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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| *Calendar<br>is subject to change* | | | 1 OCTOBER<br>**9:00 am-9:45 am** SAIL -Anatoly<br>**10:00 am-10:45 am** Zumba- Lisa<br>**10:00 am-11:00 am**<br>Computer with Anatoly<br>**10:00 am-4:00 pm**<br>TECH 101-Tablets Free Time Library with Alexandr<br>**10:00 am-12:00 pm**<br>Book Club with Zoya<br>**12:00 pm-1:00 pm**<br>Art Mosaic Discussion Club by Experienced tour guide Galina<br>**2:00 pm-4:00 pm**<br>Device Technical Support with Alexander<br>**2:45 pm-3:45pm**<br>Cognitive Games with Lana<br>**3:00pm-5:00pm NEW! Collectors Club (Numismatists, stamps, badges) with Gennady Kirovskiy**<br>**3:45 pm-4:45pm**<br>Table Games | 2 OCTOBER<br>**9:15 am-10:15 am**<br>Exercise with Mike<br>**9:00am-12:00pm Meet the Nurses Nutrition Lecture "Coffee Benefits"**<br>Blood Pressure Monitoring<br>**10:00 am - 4:00 pm**<br>TECH 101-Tablets Free Time<br>**10:30 am-11:15 am**<br>Dance Class with Angela<br>**11:45 am-12:45 pm**<br>Exercise Class with Iouri<br>**10:30 am-12:00 pm**<br>ESL advanced with Yelena<br>**1:00 pm-2:00 pm Spirituality Hour- Sukkot with Rabbi Barry Melman**<br>**2:00 pm-4:00 pm**<br>Device Technical Support<br>**2:15 pm-3:45 pm** Art Culture & World Tradition with Lana |

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **5**<br>**9:15 am-10:15 am**<br>Exercise with Mike<br>**9:30am-12:00pm**<br>Meet the nurses<br>Blood Pressure Monitoring<br>Health or Nutrition Lecture<br>**10:00 am -12:00 pm**<br>**Classical Art Class -New Teacher Larysa Nestserava**<br>**10:00 am - 4:00 pm**<br>TECH 101-Tablets Free Time Library<br>**10:30 am-11:15 am**<br>Dance Class with Angela<br>**11:00 am-2:00 pm**<br>**Food Packages Distribution**<br>**11:30 am-12:30 pm**<br>Soul Workout (Rus)<br>Discussion Club with Galina<br>**2:00 pm-4:00 pm**<br>Device Technical Support with Alexander<br>**3:00 pm-4:45 pm**<br>Table Games | **6**<br>**9:00 am-9:45 am** SAIL - Anatoly<br>**9:00am-12:00pm** Meet the nurses<br>Blood Pressure Monitoring<br>Health or Nutrition Lecture<br>**10:00 am-10:45 am** Zumba- Lisa<br>**10:00 am-11:00 