



**Brookdale Village Older Adult Center**  
**(718) 471-3200**  
**131 Beach 19<sup>th</sup> Street, Far Rockaway, NY 11691**  
**April 2026 Activities Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Calendar is subject to change</p>		<p><b>1</b></p> <ul style="list-style-type: none"> <li>● 10:00am- 3:30pm- (In Person)- <b>Puzzle Time</b> - Dining Room</li> <li>● 10:00am-4:00pm (In Person) <b>Billiards -Pool Room;</b></li> <li>● 12:00pm (In Person)- <b>Computer LAB;</b></li> <li>● 1:00pm- (In Person) - <b>ZUMBA GOLD WITH CYNTHIA</b> – Dining room;</li> <li>● 2:00pm- (In Person) <b>Library;</b></li> </ul>	<p><b>2</b></p> <p style="text-align: center;"><b>JASA CLOSED</b></p>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>● 9:30am- (In Person) - <b>WALKING CLUB WITH RACHEL</b>- Dining room;</li> <li>● 10:00am- 3:30pm- (In Person)- <b>Puzzle Time</b> - Dining Room</li> <li>● 10:00am-11:00am (In Person)- <b>Technology Lab Computers with Seva</b>- Computer Room;</li> <li>● 11:00am-12:00pm (In Person)- <b>Technology Lab Computers with Seva</b>- Computer Room;</li> <li>● 10:00am (In Person) <b>Crocheting class with Joyce</b> – Dining room;</li> <li>● 11:00am- (In Person) - <b>HealthFirst presentation- Dining Room</b></li> <li>● 10:00am-4:00pm (In Person) <b>Billiards -Pool Room- LADIES ONLY</b></li> <li>● 2:00pm- (In Person) <b>Library;</b></li> </ul>

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- 10:00am - (In Person) **Movie Matinee**- Dining Rm;
- 10:00am- 3:30pm- (In Person)- **Puzzle Time** - Dining Room
- 10:00am - (In Person) **ESL CLASS with Evelyn** - Dining Rm;
- 10am – (In Person) - **Billiards** - Pool Rm;
- 12:00pm (In Person)- **Computer LAB**;
- 2:00pm- (In Person) - **Library**;

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- **10:40am- Bowling**
- 10:00am- (In Person) **Billiards** -Pool Room;
- 10:00am- 3:30pm- (In Person)- **Puzzle Time** - Dining Room
- 1:00pm- (In Person) - **CHAIR YOGA WITH CYNTHIA**– Dining room;
- 2:00pm- (In Person) **Library**;
- 2:00pm- (In Person)- **Ceramics Class**;
- 2:00pm- (In Person) – **LINE DANCE WITH ANATOLY**- Pool Room;
- 1:00pm-2:15pm (In Person)- **OATS Technology- Spanish - Exploring Smartphone Apps** - Computer Room;
- 3:00pm- (In Person) – **Computer class Intermediate level**;
- 3:45pm-- (In Person) – **Technology Class**

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- **8:30am- DMV**
- 10:00am-4:00pm (In Person) **Billiards -Pool Room**;
- 10:00am- 3:30pm- (In Person)- **Puzzle Time** - Dining Room
- 10:00am - (In Person)- **Get your blood pressure checked** – Dining room;
- 12:00pm - (In Person) **Art Movie**- Dining Rm;
- 12:00pm (In Person)- **Computer LAB**;
- 1:00pm- (In Person) - **ZUMBA GOLD WITH CYNTHIA** – Dining room;
- 2:00pm- (In Person) **Library**;

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- **9:30am- Stop & Shop**
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10:00am- 3:30pm- (In Person)- **Puzzle Time** - Dining Room
- 10am – (In Person) **Billiards**- Pool Rm;
- 10:30am-12pm- (In person)- **Ailey Dance**- Dining Room/Pool Room
- 12:00pm (In Person)- **Computer LAB**;
- 1:00pm- (In Person) - **CHAKRA DANCE WITH CYNTHIA**– Dining room;
- 2:00pm- (In Person) **Library**;
- 1:00pm-2:15pm (In Person)- **OATS Technology- Spanish - Exploring Smartphone Apps** - Computer Room;

