Brookdale Village Older Adult Center
(718) 471-3200
131 Beach 19th Street, Far Rockaway, NY 11691
October 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10am – (In Person) Billiards- Pool Rm; • 12:00pm (In Person)- Computer LAB; • 1:00pm- (In Person) - CHAIR YOGA	2 • 9:00am- Brighton Beach Trip • 10:00am (In Person) Crocheting class with Joyce – 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)- JASA Talent CLUB with Seva- TV Room; • 12:00pm-1:00pm (In Person)- Technology Lab Computers with Seva- Computer Room; • 10:00am-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY • 1:00pm- (In Person) - Mindfulness exercises WITH ARGENIS

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5	6	7	8	9
• 10:00am- Brooklyn Terminal Trip • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am - (In Person) ESL CLASS with Evelyn - Dining Rm; • 10am – (In Person) - Billiards - Pool Rm; • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm- (In Person)-BodyBreathFlow • 2:00pm- (In Person) Art Class	• 11:00am-Bowling Trip • 10:00am- (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 1:00pm-2:00pm- (In Person) CHAIR YOGA • 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	• 8:30am- DMV Trip • 10:00am-4:00pm (In Person) Billiards -Pool Room; • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am - (In Person)- Get your blood pressure checked – Dining room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 12:30pm-2:30pm (In Person)-BINGO- Dining Room • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm (In Person) - ZUMBA GOLD • 2:00pm- (In Person) Library;	• 9:45am- Costco Trip • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10am – (In Person) Billiards- Pool Rm; • 12:00pm (In Person)- Computer LAB; • 12:00pm- (In Person) Boardwalk Talks with Robbie "The Big 6- Emotions"- OHEL • 1:00pm- (In Person) - CHAIR YOGA • 3:00pm-4:00pm- (In Person)- Russian Social Club	• 10:30am- Bank Trip • 10:00am (In Person) Crocheting class with Joyce – 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)- JASA Talent CLUB with Seva- TV Room; • 12:00pm-1:00pm (In Person)- Technology Lab Computers with Seva- Computer Room; • 10:00am-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY • 12:00pm- (In Person-) KOSHER RULES- Educational Presentation • 1:00pm- (In Person) - Mindfulness exercises WITH ARGENIS

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12	13	14	15	16
• 10:30am- Famous Dave's Restaurant & Target • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am - (In Person) ESL CLASS with Evelyn - Dining Rm; • 10am – (In Person) - Billiards - Pool Rm; • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm- (In Person)-BodyBreathFlow • 2:00pm- (In Person) Art Class	• 10:30am- Movies & Lunch • 10:00am- (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 1:00pm-2:00pm- (In Person) CHAIR YOGA • 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	• 10am-3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am-4:00pm (In Person) Billiards -Pool Room; • 11:00am- 1:00pm (In Person)- Senior Wellness Support Event- Dining Room • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm (In Person) - ZUMBA GOLD	• 9:30am- Stop & Shop; Five Towns • 10:00am - (In Person) Art Movie- Dining Rm; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10am – (In Person) Billiards- Pool Rm; • 11:00am- (In Person-) Health Discussions- Dining Room; • 12:00pm (In Person)- Computer LAB; • 1:00pm- (In Person) - CHAIR YOGA	• 10:30am- Burlington & Target • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am - (In Person) ESL CLASS with Evelyn - Dining Rm; • 10:00am-11:00am (In Person)- Technology Lab Computers with Seva- Computer Room; • 11:00am-12:00pm (In Person)- JASA Talent CLUB with Seva- TV Room; • 12:00pm-1:00pm (In Person)- Technology Lab Computers with Seva- Computer Room; • 10:00am-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY • 1:00pm- (In Person) - Mindfulness exercises WITH ARGENIS

