



**Brookdale Village Older Adult Center**  
 (718) 471-3200  
 131 Beach 19<sup>th</sup> Street, Far Rockaway, NY 11691  
**October 2024 Activities Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <ul style="list-style-type: none"> <li>• <b>10:00am-</b> (In Person) Billiards -Pool Room;</li> <li>• <b>11:00am</b> - (In Person) Movie Matinee- Dining Rm;</li> <li>• <b>1:00pm-</b> (In Person) - <b>YOGA WITH CYNTHIA</b> – Dining room;</li> <li>• <b>2:00pm-</b> (In Person) Library;</li> <li>• <b>2:00pm-</b> (In Person)- <b>Art Class;</b></li> <li>• <b>2:00pm-</b> (In Person) – <b>LINE DANCE WITH ANATOLY-</b> Dining Room;</li> <li>• <b>3:00pm-</b> (In Person) – Computer class Intermediate level;</li> <li>• <b>3:45pm--</b> (In Person) – Technology Class</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>• <b>9:30am</b> - <b>TRIP to DMV;</b></li> <li>• <b>10:00am</b> (In Person) <b>Crocheting class with Joyce</b> – Dining room;</li> <li>• <b>10:00am-4:00pm</b> (In Person) <b>Billiards -Pool Room-LADIES ONLY;</b></li> <li>• <b>11:00am</b> - (In Person) <b>“10 WARNING SIGNS OF ALZHEIMER’S disease” - EDUCATIONAL LECTURE WITH VNS-</b> Dining Rm;</li> <li>• <b>12:00pm</b> (In Person)- <b>Computer LAB;</b></li> <li>• <b>2:00pm-</b> (In Person) Library;</li> </ul>	<p><b>3</b></p> <p style="text-align: center;"> <b>JASA IS CLOSED FOR ROSH HASHANA! HAPPY HOLIDAYS!</b> </p>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• <b>9:00am-10:30am</b> (In Person)- <b>Technology Lab Computers with Rasul-</b> Computer Room;</li> <li>• <b>10:00am-4:00pm</b> (In Person) <b>Billiards -Pool Room-LADIES ONLY</b></li> <li>• <b>10:00am-</b> (In Person) - <b>WALKING CLUB</b> WITH RACHEL- Dining room;</li> <li>• <b>10:30am-12:00pm</b> (In Person)- <b>Technology Lab Smartphones with Rasul-</b> Computer Room;</li> <li>• <b>11:00am</b> - (In Person) Movie Matinee- Dining Rm;</li> <li>• <b>12:00pm-</b> (In Person) <b>“Senior Safety” Lecture-</b> with 101st Precinct Crime Prevention Officer- <b>New York City Police Department-</b>Dining Room;</li> <li>• <b>2:00pm-</b> (In Person) Library;</li> </ul>

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- **10:00am - (In Person)- Get your blood pressure checked** – Dining room;
- **10am – (In Person) - Billiards Pool Rm;**
- **10:30am – 11:45am (IN Person) OATS Computer/ Smartphones with KES -** Computer Room;
- **10:45am - TRIP to INTERNATIONAL BUFFET;**
- **12:00pm (In Person)- Computer LAB;**
- **1:00pm- (In Person) - ZUMBA GOLD WITH CYNTHIA** – Pool room
- **2:00pm- (In Person) -** Library;

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- **10:00am-** (In Person) Billiards -Pool Room;
- **11:00am - (In Person)** Movie Matinee- Dining Rm;
- **1:00pm– (In Person) - YOGA WITH CYNTHIA** – Dining room;
- **2:00pm-** (In Person) Library;
- **2:00pm- (In Person)- Art Class;**
- **2:00pm- (In Person) – LINE DANCE WITH ANATOLY-** Dining Room;
- **3:00pm- (In Person) –** Computer class Intermediate level;
- **3:45pm-- (In Person) –** Technology Class

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- **10:00am - TRIP to TERMINAL MARKET;**
- **10:00am-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY;**
- **10:30am – 11:45am (IN Person) OATS Computer/ Smartphones with KES -** Computer Room
- **11:30am - (In Person) Art Movie-** Dining Rm;
- **12:00pm (In Person)- Computer LAB;**
- **12:00pm- (In Person) Boardwalk Talks with Robbie- “GRIEF AND LOSS” - OHEL Engagement Group-** Dining Room;
- **2:00pm- (In Person)** Library;

