


Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">NEW</p> <p align="center">EVIDENCE BASED CHRONIC PAIN SELF- MANAGEMENT 6-WEEK PROGRAM</p> <p align="center">1:00pm- (ZOOM)- DINING ROOM</p> <p align="center">EVERY WEDNESDAY</p>	<p align="center">NEW DANCE CLASSES</p> <p align="center">ALVIN AILEY DANCE 10-WEEK PROGRAM</p> <ul style="list-style-type: none"> EVERY MONDAY@10:00AM-11:30AM EVERY THURSDAY@10:00AM-11:30AM <p align="center">IN THE POOL ROOM</p> <p align="center">CALL TO SIGN IN</p> <p align="center">718-471-3200</p>	<p align="center">1</p> <ul style="list-style-type: none"> 9:30am (ZOOM) - Dance Movement with Lisa; 10:00am (Streaming)-ALZHEIMER'S 101" What you need to know'- Dining room 10:00am (In Person) Crocheting class with Joyce; 10:00am- (In Person) Billiards -Pool Room; 12:00pm- (In Person) Library 12:00pm-(ZOOM)- Concerts in Motion BROADWAY; 12:30pm - (In Person)- OATS COMPUTER BASICS; 1:00pm- (ZOOM)- EVIDENCE BASED CHRONIC PAIN SELF-MANAGEMENT PROGRAM week 3 	<p align="center">2</p> <ul style="list-style-type: none"> 9:30am - TRIP to BRIGHTON BEACH 10:00am- (ZOOM) Computer Class; 10:00am - (In Person)- AILEY DANCE CLASS- Pool Room 11:00am - (In Person) Movie Matinee- Dining Rm; 12pm – (In Person) Billiards- Pool Rm; 1:00pm- (In Person) Dining Rm – Walk with Ease with Rachel- Evidence Based 	<p align="center">3</p> <ul style="list-style-type: none"> 9:30am - TRIP to BURLINGTON, TARGET and MARSHALLS 10am- (In Person) Billiards- Pool Rm; 10:00am- (In Person-) Computer Lab 11:00am- (In Person-) Health Discussions- Dining Room; 12:00pm- (ZOOM)- Concerts in Motion Latin Concert;
<p align="center">6</p> <ul style="list-style-type: none"> 10:00am - TRIP to BENS DELI AND BIG LOTS 10:00am - (In Person)- AILEY DANCE CLASS- Pool Room 11:00am - (In Person)- 	<p align="center">7</p> <ul style="list-style-type: none"> 9:30am- TRIP to DMV 10:00am- (ZOOM)- Computer class; 11:30am - (In Person) DJ Party from Centers Plan for Healthy Living- 	<p align="center">8</p> <ul style="list-style-type: none"> 9:30am - TRIP to TRADER JOE'S 9:30am (ZOOM) - Dance Movement with Lisa; 10:00am (In Person) Crocheting class with 	<p align="center">9</p> <ul style="list-style-type: none"> 10:00am- (ZOOM) Computer Class; 10:00am - (In Person)- AILEY DANCE CLASS- Pool Room- PHOTOSHOOT DAY 11:00am - (In Person) Movie Matinee- Dining 	<p align="center">10</p> <ul style="list-style-type: none"> 10am- (In Person) Billiards- Pool Rm; 10:00am- (In Person-) Computer Lab 11:00am- (In Person-) Health Discussions- Dining Room;