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- **10:30am- Bank Trip**
- 9:30am- (In Person) - **WALKING CLUB WITH RACHEL**- Dining room;
- 10:00am- 3:30pm- (In Person)- **Puzzle Time** - Dining Room
- 10:00am-11:00am (In Person)- **Technology Lab Computers with Seva**- Computer Room;
- 11:00am-12:00pm (In Person)- **Technology Lab Computers with Seva**- Computer Room;
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10:00am-4:00pm (In Person) **Billiards -Pool Room- LADIES ONLY**
- 2:00pm- (In Person) **Library**;

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- **10am- IKEA**
- 10:00am - (In Person) **Movie Matinee**- Dining Rm;
- 10:00am- 3:30pm- (In Person)- **Puzzle Time** - Dining Room
- 10:00am - (In Person) **ESL CLASS with Evelyn** - Dining Rm;
- 10am – (In Person) - **Billiards** - Pool Rm;
- 12:00pm (In Person)- **Computer LAB**;
- 2:00pm- (In Person) - **Library**;

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- **10:30am- Movies & Lunch**
- 10:00am- (In Person) **Billiards** -Pool Room;
- 10:00am- 3:30pm- (In Person)- **Puzzle Time** - Dining Room
- 1:00pm- (In Person) - **CHAIR YOGA WITH CYNTHIA**– Dining room;
- 1:00pm-2:15pm (In Person)- **OATS Technology- Spanish - Exploring Smartphone Apps** - Computer Room;
- 2:00pm- (In Person) **Library**;
- 2:00pm- (In Person)- **Ceramics Class**;
- 2:00pm- (In Person) – **LINE DANCE WITH ANATOLY**- Pool Room;
- 3:00pm- (In Person) – **Computer class Intermediate level**;
- 3:45pm-- (In Person) – **Technology Class**

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- Person)- **Puzzle Time** - Dining Room
- 10:00am-4:00pm (In Person) **Billiards -Pool Room**;
- 12:00pm (In Person)- **Computer LAB**;
- 1:00pm- (In Person) - **ZUMBA GOLD WITH CYNTHIA** – Dining room
- 2:00pm- (In Person) **Library**;

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- **9:45am-Costco**
- 10:00am - (In Person) **Art Movie**- Dining Rm;
- 10:00am- 3:30pm- (In Person)- **Puzzle Time** - Dining Room
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10am – (In Person) **Billiards**- Pool Rm;
- 10:30am-12pm- (In person)- **Ailey Dance**- Dining Room/Pool Room
- 11:00am- (In Person)- **Health Discussions**- Dining Room;
- 12:00pm- **(In Person) Boardwalk Talks with Robbie (Love & Loss) - OHEL** Engagement Group- Dining Room;
- 12:00pm (In Person)- **Computer LAB**;
- 1:00pm- (In Person) - **CHAKRA DANCE WITH CYNTHIA**– Dining room;
- 2:00pm- (In Person) **Library**;

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- **10:30am- Burlington & Target**
- 9:30am- (In Person) - **WALKING CLUB WITH RACHEL**- Dining room;
- 10:00am- 3:30pm- (In Person)- **Puzzle Time** - Dining Room
- 10:00am-11:00am (In Person)- **Technology Lab Computers with Seva**- Computer Room;
- 11:00am-12:00pm (In Person)- **Technology Lab Computers with Seva**- Computer Room;
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10:00am-4:00pm (In Person) **Billiards -Pool Room- LADIES ONLY**
- 12:00pm- (In Person)- **KOSHER RULES**- Educational Presentation
- 2:00pm- (In Person) **Library**;

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- **10:30am- Sammy's Restaurant**
- 10:00am - (In Person) **Movie Matinee**- Dining Rm;
- 10:00am- 3:30pm- (In Person)- **Puzzle Time** - Dining Room
- 10:00am - (In Person) **ESL CLASS with Evelyn** - Dining Rm;
- 10am – (In Person) - **Billiards** - Pool Rm;
- 12:00pm (In Person)- **Computer LAB**;
- 2:00pm- (In Person) - **Library**;