am**<br>Computer with Anatoly<br>**10:00 am - 4:00 pm** TECH 101<br>**11:00 am-12:00 pm**<br>ESL Intermediate with Larisa<br>**11:00 am-2:00 pm**<br>**Food Packages Distribution**<br>**11:00 am-12:00 pm**<br>Crochet Club with Krystyna<br>**11:30 am- 12:30 pm The Art of Calm with Sofya Art room**<br>**12:00 pm-2:00 pm**<br>"Dance with Us"- Irina<br>**2:00 pm-4:00 pm**<br>Device Technical Support<br>**2:15 pm-3:30 pm**<br>ESL Elementary with Lana<br>**3:45 pm-4:45 pm**<br>Table Games | **7**<br>**9:00 am-10:00 am** Yoga with Lena<br>**10:00 am-11:00 am**<br>Latin Dance with Valerii<br>**10:00 am-4:00 pm** TECH 101<br>**11:00 am-12:00 pm**<br>Exercise Class with Iouri<br>**1:00 pm-2:00 pm** ESL with Irina<br>**2:00 pm-4:00 pm**<br>Notary Public Services with Jolanta Room #4<br>**2:00pm-4:00pm**<br>Device Technical Support with Alexander<br>**2:00pm-4:00pm NEW Art Class Fine Art with Roza Vilk (twice a month)**<br>**2:15 pm-3:30 pm**<br>ESL Elementary with Lana<br>**3:00pm-5:00pm**<br>Tango Social Club<br>**3:45 pm-4:45 pm**<br>Table Games | **8**<br>**9:00 am-9:45 am** SAIL -Anatoly<br>**10:00 am-10:45 am Zumba- Lisa Themed Class - Zumba Fitness Carnival Rio De Janeiro Hispanic Heritage Month**<br>**10:00 am-11:00 am**<br>Computer with Anatoly<br>**10:00 am-4:00 pm**<br>TECH 101-Tablets Free Time<br>**10:00 am-12:00 pm**<br>Book Club with Zoya<br>**12:00 pm-1:00 pm**<br>Art Mosaic Discussion Club by Experienced tour guide Galina<br>**2:00 pm-4:00 pm**<br>Device Technical Support<br>**2:45 pm-3:45 pm**<br>Cognitive Games with Lana<br>**3:00pm-5:00pm NEW! Collectors Club (Numismatists, stamps, badges) with Gennady Kirovskiy**<br>**3:45 pm-4:45pm**<br>Table Games | **9**<br>**9:15 am-10:15 am**<br>Exercise with Mike<br>**9:00am-12:00pm**<br>Meet the nurses<br>**10:00 am - 4:00 pm**<br>TECH 101-Tablets Free Time<br>**10:30 am-11:15 am**<br>Dance Class with Angela<br>**11:45 am-12:45 pm**<br>Exercise Class with Iouri<br>**10:30 am-12:00 pm**<br>ESL advanced with Yelena<br>**1:00 pm-2:00 pm**<br>Spirituality Hour with Rabbi Barry Melman<br>**2:00 pm-4:00 pm**<br>Device Technical Support with Alexander<br>**3:45 pm-4:45pm**<br>Table Games |