<p>Get your blood pressure checked – Dining room</p> <ul style="list-style-type: none"> • 11:00am - (ZOOM) Concerts in Motion classical; • 12pm – (In Person) - Billiards Pool Rm; • 1:00pm- (In Person) - YOGA WITH CYNTHIA; • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) - Library; 	<p>Dining Rm- CELEBRATING PRIDE MONTH</p> <ul style="list-style-type: none"> • 12:00pm – (In Person) - Billiards Pool Rm; • 1:00pm– (In Person) - ZUMBA GOLD WITH CYNTHIA 	<p>Joyce;</p> <ul style="list-style-type: none"> • 10:00am- (In Person) Billiards -Pool Room; • 12:00pm- (In Person) Library • 12:00pm-(ZOOM)- Concerts in Motion BROADWAY; • 1:00pm- (In Person)- JASA Chat tabling event • 1:00pm- (ZOOM)- EVIDENCE BASED CHRONIC PAIN SELF-MANAGEMENT PROGRAM week 4 	<p>Rm;</p> <ul style="list-style-type: none"> • 12pm – (In Person) Billiards- Pool Rm; 	<ul style="list-style-type: none"> • 11:30am – (In Person)- - ESL- English as a Second Language- Dining Rm • 12:00pm- (ZOOM)- Concerts in Motion Latin Concert;
<p>13</p> <ul style="list-style-type: none"> • 10:00am - (In Person)- AILEY DANCE CLASS- Pool Room • 11:00am - (ZOOM) Concerts in Motion classical; • 12pm – (In Person) - Billiards Pool Rm; • 12:30pm - (In Person)- OATS COMPUTER BASICS; • 1:00pm- (In Person) - YOGA WITH CYNTHIA; • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) - Library; 	<p>14</p> <ul style="list-style-type: none"> • 10:00am- (ZOOM)- Computer class; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm – (In Person) - Billiards Pool Rm; • 1:00pm– (In Person) - ZUMBA GOLD WITH CYNTHIA 	<p>15</p> <ul style="list-style-type: none"> • 9:30am (ZOOM) - Dance Movement with Lisa; • 10:00am (In Person) Crocheting class with Joyce; • 10:00am- (In Person) Billiards -Pool Room; • 11:00am - Cooking Live with DFTA demo- Dining Room • 12:00pm- (In Person) Library • 12:00pm-(ZOOM)- Concerts in Motion BROADWAY; • 1:00pm- (ZOOM)- EVIDENCE BASED CHRONIC PAIN SELF-MANAGEMENT PROGRAM week 5 	<p>16</p> <ul style="list-style-type: none"> • 10:00am- (ZOOM) Computer Class; • 10:00am - (In Person)- AILEY DANCE CLASS- Pool Room • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12pm – (In Person) Billiards- Pool Rm; • 1:00pm- (In Person) Dining Rm – Walk with Ease with Rachel- Evidence Based 	<p>17</p> <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 10:00am- (In Person)- Computer Lab • 11:00am- (In Person)- Health Discussions- Dining Room; • 11:30am – (In Person)- JASA Voter Presentation- Dining room • 11:30am – (In Person)- - ESL- English as a Second Language- Dining Rm • 12:00pm- (ZOOM)- Concerts in Motion Latin Concert; • 12:30pm - (In Person) CELEBRATING JUNETEENTH DAY -Concerts in Motion- Dining room



<p>20</p> <p>JASA IS CLOSED FOR JUNETEENTH DAY</p>	<p>21</p> <ul style="list-style-type: none">• 10:00am- (ZOOM)- Computer class;• 10:30am- TRIP TO VINCENT'S RESTAURANT AND MOVIES• 11:00am - (In Person) Movie Matinee- Dining Rm;• 12:00pm – (In Person) - Billiards Pool Rm;• 1:00pm– (In Person) - ZUMBA GOLD WITH CYNTHIA	<p>22</p> <ul style="list-style-type: none">• 9:30am (ZOOM) - Dance Movement with Lisa;• 10:00am (In Person) Crocheting class with Joyce;• 10:00am- (In Person) Billiards -Pool Room;• 12:00pm- (In Person) Library• 12:00pm-(ZOOM)- Concerts in Motion BROADWAY;• 12:30pm - (In Person)- OATS COMPUTER BASICS;• 12:30pm - (In Person) CELEBRATING PRIDE MONTH -Concerts in Motion- Dining room• 1:00pm- (ZOOM)- EVIDENCE BASED CHRONIC PAIN SELF-MANAGEMENT PROGRAM week 6 	<p>23</p> <ul style="list-style-type: none">• 9:45am - TRIP to COSTCO• 10:00am- (ZOOM) Computer Class;• 10:00am - (In Person)- AILEY DANCE CLASS- Pool Room- GRADUATION DAY• 11:00am - (In Person) Movie Matinee- Dining Rm;• 12:00pm (In Person)- OHEL Boardwalk Talks-- DINING ROOM• 12pm – (In Person) Billiards- Pool Rm;• 1:00pm- (In Person) Dining Rm – Walk with Ease with Rachel- Evidence Based	<p>24</p> <ul style="list-style-type: none">• 10:00am - TRIP to CAPITAL ONE BANK• 10am- (In Person) Billiards- Pool Rm;• 10:00am- (In Person-) Computer Lab• 11:00am- (In Person-) Health Discussions- Dining Room;• 11:30am – (In Person)- - ESL- English as a Second Language- Dining Rm• 12:00pm- (ZOOM)- Concerts in Motion Latin Concert;• 12:30pm - (In Person)- OATS COMPUTER BASICS;
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27

- **9:30am-**
TRIP TO GREEN ACRES MALL AND WALMART
- **10:00am - (In Person)-**
AILEY DANCE CLASS- Pool Room-
- **11:00am - (In Person)-**
Get your blood pressure checked – Dining room
- **11:00am - (ZOOM)**
Concerts in Motion classical;
- **12pm – (In Person) -**
Billiards Pool Rm;
- **12:30pm - (In Person)-**
OATS COMPUTER BASICS;
- **1:00pm- (In Person) -**
YOGA WITH CYNTHIA;
- **2:00pm- (In Person)-**
Art Class;
- **2:00pm- (In Person) -**
Library;

28

- **9:45am-**
TRIP TO IKEA
- **10:00am- (ZOOM)-**
Computer class;
- **11:00am - (In Person)**
Movie Matinee- Dining Rm;
- **12:00pm – (In Person) -**
Billiards Pool Rm;
- **1:00pm– (In Person) -**
ZUMBA GOLD WITH CYNTHIA