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- **10:00am (In Person) Crocheting class with Joyce** – Dining room;
- **10:00am – 11:15am (IN Person) OATS Computer Essentials -** Computer Room;
- **10:00am - (In Person) Art Movie-** Dining Rm;
- **10am – (In Person) Billiards- Pool Rm;**
- **11:00am- (In Person-) Health Discussions-** 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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- **9:00am-10:30am (In Person)- Technology Lab Computers with Rasul-** Computer Room;
- **10:00am-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY**
- **10:00am- (In Person) - WALKING CLUB WITH RACHEL-** Dining room;
- **10:30am-12:00pm (In Person)- Technology Lab Smartphones with Rasul-** Computer Room;
- **11:00am - (In Person)** Movie Matinee- Dining Rm;
- **2:00pm- (In Person)** Library;

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- 10am – (In Person) - Billiards Pool Rm;
- 10:30am – 11:45am (IN Person) **OATS Computer/ Smartphones with KES -** Computer Room
- 11:00am - (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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- 10:00am- (In Person) Billiards -Pool Room;
- 10:30am - **TRIP to BJ Restaurant and Movies;**
- 11:00am - (In Person) Movie Matinee- Dining Rm;
- 1:00pm– (In Person) - **YOGA WITH CYNTHIA** – Dining room;
- 2:00pm- (In Person)- **Art Class;**
- 2:00pm- (In Person) – **LINE DANCE WITH ANATOLY-** Dining Room;
- 3:00pm- (In Person) – Computer class Intermediate level;
- 3:45pm-- (In Person) – Technology Class
- 2:00pm- (In Person) Library;

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- 9:00am - **TRIP to Farmers Market;**
- 10:00am-4:00pm (In Person) **Billiards -Pool Room- LADIES ONLY;**
- 10:30am – 11:45am (IN Person) **OATS Computer/ Smartphones with KES -** Computer Room
- 11:30am - (In Person) **Art Movie-** Dining Rm;
- 12:00pm (In Person)- **Computer LAB;**
- 2:00pm- (In Person) Library;

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- 9:45am - **TRIP to COSTCO;**
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10:00am - (In Person) **Art Movie-** Dining Rm;
- 10am – (In Person) Billiards- Pool Rm;
- 11:00am- (In Person-) Health Discussions- 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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- 9:00am- (In Person) – **Technology class with Anatoly** – Dining room;
- 9:45am- (In Person) – **FALL PREVENTION EXERCISE CLASS WITH ANATOLY-** Dining Room;
- 9:00am-10:30am (In Person)- **Technology Lab Computers with Rasul-** Computer Room;
- 10:30am - **BANK TRIP;**
- 10:00am-4:00pm (In Person) **Billiards -Pool Room- LADIES ONLY**
- 10:00am- (In Person) - **WALKING CLUB** WITH RACHEL- Dining room;
- 10:30am-12:00pm (In Person)- **Technology Lab Smartphones with Rasul-** Computer Room;
- 12:00pm **-LIVE CONCERT (In Person) -Concerts in Motion** - Dining room;
- 2:00pm- (In Person) Library;

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- 9:30am - **TRIP to Green Acres Mall;**
- 10:00am - (In Person)- **Get your blood pressure checked** – Dining room;
- 10:30am – 11:45am (IN Person) **OATS Computer/ Smartphones with KES -** Computer Room
- 10am – (In Person) - **Billiards Pool Rm;**
- 11:00am - (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 - **TRIP to STOP & SHOP, LOWES HOME & NATIONWIDE;**
- 10:00am- (In Person) **Billiards -Pool Room;**
- 11:00am - (In Person) **Movie Matinee-** Dining Rm;
- 1:00pm– (In Person) - **YOGA WITH CYNTHIA** – Dining room;
- 2:00pm- (In Person) **Library;**
- 2:00pm- (In Person)- **Art Class;**
- 2:00pm- (In Person) – **LINE DANCE WITH ANATOLY-** Dining 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- LADIES ONLY**
- 10:30am – 11:45am (IN Person) **OATS Computer/ Smartphones with KES -** Computer Room
- 11:30am - (In Person) **Art Movie-** Dining Rm;
- 11:30am - **TRIP to BAYHOUSE and DOLLAR TREE;**
- 12:00pm (In Person)- **Computer LAB;**
- 2:00pm- (In Person) **Library;**