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- **10:40am- Bowling**
- 10:00am- (In Person) **Billiards** -Pool Room;
- 10:00am- 3:30pm- (In Person)- **Puzzle Time** - Dining Room
- 1:00pm- (In Person) - **CHAIR YOGA WITH CYNTHIA**– Dining room;
- 1:00pm-2:15pm (In Person)- **OATS Technology- Spanish - Exploring Smartphone Apps** - Computer Room;
- 2:00pm- (In Person) **Library**;
- 2:00pm- (In Person)- **Ceramics Class**;
- 2:00pm- (In Person) – **LINE DANCE WITH ANATOLY**- Pool Room;
- 3:00pm- (In Person) – **Computer class Intermediate level**;
- 3:45pm-- (In Person) – **Technology Class**

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- 10:00am-4:00pm (In Person) **Billiards -Pool Room**;
- 10:00am - (In Person)- **Get your blood pressure checked** – Dining room;
- 10:00am- 3:30pm- (In Person)- **Puzzle Time** - Dining Room
- 12:00pm (In Person)- **Computer LAB**;
- 1:00pm- (In Person) - **ZUMBA GOLD WITH CYNTHIA** – Dining room
- 2:00pm- (In Person) **Library**;

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- 10:00am - (In Person) **Art Movie**- Dining Rm;
- 10:00am- 3:30pm- (In Person)- **Puzzle Time** - Dining Room
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10am – (In Person) **Billiards**- Pool Rm;
- 10:30am-12pm- (In person)- **Ailey Dance**- Dining Room/Pool Room
- 11:00am- (In Person)- **Health Discussions**- Dining Room;
- 12:00pm- **(In Person) Boardwalk Talks with Robbie (Stop Abuse and Say No to Scams)** - OHEL Engagement Group- Dining Room;
- 12:00pm (In Person)- **Computer LAB**;
- 1:00pm-2:15pm (In Person)- **OATS Technology- Spanish - Exploring Smartphone Apps** - Computer Room;

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- **9:00am- Brighton Beach**
- 9:30am- (In Person) - **WALKING CLUB WITH RACHEL**- Dining room;
- 10:00am- 3:30pm- (In Person)- **Puzzle Time** - Dining Room
- 10:00am-11:00am (In Person)- **Technology Lab Computers with Seva**- Computer Room
- 11:00am-12:00pm (In Person)- **Technology Lab Computers with Seva**- Computer Room;
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10:00am-4:00pm (In Person) **Billiards -Pool Room- LADIES ONLY**
- 2:00pm- (In Person) **Library**;

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			<ul style="list-style-type: none"> <li>• 1:00pm- (In Person) - <b>CHAKRA DANCE WITH CYNTHIA</b>– Dining room;</li> <li>• 2:00pm- (In Person) <b>Library</b>;</li> </ul>	
<p>27</p> <ul style="list-style-type: none"> <li>• <b>10am- Green Acres Mall</b></li> <li>• 10:00am - (In Person) <b>Movie Matinee</b>- Dining Rm;</li> <li>• 10:00am- 3:30pm- (In Person)- <b>Puzzle Time</b> - Dining Room</li> <li>• 10:00am - (In Person) <b>ESL CLASS with Evelyn</b> - Dining Rm;</li> <li>• 10am – (In Person) - <b>Billiards</b> - Pool Rm;</li> <li>• 12:00pm (In Person)- <b>Computer LAB</b>;</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>• <b>9:30am-Trader Joes</b></li> <li>• 10:00am- (In Person) <b>Billiards</b> -Pool Room;</li> <li>• 10:00am- 3:30pm- (In Person)- <b>Puzzle Time</b> - Dining Room</li> <li>• 1:00pm- (In Person) - <b>CHAIR YOGA WITH CYNTHIA</b>– Dining room;</li> <li>• 1:00pm-2:15pm (In Person)- <b>OATS Technology- Spanish - Exploring Smartphone Apps</b> - Computer Room;</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>• 10:00am-4:00pm (In Person) <b>Billiards -Pool Room</b>;</li> <li>• 10:00am- 3:30pm- (In Person)- <b>Puzzle Time</b> - Dining Room</li> <li>• 11:00am- (In Person) <b>Nutrition Lecture- “NUTRITION AND ORAL HEALTH”</b>-Dining Room;</li> <li>• 12:00pm - (In Person) <b>Art Movie</b>- Dining Rm;</li> <li>• 12:00pm (In Person)- <b>Computer LAB</b>;</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>• <b>10am- Brooklyn Terminal</b></li> <li>• 10:00am - (In Person) <b>Art Movie</b>- Dining Rm;</li> <li>• 10:00am- 3:30pm- (In Person)- <b>Puzzle Time</b> - Dining Room</li> <li>• 10:00am (In Person) <b>Crocheting class with Joyce</b> – Dining room;</li> <li>• 10am – (In Person) <b>Billiards</b>- Pool Rm;</li> <li>• 10:30am-12pm- (In person)- <b>Ailey Dance</b>- Dining Room/Pool Room</li> </ul>	

