</p>

JASA Senior Alliance Older Adult Center

Phone Number (718) 646-4100

Address, City, NY Zip

October 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*MENU SUBJECT TO CHANGE DUE TO JEWISH HOLIDAYS AND DEPENDING ON FOOD AVAILABILITY *</p>	<p>1 TURKEY MEATLOAF ROASTED SWEET POTATO BLEND VEGETABLES WHOLE WHEAT BREAD FRUIT MILK</p>	<p>2 SALMON CAKE COUSCOUS BUTTERNUT SQUASH WHOLE WHEAT BREAD FRUIT MILK</p>	<p>3 CENTER IS CLOSED HAPPY ROSH HASHANAH !</p>	<p>4 CHILLED MEAL ONLY EGG SALAD SALMON SALAD & GRAB AND GO FROZEN MEALS</p>
<p>7 CLASSIC CHICKEN CACCIATORE PASTA STEAMED GREEN BEANS FRUIT WHOLE WHEAT BREAD MILK</p>	<p>8 OVEN BAKED FALAFEL PATTIES HUMMUS RICE PILAF ZA'ATAR SPICED ISRAELI SALAD WHOLE WHEAT PITA FRUIT MILK</p>	<p>9 SHEPHERD PIE WITH TURKEY TOSSED SALAD WITH DRESSING WHOLE WHEAT BREAD FRUIT MILK</p>	<p>10 SALMON SALAD BOWTIE PASTA RED CABBAGE SALAD PLAIN PITA FRUIT MILK</p>	<p>11 ROASTED CHICKEN POTATO KUGEL CARROT TZIMMES CHALLAH BREAD FRUIT MILK</p>

Monday	Tuesday	Wednesday	Thursday	Friday
14 SWEDISH MEATBALLS WITH TURKEY EGG NOODLES STEAMED SLICED CARROTS WHOLE WHEAT BREAD FRUIT MILK	15 EGGPLANT ROLLATINI PASTA ITALIAN BLEND VEGETABLES WHOLE WHEAT BREAD FRUIT MILK	16 BEEF POT ROAST ROASTED SWEET POTATO SLICES BROCCOLI KUGEL WHOLE WHEAT BREAD FRUIT MILK	17 TERIYAKI BAKED FISH WHITE RICE STEAMED GREEN BEANS BREAD FRUIT MILK	18 CHICKEN SHAWARMA JEERA RICE (CUMIN SPICED RICE) ROASTED BEETS CHALLAH BREAD FRUIT MILK
21 TURKEY MEATBALLS PASTA ITALIAN BLEND VEGETABLES GARLIC BREAD FRUIT MILK	22 HUMMUS KASHA KNISH CHICKPEAS ISRAELI SALAD WHOLE WHEAT BREAD FRUIT MILK	23 STUFFED CABBAGE WITH BEEF KASHA VARNISHKES STEAMED CARROTS WHOLE WHEAT BREAD FRUIT MILK	24 FISH FRANCAISE MASHED POTATOES SPINACH SOUFFLE BREAD FRUIT MILK	25 HAWAIIAN CHICKEN ROASTED SWEET POTATO BLEND VEGETABLES CHALLAH BREAD FRUIT MILK
28 CHICKEN MARSALA WHITE RICE BLEND VEGETABLES WHOLE WHEAT BREAD FRUIT MILK	29 SHEPHERD PIE WITH TURKEY MASHED SWEET POTATOES GARDEN SALAD BREAD FRUIT MILK	30 SWEET AND SOUR BEEF MEATBALLS EGG BARLEY SPINACH SOUFFLE BREAD FRUIT MILK	31 VEGAN STUFFED BELL PEPPERS BROWN RICE STEAMED GREEN BEANS WHOLE WHEAT BREAD FRUIT MILK	



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www.jasa.org

Hours

Mondays - Fridays 9:00am - 5:00pm

Closed for Federal and Jewish Holidays

JASA Senior Alliance Older Adult Center Staff:

Anna Bella, Program Director abella@jasa.org (718) 646-4100 press 4

Diana Vinnitsky , Assistant Director (718) 646-4100 press 3

Natalya Koverzneva, Social Worker (718)646-4100 press 2

Jolanta Tomaszewski, Program Coordinator (718)646-4100 press 1

Oksana Anistratenko, Program Coordinator (718)646-4100 press 1

JASA SENIOR ALLIANCE OAC

October 2024 Highlight Important Program or Activity:

Tuesday, October 1. International Day of Older Person “Forever Young Dance Party” 12:00pm - 2:00pm

Tuesday, October 1. Rosh Hashanah Celebration with Chabad 12:00pm - 1:00pm

Friday, October 4. Simchat Dances with Angela’s Dance Class. Happy Rosh Hashanah. 10:30am-11:15am

Friday, October 4. Happy Rosh Hashanah Celebration with Rabbi Winner. Blowing a shofar. 12:00pm-1:00pm

Tuesday, October 8. Trip to Lubavitcher Rebbe's resting Place 9:15am

Thursday, October 10. Yom Kippur Lecture with Chabad 11:30am-12:30am

Monday, October 14. Fall Art Show. Exhibition of paintings Tatiana Zeltser’s Art Class 12:00pm-2:00pm

Monday, October 21. Sukkot Celebration with Chabad 12:00pm-1:00pm

Tuesday, October 22 & Wednesday, October 23. Food Packages Distribution 11:00am-2:00pm

Tuesday, October 22. Fall Concert with Georgiy Skorokhod 2:00pm-3:00pm

Friday, October 25. October-Breast Cancer Awareness Month. Dance for a Cure. Dance with Angela Class. 10:30am-11:15am

Tuesday, October 29. Lecture Sergei Rachmaninoff with Tatyana Gelfand 11:00am-12:00pm (Library- Russian)

Wednesday, October 30 Dance Costume Party with Alexandr Li 11:30am-12:30am