

MAY 2023 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:15am -10:45am Hybrid Yoga with Lena 9:30am-10:30am Silver Sneaker with Mike 10:00am -11:00am Current Events Discussion 10:00am - 4:00pm Tablets Free Time Library 10:45am-11:30am Dance Class with Angela 12:30pm- 2:00pm ESL Class with Irina 1:00pm-4:00pm Tea Talk</p> 	<p>2 9am-10am Hybrid SAIL with Anatoly 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computer with Anatoly 10:00am - 4:00pm Tablets Free Time Library 10:45am-11:45am Exercise Class w/louri 11:00am-12:30pm “Ladies Pearl Club” 11:00am-12:00pm Crochet Club 12:00pm-1:00pm Blood Pressure Monitoring 12:00pm-2:00pm “Dance with Us” with Irina 1:30pm- 2:30pm ESL for Beginners</p> 	<p>3 9:15am -10:45am Hybrid Yoga with Lena 10:00am -12:00pm Classic Art Class - Tatiana 10:00am -12:00pm Numismatic Coin Club 10:00am -12:00pm HEALTH LECTURE & HERBAL TEA PARTY</p>  <p>10:00am - 4:00pm Tablets Free Time Library 12:30pm -2:00pm ESL Class with Irina 12:30pm-1:30pm Cognitive Games with Svetlana 2:00pm-3:00pm Russian for Beginners for English speaking (Library)</p>	<p>4 9am-10am Hybrid SAIL with Anatoly 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computers with Anatoly 10:00am - 4:00pm Tablets Free Time Library 10:00am-12:00pm Book Club -Library Zoya 11:00am-12:00pm Hybrid Line dancing with Anatoly 12:00pm- 2:00pm “Dance with Us” Irina CINCO DE MAYA DANCES & REFRESHMENTS</p>  <p>12:00pm-1:00pm Blood Pressure Monitoring 2:00pm-3:00pm Virtual World City Tours – Anatoly 2:00pm-3:00pm Lecture Art & World Culture Rus</p>	<p>5 9:30am-10:30am Chair exercise with Mike 10:00am -11:00am Current Events Discussion Club 10:45am-11:30am Dance Class with Angela 11:00am-12:00pm Virtual Dance Class Arkady 11:00am-12:30pm Ladies Pearl Club 11:00am-12:00pm Lecture Jewish Heritage & Tradition (for Russian speaking) Art room Lag BaOmer 11:30am-1:00pm Virtual Technology with Marina 11:45am-12:45pm Exercise Class with Iouri</p>  <p>12:30pm-2:00pm ESL Class with Yelena advanced 1:00pm-2:00pm Spirituality - Rabbi Barry Melman 1:00pm-4:00pm Tea Talk</p>
<p>8 9:15am -10:45am Hybrid Yoga with Lena 9:30am-10:30am Silver Sneaker with Mike 10:00am -11:00am Current Events Discussion 10:00am - 4:00pm Tablets Free Time Library 10:45am-11:30am Dance Class with Angela 11:30am-12:30pm Singing actors Lecture 12:30pm- 2:00pm ESL Class with Irina 1:00pm-4:00pm Tea Talk</p> 	<p>9 9am-10am Hybrid SAIL with Anatoly 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computer with Anatoly 10:00am - 4:00pm Tablets Free Time Library 10:45am-11:45am Exercise Class w/louri 11:00am-12:30pm “Ladies Pearl Club” 11:00am-12:00pm Crochet Club 11:00am-2:00pm FOOD PACKAGES 12:00pm-1:00pm Blood Pressure Monitoring 12:00pm-2:00pm “Dance with Us” with Irina 1:30pm- 2:30pm ESL for Beginners</p>	<p>10 9:15am -10:45am Hybrid Yoga with Lena 10:00am -12:00pm Classic Art Class – Tatiana 10:00am -12:00pm Numismatic Coin Club 10:00am - 4:00pm Tablets Free Time Library 11:00am-2:00pm FOOD PACKAGES 11:00am -12:00pm Virtual Cooking Live with NYC Aging - PINEAPPLE ZUCCHINI CAKE - ZOOM 12:30pm -2:00pm ESL Class with Irina 12:30pm-1:30pm Cognitive Games with Svetlana 2:00pm-3:00pm Russian for Beginners</p>	<p>11 9am-10am Hybrid SAIL with Anatoly 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computers with Anatoly 10:00am - 4:00pm Tablets