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<ul style="list-style-type: none"> <li>● 2:00pm- (In Person) - <b>Library;</b></li> </ul>	<ul style="list-style-type: none"> <li>● 2:00pm- (In Person) <b>Library;</b></li> <li>● 2:00pm- (In Person)- <b>Ceramics Class;</b></li> <li>● 2:00pm- (In Person) – <b>LINE DANCE WITH ANATOLY-</b> Pool Room;</li> <li>● 3:00pm- (In Person) – <b>Computer class Intermediate level;</b></li> <li>● 3:45pm-- (In Person) – <b>Technology Class</b></li> </ul>	<ul style="list-style-type: none"> <li>● 1:00pm- (In Person) - <b>ZUMBA GOLD WITH CYNTHIA</b> – Dining room;</li> <li>● 2:00pm- (In Person) <b>Library;</b></li> </ul>	<ul style="list-style-type: none"> <li>● 11:00am- (In Person-) <b>Health Discussions-</b> Dining Room;</li> <li>● 12:00pm- (In Person) <b>“Senior Safety” Lecture- with 101st Precinct Crime Prevention Officer- New York City Police Department-</b>Dining;</li> <li>● 12:00pm (In Person)- <b>Computer LAB;</b></li> <li>● 1:00pm- (In Person) - <b>CHAKRA DANCE WITH CYNTHIA</b>– Dining room;</li> <li>● 2:00pm- (In Person) <b>Library;</b></li> </ul>	
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**Brookdale Village Older Adult Center**  
**Phone Number (718) 471-3200**  
**131 Beach 19<sup>th</sup> Street, Far Rockaway, NY 11691**  
**April 2026 Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <ul style="list-style-type: none"> <li>● Salmon Croquette</li> <li>● Side</li> <li>● Side</li> <li>● Low Fat Milk</li> <li>● Fruit</li> </ul>	<b>2</b> <p style="text-align: center;">JASA CLOSED</p>	<b>3</b> <ul style="list-style-type: none"> <li>● Roast Chicken</li> <li>● Side</li> <li>● Side</li> <li>● Low Fat Milk</li> <li>● Fruit</li> </ul>
<b>6</b> <ul style="list-style-type: none"> <li>● Omelet</li> <li>● Side</li> <li>● Side</li> <li>● Low Fat Milk</li> <li>● Fruit</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>● Baked Fish</li> <li>● Side</li> <li>● Side</li> <li>● Low Fat Milk</li> <li>● Fruit</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>● Turkey Burger</li> <li>● Side</li> <li>● Side</li> <li>● Low Fat Milk</li> <li>● Fruit</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>● Unstuffed Cabbage</li> <li>● Side</li> <li>● Side</li> <li>● Low Fat Milk</li> <li>● Fruit</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>● Chicken Breast</li> <li>● Side</li> <li>● Side</li> <li>● Low Fat Milk</li> <li>● Fruit</li> </ul>