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- 9:00am - **TRIP to TANGERS OUTLETS;**
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10:00am - (In Person) **Art Movie-** Dining Rm;
- 10am – (In Person) **Billiards- Pool Rm;**
- 11:00am- (In Person-) **Health Discussions-** 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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- 9:00am-10:30am (In Person)- **Technology Lab Computers with Rasul-** Computer Room;
- 10:00am-4:00pm (In Person) **Billiards -Pool Room- LADIES ONLY**
- 10:00am- (In Person) - **WALKING CLUB WITH RACHEL-** Dining room;
- 10:30am-12:00pm (In Person)- **Technology Lab Smartphones with Rasul-** Computer Room;
- 11:00am- (In Person-) **KOSHER RULES-** Educational Presentation
- 11:30am - (In Person) **Movie Matinee-** Dining Rm;
- 2:00pm- (In Person) **Library;**

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- 9:30am - **TRIP to IKEA;**
- 10:30am – 11:45am (IN Person) **OATS Computer/ Smartphones with KES -** Computer Room
- 10am – (In Person) - **Billiards Pool Rm;**
- 11:00am - (In Person) **Art Movie-** Dining Rm; Computer 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) **Billiards -Pool Room;**
- 11:00am - (In Person) **Movie Matinee-** Dining Rm;
- 1:00pm– (In Person) - **YOGA WITH CYNTHIA –** Dining room;
- 2:00pm- (In Person) Library;
- 2:00pm- (In Person)- **Art Class;**
- 2:00pm- (In Person) – **LINE DANCE WITH ANATOLY-** Dining 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- LADIES ONLY;**
- 10:30am - **TRIP to BENS DELI and SHOPPING;**
- 10:30am – 11:45am (IN Person) **OATS Computer/ Smartphones with KES -** Computer Room
- 11:00am- (In Person) **Nutrition Lecture- NUTRITION AND BREAST CANCER -** Dining Room
- 11:30am - (In Person) **JASA LEAP-PREVENT ELDER ABUSE PRESENTATION-** Dining Rm;
- 12:00pm (In Person)- **Computer LAB;**
- 2:00pm- (In Person) Library;

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- 9:30am - **TRIP to TRADER JOES;**
- 10:00am (In Person) **Crocheting class with Joyce –** Dining room;
- 10:00am - (In Person) **Art Movie-** Dining Rm;
- 10am – (In Person) **Billiards- Pool Rm;**
- 11:00am-1:00pm (In Person-) **COSTUME PARTY-**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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# Brookdale Village Older Adult Center

Phone Number (718) 471-3200

131 Beach 19<sup>th</sup> Street, Far Rockaway, NY 11691

## October 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <ul style="list-style-type: none"> <li>• California Turkey Meatloaf</li> <li>• Italian Blend Vegetables</li> <li>• Roasted Sweet Potato Slices</li> <li>• Fruit</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>• Dill Lemon Sauce Salmon Cakes</li> <li>• Cous Cous</li> <li>• Roasted Butternut Squash</li> <li>• Fruit</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> </ul>	<p><b>3</b></p> <p><b>JASA IS CLOSED FOR ROSH HASHANA! HAPPY HOLIDAYS!</b></p>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• Egg Salad or</li> <li>• Salmon Salad</li> <li>• Challah Bread</li> <li>• Applesauce</li> <li>• Low Fat Milk</li> </ul>