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **12**<br>**9:15 am-10:15 am**<br>Exercise with Mike<br>**9:30am-12:00pm**<br>Meet the nurses<br>**10:00 am -12:00 pm**<br>**Classical Art Class New Teacher Larysa Nestserava**<br>**10:00 am - 4:00 pm**<br>TECH 101 Tablets Free Time Library<br>**10:30 am-11:15 am**<br>Dance Class with Angela<br>**11:30 am-12:30 pm**<br>Soul Workout (Rus) Discussion Club with Galina<br>**2:00 pm-3:00 pm Indigenous Peoples' Day Celebration**<br>**Movie & Popcorn**<br>Dining Room Big Screen<br>**2:00 pm-4:00 pm**<br>Device Technical Support with Alexander<br>**2:00 pm-3:30 pm**<br>**Poetry Club with Yelana Silver**<br>**Russian Poetry Lovers Meeting**<br>**Themed Favorite Russian Poets**<br>**3:00 pm-4:45 pm**<br>Table Games | **13**<br>**9:00 am-9:45 am** SAIL - Anatoly<br>**9:00am-12:00pm**<br>Meet the nurses<br>Blood Pressure Monitoring<br>Health or Nutrition Lecture<br>**10:00 am-10:45 am** Zumba- Lisa<br>**10:00 am-11:00 am**<br>Computer with Anatoly<br>**10:00 am - 4:00 pm** TECH 101<br>**11:00 am-12:00 pm**<br>ESL Intermediate with Larisa<br>**11:00 am-12:00 pm**<br>Crochet Club with Krystyna<br>**11:30 am- 12:30 pm**<br>**The Art of Calm with Sofya library**<br>**12:00 pm-2:00 pm**<br>"Dance with Us" - Irina<br>**2:00 pm-4:00 pm**<br>Device Technical Support with Alexander<br>**2:15 pm-3:30 pm**<br>ESL Elementary with Lana<br>**3:45 pm-4:45 pm**<br>Table Games | **14**<br>**9:00 am-10:00 am** Yoga with Lena<br>**10:00 am-11:00 am**<br>Latin Dance with Valerii<br>**10:00 am-4:00 pm**<br>TECH101 Tablets Free Time Library<br>**11:00 am-12:00 pm**<br>Exercise Class with Iouri<br>**12:00 pm-1:00 pm**<br>**Health Lecture Depression & Anxiety by Wislin Milsam**<br>**(Dining room Eng/ Spanish)**<br>**1:00 pm-2:00 pm** ESL with Irina<br>**2:00 pm-4:00 pm**<br>Notary Public Services with Jolanta Room #4<br>**2:00 pm-4:00 pm**<br>Device Technical Support with Alexander<br>**2:15 pm-3:30 pm**<br>ESL Elementary with Lana<br>**3:00pm-5:00pm**<br>Tango Social Club<br>**3:45 pm-4:45pm**<br>Table Games | **15**<br>**9:00 am-9:45 am** SAIL -Anatoly<br>**10:00am TRIP Shopping Tour Staten Island Mall**<br>**10:00 am-10:45 am**<br>Zumba- Lisa<br>**10:45 am-12:00 pm**<br>**Cooking Class with Anna Nemerovsky- Author of Culinary Book (Healthy Recipes)**<br>**10:00 am-11:00 am**<br>Computer with Anatoly<br>**10:00 am-4:00 pm**<br>TECH 101 Free Time Library<br>**10:00 am-12:00 pm**<br>Book Club with Zoya<br>**12:00 pm-1:00 pm**<br>Art Mosaic Discussion Club by Experienced tour guide Galina<br>**2:00 pm-4:00 pm**<br>Device Technical Support with Alexander<br>**3:00pm-5:00pm NEW! Collectors Club (Numismatists, stamps, badges) with Gennady Kirovskiy**<br>**3:45 pm-4:45 pm**<br>Table Games | **16**<br>**9:15 am-10:15 am**<br>Exercise with Mike<br>**9:00am-12:00pm**<br>Meet the nurses<br>**Breast Cancer Awareness Month Lecture by Anna Banar**<br>**10:00 am - 4:00 pm**<br>TECH 101-Tablets Free Time<br>**10:30 am-11:15 am**<br>**Dance Class with Angela**<br>**Dance for a Cure- with pink fans (wear pink)**<br>**Breast Cancer Awareness Month**<br>**11:45 am-12:45 pm**<br>Exercise Class with Iouri<br>**10:30 am-12:00 pm**<br>ESL advanced with Yelena<br>**1:00 pm-2:00 pm**<br>Spirituality Hour with Rabbi Barry Melman<br>**2:00 pm-4:00 pm**<br>Device Technical Support<br>**2:15 pm-3:45 pm**<br>Art Culture & World Tradition with Lana<br>**3:45 pm-4:45pm**<br>Table Games |