Free Time Library 10:00am-12:00pm Book Club -Library Zoya 11:00am-12:00pm Hybrid Line dancing with Anatoly 12:00pm- 2:00pm “Dance with Us” Irina 12:00pm-1:00pm Blood Pressure Monitoring 2:00pm-3:00pm Virtual World City Tours – Anatoly 2:00pm-3:00pm Lecture American History & Culture for Russian speaking</p>	<p>12 9:30am-10:30am Chair exercise with Mike 10:00am -11:00am Current Events Discussion Club 10:45am-11:30am Dance Class with Angela 11:00am-12:00pm Virtual Dance Class Arkady 11:00am-12:30pm Ladies Pearl Club 11:00am-12:00pm Lecture Jewish Heritage & Tradition (for Russian speaking) Art room 11:45am-12:45pm Exercise Class with Iouri 12:30pm-2:00pm ESL Class with Yelena advanced 1:00pm-2:00pm Spirituality - Rabbi Barry Melman 1:00pm-4:00pm Tea Talk</p>
<p>15 9:15am -10:45am Hybrid Yoga with Lena 9:30am-10:30am Silver Sneaker with Mike 10:00am -11:00am Current Events Discussion 10:00am - 4:00pm Tablets Free Time Library 10:45am-11:30am Dance Class with Angela 11:30am-12:30pm ICE- CREAM PARTY</p>  <p>12:30pm- 2:00pm ESL Class with Irina 1:00pm-4:00pm Tea Talk 2:00pm-3:00pm Lecture Lifestyle of Different Cultures Library (English/Russian)</p>	<p>16 9am-10am Hybrid SAIL with Anatoly 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computer with Anatoly 10:00am - 4:00pm Tablets Free Time Library 10:45am-11:45am Exercise Class w/louri 11:00am-12:30pm “Ladies Pearl Club” 11:00am-12:00pm Crochet Club 12:00pm-1:00pm Blood Pressure Monitoring 12:00pm-2:00pm “Dance with Us” with Irina 1:30pm- 2:30pm ESL for Beginners</p>	<p>17 9:15am -10:45am Hybrid Yoga with Lena 9:30am TRIP TO STATEN ISLAND MALL</p>  <p>10:00am -12:00pm Classic Art Class – Tatiana 10:00am -12:00pm Numismatic Coin Club 10:00am - 4:00pm Tablets Free Time Library 12:30pm -2:00pm ESL Class with Irina 12:30pm-1:30pm Cognitive Games with Svetlana 2:00pm-3:00pm Russian for Beginners for English speaking (Library)</p>	<p>18 9am-10am Hybrid SAIL with Anatoly 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computers with Anatoly 10:00am - 4:00pm Tablets Free Time Library 10:00am-12:00pm Book Club -Library Zoya 11:00am-12:00pm Hybrid Line dancing with Anatoly 12:00pm- 2:00pm “Dance with Us” Irina 12:00pm-1:30pm ESL-MID with Lyuba 12:00pm-1:00pm Blood Pressure Monitoring 2:00pm-3:00pm Virtual World City Tours – Anatoly 2:00pm-3:00pm Lecture Art & World Culture Russian</p>	<p>19 9:30am-10:30am Chair exercise with Mike 10:00am -11:00am Current Events Discussion Club 10:45am-11:30am Dance Class with Angela 11:00am-12:00pm Virtual Dance Class Arkady 11:00am-12:30pm Ladies Pearl Club 11:00am-12:00pm Lecture Jewish Heritage & Tradition (for Russian speaking) Art room Jerusalem Day 11:30am-1:00pm Virtual Technology with Marina 11:45am-12:45pm Exercise Class with Iouri 12:30pm-2:00pm ESL Class with Yelena advanced 1:00pm-2:00pm Spirituality - Rabbi Barry Melman 1:00pm-4:00pm Tea Talk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22 9:15am -10:45am Hybrid Yoga with Lena 9:30am-10:30am Silver Sneaker with Mike 10:00am -11:00am Current Events Discussion 10:00am - 4:00pm Tablets Free Time Library 11:30am-12:30pm Karaoke 10:45am-11:30am Dance Class with Angela 12:30pm- 2:00pm ESL Class with Irina 1:00pm-4:00pm Tea Talk</p>	<p>23 9am-10am Hybrid SAIL with Anatoly Stay Active & Independent for Life-Fall Prevention Exercises 