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<p><b>13</b></p> <ul style="list-style-type: none"> <li>• Swedish Meatballs</li> <li>• Egg Noodles</li> <li>• Steamed Sliced Carrots</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> <li>• Fruit</li> <li>• Egg Salad</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>• Curry Chickpea Stew</li> <li>• Yellow Rice</li> <li>• Braised Red Cabbage</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> <li>• Fruit</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• Basic Shepherd Pie</li> <li>• Tossed Salad w/ Dressing</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> <li>• Fruit</li> <li>• Turkey Salad</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• Teriyaki Fish</li> <li>• Springtime Fried Rice</li> <li>• Steamed Green Beans</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> <li>• Fruit</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• Chicken Shawarma</li> <li>• Jeera Rice</li> <li>• Beets &amp; Onions</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> <li>• Fruit</li> <li>• Tuna Salad</li> </ul>
<p><b>20</b></p> <ul style="list-style-type: none"> <li>• Chicken Spaghetti</li> <li>• Tossed Salad w/ Dressing</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> <li>• Fruit</li> <li>• Egg Salad</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• Split Pea Soup</li> <li>• Chickpeas</li> <li>• Israeli Salad</li> <li>• Garlic Bread</li> <li>• Low Fat Milk</li> <li>• Fruit</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>• Stuffed cabbage</li> <li>• Kasha Varnishkas</li> <li>• Steamed Carrots</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> <li>• Fruit</li> <li>• Turkey Salad</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>• Fish Francaise</li> <li>• Mashed Potatoes</li> <li>• Cucumber Dill Salad</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> <li>• Fruit</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>• Hawaiian Chicken</li> <li>• Roasted Sweet potatoes</li> <li>• Capri Blend Vegetables</li> <li>• Challah Bread</li> <li>• 1% Low Fat Milk</li> <li>• Fruit</li> <li>• Tuna Salad</li> </ul>

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- Chicken Marsala
- White Rice
- Steamed Broccoli
- Whole Wheat Bread
- Low Fat Milk
- Fruit
- Egg Salad

28

- Meaty Vegetarian Moussaka
- Tossed Salad w/ Dressing
- Whole Wheat Bread
- Low Fat Milk
- Fruit

29

- Sweet & Sour Meatballs
- Egg Barley
- Spinach Souffle
- Whole Wheat Bread
- Low Fat Milk
- Fruit
- Turkey Salad

30

- Salmon Salad
- Orzo
- Beets & Onions
- Whole Wheat bread
- Low Fat Milk
- Fruit



**Brookdale Village Older Adult Center**  
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**(718) 471-3200**  
**www.jasa.org**

**Hours**

**Mondays - Fridays 8:30am - 4:30pm**  
**\*Closed for Federal and Jewish Holidays\***

**Daily Lunch**

**Daily Hot Kosher Lunch-(Monday-Friday)**  
**11:00 AM-1:00 PM- DINING ROOM**

**Brookdale Village Older Adult Center Staff**

**Program Director: Viktoriya Krugolets - [vkrugolets@jasa.org](mailto:vkrugolets@jasa.org)**  
**Assistant Program Director: Rachel Fields - [rfields2@jasa.org](mailto:rfields2@jasa.org)**  
**Transportation Coordinator: Gregorio Vera - [gvera@jasa.org](mailto:gvera@jasa.org)**

**NEW April 2026 Activities/Programming**

- Ailey Dance**- Dining room/Pool Room- **every Thursday** April 9th- June 25
- OATS Technology- Spanish - Exploring Smartphone Apps - every Tuesday** from April 14 - June 18
- Get your blood pressure checked** – Dining room- Wednesday, April 8 and April 22@10:00am - (In Person);
- Boardwalk Talks with Robbie - **OHEL Engagement Group** -Thursday, April 16 & 23 @12:00pm;
- HealthFirst Presentation**- Friday, April 3rd @ 11am;
- ZUMBA GOLD WITH CYNTHIA**- every Wednesday @1:00pm-2:00pm-Dining Room
- “Senior Safety” Lecture- with 101st Precinct Crime Prevention Officer- New York City Police**-Thursday, April 30@12:00pm
- Technology Lab Computers with Seva**- Computer Room- every Friday@ 10:00am-12:00pm (In Person)
- ESL CLASS with Evelyn** - Dining Rm- every Monday@10:00am - (In Person)
- CHAKRA DANCE WITH CYNTHIA**– Dining room every Thursday@1:00pm;
- Nutrition Lecture - **“Nutrition and Heart Health”**- Wednesday, April 22@11:00am

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