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **19 APPLE HARVEST FESTIVAL**<br>**9:15 am-10:15 am**<br>Exercise with Mike<br>**9:30am-12:00pm Meet the nurses Blood Pressure Monitoring Health Lecture Oral Health + Giveaway.Nutrition Lecture Apple Cider benefits**<br>**10:00 am -12:00 pm Workshop Classical Art Class -New Teacher Larysa Nestserava "Apples in Art"**<br>**10:00 am - 4:00 pm**<br>TECH 101-Tablets Free Time Library<br>**10:30 am-11:15 am**<br>Dance Class with Angela<br>**11:30 am-12:30 pm Soul Workout (Rus) Discussion Club with Galina New York" Big Apple" Calm Mind -New York Drive**<br>**1:00 pm-2:00 pm NEW! SHARING REFLECTIONS PROGRAM**<br>Join, remember and share your life experience.<br>**2:00 pm-4:00 pm**<br>Device Technical Support with Alexander<br>**2:00 pm-3:00 pm Karaoke Songs about Apples with Alexander Li**<br>English, Russian, Spanish, Ukrainian & other languages | **20**<br>**9:00 am-9:45 am** SAIL - Anatoly<br>**9:00am-12:00pm** Meet the nurses Blood Pressure Monitoring Health or Nutrition Lecture<br>**10:00 am-10:45 am** Zumba- Lisa<br>**10:00 am-11:00 am**<br>Computer with Anatoly<br>**10:00 am - 4:00 pm** TECH 101<br>**11:00 am-12:00 pm**<br>ESL Intermediate with Larisa<br>**11:00 am-12:00 pm**<br>Crochet Club with Krystyna<br>**11:30 am- 12:30 pm**<br>**The Art of Calm with Sofya library**<br>**12:00 pm-2:00 pm**<br>"Dance with Us" - Irina<br>**2:00 pm-4:00 pm**<br>Device Technical Support with Alexander<br>**2:15 pm-3:30 pm**<br>ESL Elementary with Lana<br>**3:45 pm-4:45 pm**<br>Table Games | **21**<br>**9:00 am TRIP. Bronx Zoo**<br>**9:00 am-10:00 am** Yoga with Lena<br>**10:00 am-11:00 am**<br>Latin Dance with Valerii<br>**10:00 am-4:00 pm** TECH 101<br>**11:00 am-12:00 pm**<br>Exercise Class with Iouri<br>**1:00 pm-2:00 pm** ESL with Irina<br>**2:00 pm-4:00 pm** Notary Public Services with Jolanta Room #4<br>**2:00 pm-4:00 pm**<br>Device Technical Support with Alexandr<br>**2:00pm-4:00pm NEW Art Class Fine Art with Roza Vilk (twice a month)**<br>**2:15 pm-3:30 pm**<br>ESL Elementary with Lana<br>**3:00 pm-5:00 pm**<br>Tango Social Club<br>**3:45 pm-4:45 pm**<br>Table Games | **22**<br>**9:00 am-9:45 am** SAIL -Anatoly<br>**10:00 am-10:45 am** Zumba- Lisa<br>**10:00 am-11:00 am**<br>Computer with Anatoly<br>**10:00 am-4:00 pm** TECH 101<br>**10:00 am-12:00 pm**<br>Book Club with Zoya<br>**11:00 am-12:00 pm Mindful Art Workshop Mandala Coloring with Sofya**<br>**12:00 pm-1:00 pm Art Mosaic Discussion Club by Experienced tour guide Galina Opera Theater History & Architecture. World Opera Day**<br>**1:00pm-2:00pm Concert Dedicated to World Opera Day Special Guests :Choir "Warbasse Warblers" Choir Director Tamara Volskaya**<br>**2:00 pm-4:00 pm**<br>Device Technical Support with Alexander<br>**3:00pm-5:00pm NEW! Collectors Club (Numismatists, stamps, badges) with Gennady Kirovskiy**<br>**3:45 pm-4:45 pm**<br>Table Games | **23**<br>**9:15 am-10:15 am**<br>Exercise with Mike<br>**9:00am-12:00pm**<br>Meet the nurses<br>**10:00 am - 4:00 pm**<br>TECH 101-Tablets Free Time<br>**10:30 am-11:15 am**<br>Dance Class with Angela<br>**11:45 am-12:45 pm**<br>Exercise Class with Iouri<br>**10:30 am-12:00 pm**<br>ESL advanced with Yelena<br>**1:00 pm-2:00 pm**<br>Spirituality Hour with Rabbi Barry Melman<br>**2:00 pm-4:00 pm**<br>Device Technical Support<br>**2:15 pm-3:45 pm**<br>Art Culture & World Tradition with Lana<br>**3:45 pm-4:45pm**<br>Table Games |