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19	20	21	22	23
• 11:00am- Charcoal Grill • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am - (In Person) ESL CLASS with Evelyn - Dining Rm; • 10am – (In Person) - Billiards - Pool Rm; • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm- (In Person)-BodyBreathFlow • 2:00pm- (In Person) Art Class	• 9:45am- Roosevelt Field Mall • 10:00am- (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 1:00pm-2:00pm- (In Person) CHAIR YOGA • 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	• 9:30am- Trader Joe's • 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 • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:30am-11:30am (In Person) – National Fall Prevention Awareness Month Presentation with Arnold- Dining room; • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm (In Person) - ZUMBA GOLD	• 10:00am- Food Bazaar • 10:00am - (In Person) Art Movie- Dining Rm; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10am – (In Person) Billiards- Pool Rm; • 11:00am- (In Person-) Health Discussions- Dining Room; • 12:00pm- (In Person) Boardwalk Talks with Robbie"Hold On To Your Hat-Dealing with Difficult People" - OHEL • 12:00pm (In Person)- Computer LAB; • 1:00pm- (In Person) - CHAIR YOGA	• 10:00am- IKEA • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am - (In Person) ESL CLASS with Evelyn - Dining Rm; • 10:00am-11:00am (In Person)- Technology Lab Computers with Seva- Computer Room; • 11:00am-12:00pm (In Person)- JASA Talent CLUB with Seva- TV Room; • 12:00pm-1:00pm (In Person)- Technology Lab Computers with Seva- Computer Room; 1:00pm- (In Person) - Mindfulness exercises WITH ARGENIS

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26	27	28	29	30
• 10:00am- Green Acres Mall • 10:00am - (In Person) Movie Matinee- Dining Rm; • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 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; • 1:00pm-2:00pm- (In Person) - BodyBreathFlow • 2:00pm- (In Person) Art Class	• 11:00am- Bowling • 10:00am- (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 1:00pm-2:00pm- (In Person) CHAIR YOGA • 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	• 10:00am-4:00pm (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 11:00am-12:00pm- (In Person)- Nutrition Lecture- "Nutrition & Breast Health" • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm (In Person) - ZUMBA GOLD	• 10:00am - (In Person) Art Movie- Dining Rm; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10am – (In Person) Billiards- Pool Rm; • 11:00am- (In Person-) Health Discussions- Dining Room; • 12:00pm (In Person)- Computer LAB; • 12:00pm- (In Person) "Senior Safety" Lecture- with 101st Precinct Crime Prevention Officer- New York City Police Department-Dining; • 1:00pm- (In Person) - CHAIR YOGA	• 9:00am- Brighton Beach Trip • 10:00am (In Person) Crocheting class with Joyce – 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)- JASA Talent CLUB with Seva- TV Room; • 12:00pm-1:00pm (In Person)- Technology Lab Computers with Seva- • 10:00am-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY • 11:00am- 1:00pm- (In Person) ANNUAL HALLOWEEN COSTUME PARTY- Dining room • 12:00pm-1:00pm (In Person)- JASA Talent CLUB with Seva- TV Room; • 1:00pm- (In Person) - Mindfulness exercises WITH ARGENIS

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Phone Number (718) 471-3200
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October 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 • Beef Pot Roast • Mashed Sweet Potatoes • Coleslaw • Whole Wheat Bread • Banana • Low Fat Milk • Tuna Salad	2 • Hawaiian Chicken • Potato Souffle • Steamed Carrots • Challah Bread • Orange • Low Fat Milk • Egg Salad
5 • Chicken Pot Pie • Tossed Salad • Whole Wheat Bread • Applesauce • Low Fat Milk • Egg Salad	6 • Sweet & Sour Meatballs • Toasted Acini de Pepe w/ Onions • Spinach Souffle • Whole Wheat Bread • Orange • Low Fat Milk • Tuna Salad	7 • Lentil Stew w/ Carrots & Turnips • Brown Rice • Steamed Broccoli • Whole Wheat Bread • Kiwi • Low Fat Milk	8 • Teriyaki Baked Fish • Springtime Fried Rice • Steamed Green Beans • Whole Wheat Bread • Banana • Low Fat Milk • Salmon Salad	9 • Roasted Chicken • Roasted Potatoes • Carrot Tzimmes • Challah Bread • Pear • Low Fat Milk • Egg Salad