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computer with Anatoly 10:00am - 4:00pm Tablets Free Time Library 10:45am-11:45am Exercise Class w/louri 11:00am-12:30pm “Ladies Pearl Club” 11:00am-12:00pm Virtual Nutrition Lecture via ZOOM Tips For Eating Well Your Age 11:00am-12:00pm Crochet Club 12:00pm-1:00pm Blood Pressure Monitoring 12:00pm-2:00pm “Dance with Us” with Irina 1:30pm- 2:30pm ESL for Beginners</p>	<p>24 9:15am -10:45am Hybrid Yoga with Lena 10:00am -12:00pm Classic Art Class – Tatiana</p>  <p>10:00am -12:00pm Numismatic Coin Club 10:00am - 4:00pm Tablets Free Time Library 12:30pm-2:00pm ESL Class with Irina 12:30pm-1:30pm Cognitive Games with Svetlana 2:00pm-3:00pm Russian for Beginners for English speaking (Library)</p>	<p>25 9am-10am Hybrid SAIL with Anatoly Stay Active & Independent for Life-Fall Prevention Exercises 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computers with Anatoly 10:00am - 4:00pm Tablets Free Time Library 10:00am-12:00pm Book Club -Library Zoya 11:00am-12:00pm Hybrid Line dancing with Anatoly 12:00pm- 2:00pm “Dance with Us” Irina 12:00pm-1:00pm Blood Pressure Monitoring 12:00pm-1:30pm ESL-MID with Lyuba 2:00pm-3:00pm Virtual World City Tours – Anatoly 2:00pm-3:00pm Lecture American History & Culture for Russian speaking</p>	<p>26 9:30am-10:30am Chair exercise with Mike 10:00am -11:00am Current Events Discussion Club 10:45am-11:30am Dance Class with Angela 11:00am-12:00pm Virtual Dance Class Arkady 11:00am-12:30pm Ladies Pearl Club 11:00am-12:00pm Lecture Jewish Heritage & Tradition (for Russian speaking) Art room First Day of SHAVUOT 11:30am-1:00pm Virtual Technology with Marina 11:45am-12:45pm Exercise Class with Iouri 12:30pm-2:00pm ESL Class with Yelena advanced 1:00pm-2:00pm Spirituality - Rabbi Barry Melman 1:00pm-4:00pm Tea Talk</p>
<p>29 CENTER IS CLOSED HAPPY MEMORIAL DAY !</p>  <p>IN HONOR OF OUR HEROES</p>	<p>30 9am-10am Hybrid SAIL with Anatoly Stay Active & Independent for Life-Fall Prevention Exercises 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computer with Anatoly 10:00am - 4:00pm Tablets Free Time Library 10:45am-11:45am Exercise Class w/louri 11:00am-12:30pm “Ladies Pearl Club” 11:00am-12:00pm Crochet Club 12:00pm-12:30pm HAPPY MEMORIAL DAY CELEBRATE * HONOR * REMEMBER CAKE & TEA WILL BE SERVED</p>  <p>12:00pm-1:00pm Blood Pressure Monitoring 12:00pm-2:00pm “Dance with Us” with Irina 1:30pm- 2:30pm ESL for Beginners</p>	<p>31 9:15am -10:45am Hybrid Yoga with Lena 10:00am -12:00pm Classic Art Class – Tatiana</p> <p>PAINTING EXHIBITION</p>  <p>10:00am -12:00pm Numismatic Coin Club 10:00am - 4:00pm Tablets Free Time Library 12:30pm -2:00pm ESL Class with Irina 12:30pm-1:30pm Cognitive Games with Svetlana 2:00pm-3:00pm Russian for Beginners for English speaking (Library)</p>	 <p>Celebrate Older Americans Month With These Fun Activities</p>	 <p>Aging UNBOUND</p>



JASA SENIOR ALLIANCE OLDER ADULT CENTER

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NY, 11235

(718)646-4100

www.jasa.org

Hours

Open Daily Monday - Friday 9:00am -5:00pm

Daily Lunch

Daily Hot Kosher Lunch -(Monday-Friday)

11:00 AM - 2:00 PM- Dining room

Staff:

Program Director: [Anna Bella](#)

Assistant Director: [Diana Vinnitsky](#)

Social Worker: [Natalya Koverzneva](#)

Program Coordinator: [Jolanta Tomaszewski](#)

Program Coordinator: [Oksana Anistratenko](#)