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **26**<br>**9:15 am-10:15 am**<br>Exercise with Mike<br>**9:30am-12:00pm**<br>Meet the nurses<br>Blood Pressure Monitoring<br>Health or Nutrition Lecture<br>**10:00 am -12:00 pm**<br>**Classical Art Class -New Teacher Larysa Nestserava**<br>**10:00 am - 4:00 pm**<br>TECH 101-Tablets Free Time Library<br>**10:30 am-11:15 am**<br>Dance Class with Angela<br>**11:30 am-12:30 pm**<br>Soul Workout (Rus) Discussion Club with Galina<br>**2:00 pm-4:00 pm**<br>Device Technical Support with Alexander<br>**3:00 pm-4:45 pm**<br>Table Games | **27**<br>**9:00 am-9:45 am** SAIL -Anatoly<br>**9:00am-12:00pm**<br>Meet the nurses<br>Blood Pressure Monitoring<br>Health or Nutrition Lecture<br>**10:00 am-10:45 am** Zumba- Lisa<br>**10:00 am-11:00 am**<br>Computer with Anatoly<br>**10:00 am - 4:00 pm** TECH 101<br>**11:00 am-12:00 pm**<br>ESL Intermediate with Larisa<br>**11:00 am-12:00 pm**<br>Crochet Club with Krystyna<br>**11:30 am- 12:30 pm**<br>**The Art of Calm with Sofya library**<br>**12:00 am- 1:00 pm (Library)**<br>**World Greatest Pianist V. Horowitz**<br>**Lecture by Tatyana Gelfand (RUS)**<br>**12:00 pm-2:00 pm**<br>"Dance with Us" - Irina<br>**2:00 pm-4:00 pm**<br>Device Technical Support<br>**2:15 pm-3:30 pm**<br>ESL Elementary with Lana<br>**3:45 pm-4:45 pm**<br>Table Games | **28**<br>**9:00 am-10:00 am** Yoga with Lena<br>**10:00 am-11:00 am**<br>Latin Dance with Valerii<br>**10:00 am-4:00 pm** TECH 101<br>**11:00 am-12:00 pm**<br>Exercise Class with Iouri<br>**11:00 am-12:00 pm**<br>**Life in Lines -Literary Club. Story & Discussion with Tatiana Maltseva**<br>**1:00 pm-2:00 pm** ESL with Irina<br>**2:00 pm-4:00 pm**<br>Notary Public Services with Jolanta Room #4<br>**2:00pm-4:00pm**<br>Device Technical Support with Alexander<br>**2:15 pm-3:30 pm**<br>ESL Elementary with Lana<br>**3:00pm-5:00pm**<br>Tango Social Club<br>**3:45 pm-4:45 pm**<br>Table Games | **29**<br>**9:00 am-9:45 am** SAIL -Anatoly<br>**10:00 am-10:45 am** Zumba- Lisa<br>**10:00 am-11:00 am**<br>Computer with Anatoly<br>**10:00 am-4:00 pm**<br>TECH 101-Tablets Free Time Library with Alexandr<br>**10:00 am-12:00 pm**<br>Book Club with Zoya<br>**12:00 pm-1:00 pm**<br>Art Mosaic Discussion Club by Experienced tour guide Galina<br>**2:00 pm-4:00 pm**<br>Device Technical Support with Alexander<br>**2:45 pm-3:45pm**<br>Cognitive Games with Lana<br>**3:00pm-5:00pm NEW! Collectors Club (Numismatists, stamps, badges) with Gennady Kirovskiy**<br>**3:45 pm-4:45pm**<br>Table Games | **30**<br>**9:15 am-10:15 am**<br>Exercise with Mike<br>**9:00am-12:00pm**<br>Meet the nurses<br>Blood Pressure Monitoring<br>Health or Nutrition Lecture<br>**10:00 am - 4:00 pm**<br>TECH 101-Tablets Free Time<br>**10:30 am-11:15 am**<br>**Dance Class with Angela**<br>**Costume Dance Party**<br>**Halloween. Fun event**<br>**11:45 am-12:45 pm**<br>Exercise Class with Iouri<br>**10:30 am-12:00 pm**<br>ESL advanced with Yelena<br>**1:00 pm-2:00 pm**<br>Spirituality Hour with Rabbi Barry Melman<br>**2:00 pm-4:00 pm**<br>Device Technical Support<br>**2:15 pm-3:45 pm**<br>Art Culture & World Tradition with Lana<br>**3:45 pm-4:45pm**<br>Table Games |