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12 • Fish Francaise • Mashed Potatoes • Green Bean Salad • Whole Wheat Bread • Orange • Low Fat Milk • Egg Salad	**13** • Whole Wheat Bean Burrito • Brown Rice • Garden Salad • Pear • Low Fat Milk	**14** • Stuffed Cabbage • Steamed Carrots • Whole Wheat Bread • Applesauce • Low Fat Milk • Salmon Salad	**15** • Shepherd Pie • Beets & Onions Salad • Chickpeas • Whole Wheat Bread • Banana • Low Fat Milk • Tuna Salad	**16** • Baked Breaded Chicken Cutlet • Whole Wheat Pasta Primavera • Health Slaw • Challah Bread • Apple • Low Fat Milk • Egg Salad
19 • Beef Hamburger • Roasted Spiced Red Potatoes • Coleslaw • Whole Wheat Hamburger Bun • Pear • Low Fat Milk • Egg Salad	**20** • No Noodle Chicken Chow Mein • Springtime Fried Rice • Vegetable Mix • Whole Wheat Bread • Kiwi • Low Fat Milk • Tuna Salad	**21** • Baked Salmon • Rice Pilaf • Israeli Salad • Whole Wheat Bread • Applesauce • Low Fat Milk • Salmon Salad	**22** • Meaty Vegetarian Moussaka • Beet Salad • Whole Wheat Bread • Banana • Low Fat Milk	**23** • Chicken Shawarma • Spiced Majadra Rice • Carrot Salad • Challah Bread • Orange • Low Fat Milk • Egg Salad

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26 • Turkey Meatballs w/ Tomato Sauce • Pasta • Sauteed Spinach • Whole Wheat Bread • Kiwi • Low Fat Milk • Egg Salad	**27** • Baked Breaded Fish Fillets • Rice Pilaf • Broccoli Souffle • Whole Wheat Bread • Applesauce • Low Fat Milk • Tuna Salad	**28** • Vegetarian Bean Chili • Brown Rice • Steamed Green Beans • Whole Wheat Bread • Pear • Low Fat Milk	**29** • Chicken Pot Pie • Tossed Salad • Whole Wheat Bread • Banana • Low Fat Milk • Salmon Salad	**30** • Roasted Chicken • Home Fried Potatoes • Steamed Carrots • Challah Bread • Apple • Low Fat Milk • Egg Salad

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

Brookdale Village Older Adult Center
131 Beach 19th Street, Far Rockaway, NY 11691
(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
Assistant Program Director: Rachel Fields - rfields2@jasa.org
Program Coordinator: Patricia Shenton - pshenton@jasa.org
Transportation Coordinator: Gregorio Vera - gvera@jasa.org

NEW October 2026 Activities/Programming

Get your blood pressure checked – Dining room- Wednesday, October 7th and October 21th @10:00am - (In Person);
Boardwalk Talks with Robbie - OHEL Engagement Group -Thursday, October 8th and October 22nd @12:00pm;
"Senior Safety" Lecture- with 101st Precinct Crime Prevention Officer- New York City Police-Thursday,October 29th@12:00pm
Nutrition Lecture - "Nutrition & Breast Health"- Friday, October 28th@11:00am
BODYBREATHFLOW- every Monday@1pm, CHAIR YOGA - Every Tuesday and Thursday@1pm,ZUMBA GOLD -Every Wednesday @1pm, Mindfulness WITH ARGENIS
- Every Friday @1pm
Technology Lab Computers with Seva- Computer Room- every Friday@ 10:00am-11:00am &12:00pm-1:00pm (In Person)
ESL CLASS with Evelyn - Dining Rm- every Monday@10:00am - (In Person)
OATS- Spanish - Explore Tech Lectures @ 10:00am - 11:15am -Mondays & Wednesdays (10/05/2026 - 12/09/2026)
11:00am-12:00pm (In Person)- JASA Talent CLUB with Seva-Friday@11am- TV Room;
11:00am-1:00pm (In Person) - HALLOWEEN COSTUME PARTY-Wednesday, October 30@11am- Dining Room;

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