



# JANUARY

## BROOKDALE VILLAGE SENIOR CENTER

call 718-471-3200 to register

### MONDAY

11:00am-12:00pm  
Tai Chi with Joe

1:00pm-2:00pm  
CREATIVE WRITING WITH ELIZABETH

2:00pm -3:00pm  
Concerts in Motion

2:00pm -3:00pm January 25<sup>th</sup>- March 29<sup>th</sup>  
OATS Russian Computer with KES

3:30pm-4:30pm  
Russian Virtual city tours

### TUESDAY

9:30am-10:30am  
SILVER SNEAKERS IN RUSSIAN

10:00am-11:00am  
ENGLISH Computer

10:00am-11:00am  
Yoga Dance

2:00pm -3:00pm January 19<sup>th</sup>- March 23  
OATS English Computer with KES

3:00pm-4:00pm  
English Virtual city tours

### WEDNESDAY

9:30am-10:15am  
Dance Movement with Lisa

11:00am-12:00pm  
Concerts in Motion

11:00am-12:00pm  
NIA Stretching with Monica

11:30am-12:00pm January 13<sup>th</sup>  
Members Check In

12:00pm-1:00pm January 13<sup>th</sup> and 27<sup>th</sup>  
OHEL Boardwalk Talks

1:00 pm-12:00pm January 27<sup>th</sup>  
Nutrition Lecture with Stephanie Cordaro

### THURSDAY

9:30am-10:30am  
CHAIR EXERCISE in RUSSIAN

10:00am-11:00am  
ENGLISH Computer

11:00am -12:00pm  
Yoga

1:00pm-1:45pm  
Walking club with Rachel

1:00pm-2:00pm  
RUSSIAN Computer

2:00pm - 4:00pm January 14<sup>th</sup> and 21<sup>st</sup>  
Crocheting Class with Joyce

### FRIDAY

9:00am-10:00am  
NIA Stretching with Monica

10:00am-11:00am  
Tai Chi for Arthritis with Joe

12:00pm-1:00pm  
Latin Concert

2:00pm-4:00pm  
Movie club

2:30pm-3:30pm  
RUSSIAN Computer

### CONTACT

VIKTORIYA KRUGOLETS  
VKRUGOLETS@JASA.ORG  
718-471-3200  
131 BEACH 19 STREET, FAR ROCKAWAY, NY 11691

### MORE INFORMTAION

JASA offers hundreds of additional FREE virtual classes through our other senior centers. Check out [www.jasa.org/events/senior-center-virtual-events](http://www.jasa.org/events/senior-center-virtual-events)