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# JASA Senior Alliance Older Adult Center

**Phone Number (718) 646-4100**

**161 Corbin Place, Brooklyn, NY, 11235**

## OCTOBER 2026 Kosher Lunch Menu 11:00am-2:00pm

Menu subject to change depending on food availability

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| ***ALL MEALS ARE SUBJECT TO CHANGE** | | | **1**<br>BEEF POT ROAST<br>MASHED SWEET POTATOES<br>COLESLAW<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK | **2**<br>HAWAIIAN CHICKEN<br>POTATO SOUFFLE<br>STEAMED CARROTS<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK |
| **5**<br>INDIVIDUAL CHICKEN POT PIE OR BREADED FISH<br>TOSSED SALAD WITH CHICKPEAS<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK | **6**<br>SWEET AND SOUR BEEF MEATBALLS<br>TOASTED ACINI DE PEPE<br>SPINACH SOUFFLE<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK | **7 VEGAN**<br>AROMATIC LENTIL STEW WITH CARROTS AND TURNIPS<br>BROWN RICE<br>STEAMED BROCCOLI<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK | **8**<br>TERIYAKI BAKED FISH OR BBQ CHICKEN<br>SPRINGTIME FRIED RICE<br>STEAMED GREEN BEANS<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK | **9**<br>ROASTED CHICKEN OR TURKEY BURGER<br>CARROT TZIMMES<br>POTATO PANCAKE<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK |

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| Monday | Tuesday | Wednesday | Thursday | Friday |
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| **12**<br>FISH FRANCAISE OR POTATO PIEROGI<br>MASHED POTATOES<br>GREEN BEAN SALAD<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK | **13 VEGAN**<br>WHOLE WHEAT BEAN BURRITO OR EGGPLANT ROLLATINI<br>BROWN RICE<br>GARDEN SALAD<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK | **14**<br>STUFFED CABBAGE WITH BEEF OR MEATBALLS<br>STEAMED CARROTS<br>WHITE RICE<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK | **15**<br>SHEPHERD'S PIE WITH TURKEY<br>BEETS AND ONION SALAD<br>CHICKPEAS<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK | **16**<br>GRILLED CHICKEN BREAST OR BREADED CHICKEN PATTY<br>PASTA PRIMAVERA<br>HEALTH SLAW<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK |
| **19**<br>BEEF HAMBURGER OR BREADED FISH<br>COLESLAW<br>ROASTED SPICED RED POTATOES<br>WHOLE WHEAT HAMBURGER BUN<br>FRUIT<br>MILK | **20**<br>NO NOODLE CHICKEN CHOW MEIN<br>FRIED BROWN RICE<br>VEGETABLE MIX<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK | **21**<br>BAKED SALMON<br>RICE PILAF<br>ISRAELI SALAD<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK | **22 VEGAN**<br>MEATY VEGETARIAN MOUSSAKA<br>BEET SALAD<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK | **23**<br>CHICKEN PAPRIKASH OR BAKED FISH<br>SPICED MAJADRA ( MIDDLE EASTERN BROWN RICE LENTILT AND CARAMELIZED ONION<br>CARROT SALAD<br>FRUIT<br>MILK |
| **26**<br>TURKEY MEATBALLS<br>PASTA<br>SAUTEED SPINACH<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK | **27**<br>BAKED BREADED FISH OR CHICKEN PATTY<br>RICE PILAF<br>BROCCOLI SOUFFLE<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK | **28 VEGAN**<br>VEGETARIAN BEAN CHILLI OR EGG PLANT ROLLATINI<br>BROWN RICE<br>STEAMED GREEN BEANS<br>YELLOW CORN TORTILLAS<br>FRUIT<br>MILK | **29**<br>INDIVIDUAL CHICKEN POT PIE<br>TOSSED SALAD WITH CHEAKPEAS<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK | **30**<br>BROWN GRAVY ROASTED CHICKEN<br>PLAIN POTATO PIEROGI<br>STEAMED CARROTS<br>WHOLE WHEAT BREAD<br>FRUIT<br>MILK |

*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

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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.