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<p><b>7</b></p> <ul style="list-style-type: none"> <li>• Classic Chicken Cacciatore</li> <li>• Pasta</li> <li>• Steamed Green Beans</li> <li>• Fruit</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>• Crispy Oven Baked Falafel Patties</li> <li>• Hummus</li> <li>• Rice Pilaf</li> <li>• Za'atar Spiced Israeli Salad</li> <li>• Fruit</li> <li>• Whole Wheat Pita</li> <li>• Low Fat Milk</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>• Shepherd Pie with Turkey</li> <li>• Tossed Salad with Dressing</li> <li>• Fruit</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• Salmon Salad</li> <li>• Bowtie Pasta Salad</li> <li>• Red Cabbage Salad</li> <li>• Fruit</li> <li>• Plain Pita</li> <li>• Low Fat Milk</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Carrot Tzimmes</li> <li>• Potato Kugel</li> <li>• Challah Bread</li> <li>• Applesauce</li> <li>• Low Fat Milk</li> </ul>
<p><b>14</b></p> <ul style="list-style-type: none"> <li>• Swedish Meatballs with Turkey</li> <li>• Egg Noodles</li> <li>• Steamed Sliced Carrots</li> <li>• Fruit</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• Dairy Free Eggplant Rollatini</li> <li>• Pasta</li> <li>• Italian Blend Vegetables</li> <li>• Fruit</li> <li>• Whole Wheat Pita</li> <li>• Low Fat Milk</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• Beef Pot Roast Sautéed Onions and Peppers</li> <li>• Broccoli Kugel</li> <li>• Roasted Sweet Potato Slices</li> <li>• Fruit</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> </ul>	<p><b>17</b></p> <p><b>MEAL TO BE ANNOUNCED</b></p>	<p><b>18</b></p> <p><b>MEAL TO BE ANNOUNCED</b></p>

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<p><b>21</b></p> <ul style="list-style-type: none"> <li>• Turkey Meatballs</li> <li>• Pasta</li> <li>• Italian Blend Vegetables</li> <li>• Garlic Bread</li> <li>• Fruit</li> <li>• Low Fat Milk</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>• Hummus</li> <li>• Kasha Knish</li> <li>• Chickpeas</li> <li>• Israeli Salad</li> <li>• Fruit</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>• Stuffed Cabbage with Beef</li> <li>• Kasha Varnishkes</li> <li>• Steamed Carrots</li> <li>• Fruit</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> </ul>	<p><b>24</b></p> <p><b>MEAL TO BE ANNOUNCED</b></p>	<p><b>25</b></p> <p><b>MEAL TO BE ANNOUNCED</b></p>
<p><b>28</b></p> <ul style="list-style-type: none"> <li>• Chicken Marsala</li> <li>• Italian Blend Vegetables</li> <li>• White Rice</li> <li>• Fruit</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>• Shepherd Pie with Turkey</li> <li>• Garden Salad</li> <li>• Fruit</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• Sweet and Sour Beef Meatballs</li> <li>• Egg Barley</li> <li>• Spinach Souffle</li> <li>• Fruit</li> <li>• Whole Wheat Bread</li> <li>• Low Fat Milk</li> </ul>	<p><b>31</b></p> <p><b>SPECIAL MEAL AND DESSERT</b></p>	

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# Brookdale Village Older Adult Center

131 Beach 19<sup>th</sup> Street, Far Rockaway, NY 11691

(718) 471-3200

[www.jasa.org](http://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 OCTOBER 2024 Activities/Programming

**“10 WARNING SIGNS OF ALZHEIMER’S disease” -EDUCATIONAL LECTURE WITH VNS@-Wednesday, October 2@ 11:00am**

**“Senior Safety” Lecture- with 101st Precinct Crime Prevention Officer- New York City Police Department-Friday, October 4<sup>th</sup>@12pm**

**OATS Technology classes/ Smartphones with KES – Mondays and Wednesdays- start date Monday, October 7@ 10:30am – 11:45am**

**Boardwalk Talks with Robbie- “GRIEF AND LOSS” - OHEL Engagement Group- Wednesday, October 9@12:00pm**

**“FALL PREVENTION” - EXERCISE CLASS WITH ANATOLY- Friday, October 18@9:45am-Dining room**

**“Concerts in Motion” - LIVE CONCERT (In Person) – Friday, October 18@12:00pm**

**Nutrition Lecture- “NUTRITION AND BREAST CANCER” - Wednesday, October 30@11:00am**

**JASA LEAP-PREVENT ELDER ABUSE PRESENTATION - Wednesday, October 30@11:30am**

**COSTUME PARTY-Dining room- Thursday, October 31 @ 11:00am-1:00pm**

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