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

# 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*

**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 |

## OCTOBER 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 |
| **New! Monday, Tuesday, Friday** 9:30am-12:00pm | Meet the Nurses. Blood Pressure Monitoring and Health/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) starts Oct 7, 2026 |
| **New! Thursday** 3:00pm-5:00pm | Collectors Club (Numismatists, stamps, badges) with Gennady Kirovskiy |
| **NEW! Monday (Once a month)** 1:00pm-2:00pm | Sharing Reflections (Library) Join, remember and share your life experience. Meet new friends & have fun! **OCT 19** |

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| **OCT 2** 10:00am-11:00am | Meet the Nurses. Meet & Treat. Benefits of Coffee Nutrition Lecture |
| **OCT 2** 1:00 pm-2:00 pm | Spirituality Hour with Rabbi Barry Melman. Wishing you a joyful Sukkot |
| **OCT 5 & OCT 6** | **FOOD PACKAGES DISTRIBUTION** |
| **OCT 8** 10:00am-10:45am | Zumba with Lisa themed Class - Zumba Fitness Carnival Rio De Janeiro - Hispanic Heritage Month |
| **OCT 12** 2:00 pm-3:00 pm | Indigenous Peoples' Day Celebration Movie & Popcorn Dining Room Big Screen |
| **OCT 12** 2:00 pm-3:30 pm | Poetry Club with Yelena Silver Russian Poetry Lovers Meeting. Let's talk about our favorite poets and writers (Russian) |
| **OCT 14** 12:00 pm-1:00 pm | Health Lecture. Depression & Anxiety by Wislin Milsam (Dining room Eng/ Spanish) |
| **OCT 15** 10:00am | TRIP Shopping Tour - Staten Island Mall |
| **OCT 15** 10:45 am-12:00 pm | Cooking Class with Anna Nemerovsky- Author of Culinary Book (Healthy Recipes) |
| **OCT 16** 9:30 am -10:30 am | Breast Cancer Awareness Month Health Lecture with Anna Banar |
| **OCT 16** 10:30 am-11:15 am | Dance Class with Angela Dance for a Cure- with pink fans (wear pink) Breast Cancer Awareness Month |
| **OCT 19** 9:30am-12:00pm | Apple Harvest Festival Series : Meet the Nurses Health Lecture Oral Health + Giveaway.Nutrition Lecture Apple Cider Benefits |
| **OCT 19** 10:00 am -12:00 pm | Apple Harvest Festival Series : Classical Art Class -New Teacher Larysa Nestserava "Apples in Art" Workshop |
| **OCT 19** 11:30 am-12:30 pm | Apple Harvest Festival Series : Soul Workout (Rus) Discussion Club with Galina New York" Big Apple" Calm Mind -New York Drive |
| **OCT 19** 2:00 pm-3:00 pm | Apple Harvest Festival Series : Karaoke Party Songs about Apples (English, Russian Spanish, Ukrainian other languages) with Alexander Li |
| **OCT 19** 1:00 pm-2:00 pm | NEW! SHARING REFLECTIONS PROGRAM Join, remember and share your life experience. Meet new friends & have fun! |
| **OCT 21** 9:00am | TRIP. Bronx Zoo |
| **OCT 22** 11:00 am-12:00 pm | Mindful Art Workshop Mandala Coloring with Sofya |

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| **OCT 22** | 12:00 pm-1:00 pm | Art Mosaic Discussion Club by Experienced tour guide Galina Opera Theater History & Architecture. World Opera Day |
| **OCT 22** | 1:00pm-2:00pm | Concert dedicated to World Opera Day. Special Guests : Choir "Warbasse Warblers" Choir Director Tamara Volskaya |
| **OCT 27** | 12:00 pm-1:00 pm | World Greatest Pianist V. Horowitz Lecture by Tatyana Gelfand (RUS) (Library) |
| **OCT 28** | 11:00 am-12:00 pm | Life in Lines -Literary Club. Story & Discussion with Tatiana Maltseva |
| **OCT 30** | 10:30 am-11:15 am | Dance Class with Angela. Costume Dance Party - Halloween. Fun Event |

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