29

- **9:30am (ZOOM) -**
Dance Movement with Lisa;
- **10:00am (In Person)**
Crocheting class with Joyce;
- **10:00am- (In Person)**
Billiards -Pool Room;
- **11:00pm- (In Person)-**
Nutrition Lecture- NUTRITION AND ALZHEIMER'S AND BRAIN AWARENESS - DINING ROOM
- **12:00pm- (In Person)**
Library
- **12:00pm-(ZOOM)-**
Concerts in Motion BROADWAY;
- **12:30pm - (In Person)-**
OATS COMPUTER BASICS

30

- **10:00am- (ZOOM)**
Computer Class;
- **10:00am - (In Person)-**
AILEY DANCE CLASS- Pool Room
PERFORMANCE DAY
- **10:45am-**
TRIP to INTERNATIONAL BUFFET
- **11:00am - (In Person)**
Movie Matinee- Dining Rm;
- **12pm – (In Person)**
Billiards- Pool Rm;
- **1:00pm- (In Person)**
Dining Rm – Walk with Ease with Rachel- Evidence Based

Calendar is subject to change




Additional funding with generous grants from Councilwoman Selvena Brooks-Powers & Queens BP Donovan Richards



BROOKDALE OLDER ADULT CENTER
131 BEACH 19 STREET FAR ROCKAWAY, NY, 11691 * Tel 718-471-3200
JUNE 2022 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
Daily Lunch Daily Hot Kosher Lunch- (Monday-Friday) 11:00 AM-1:00 PM DINING ROOM PLEASE CALL TO REGISTER 718-471-3200	*Additional funding with generous grants from Councilwoman Selvena Brooks- Powers & Queens BP Donovan Richards*	1 <ul style="list-style-type: none"> Turkey Meat Sauce Pasta Italian Blend Vegetables Juice Milk, low fat, 1% Fruit Margarine Whole Wheat Bread 	2 <ul style="list-style-type: none"> Brown Gravy Roasted Chicken Potato Kugel Carrot Tzimmes Juice Milk, low fat, 1% Fruit Margarine Whole Wheat Bread 	3 <ul style="list-style-type: none"> Gefilte Fish Roasted Red Potatoes Health Salad Juice Milk, low fat, 1% Fruit Margarine Challah Bread
6 <ul style="list-style-type: none"> Breaded Southern Steak Mashed Potatoes Carrots Juice Milk, low fat, 1% Fruit Margarine Whole Wheat Bread 	7 <ul style="list-style-type: none"> Fish Tartar Sauce Rice A Roni Baby Carrots Juice Milk, low fat, 1% Fruit Margarine Whole Wheat Bread 	8 <ul style="list-style-type: none"> BBQ Sauce Turkey Burger Spiced Sweet Potatoes Creamy Spinach Juice Milk, low fat, 1% Fruit Margarine Whole Wheat Bread 	9 <ul style="list-style-type: none"> Cranberry Chicken Noodle Kugel Green Beans Juice Milk, low fat, 1% Fruit Margarine Whole Wheat Bread 	10 <ul style="list-style-type: none"> Egg Salad Bowtie Pasta Three Bean Salad Juice Milk, low fat, 1% Fruit Margarine Challah Bread
13 <ul style="list-style-type: none"> Chinese Style Pepper Steak Chow Fun Noodles Oriental Blend Vegetables Juice Milk, low fat, 1% Fruit Margarine Whole Wheat Bread 	14 <ul style="list-style-type: none"> Black Beans and Mushrooms Vegan Burger Hamburger Bun, plain Homemade Mashed Potatoes Green Bean Salad Juice Milk, low fat, 1% 	15 <ul style="list-style-type: none"> Chinese Style Chicken Patty Smashed Red Potatoes Roasted Beets Juice Milk, low fat, 1% Fruit Margarine Whole Wheat Bread 	16 <ul style="list-style-type: none"> Chicken Shawarma Lentils with Spiced Rice and Caramelized Onions (Majadra) Israeli Salad Juice Milk, low fat, 1% Fruit Margarine Whole Wheat Bread 	17 <ul style="list-style-type: none"> Gefilte Fish Macaroni and Pea Salad Russian Coleslaw Juice Milk, low fat, 1% Fruit Margarine Challah Bread

	<ul style="list-style-type: none"> • Fruit • Margarine 			
20 JASA IS CLOSED FOR JUNETEENTH DAY	21 <ul style="list-style-type: none"> • Stuffed Cabbage with Beef • Toasted Barley with Onions • Capri Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	22 <ul style="list-style-type: none"> • Meat Sauce Pasta • Italian Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	23 <ul style="list-style-type: none"> • Roasted Chicken • Potato Kugel • Carrot Tzimmes • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	24 <ul style="list-style-type: none"> • Turkey Salad • Bowtie Pasta Salad • Cucumber and Red Bean Salad • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah Bread
27 <ul style="list-style-type: none"> • Dill Lemon Sauce Salmon Cakes • Creamy Spinach • Mashed Potatoes • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	28 <ul style="list-style-type: none"> • Beef Pot Roast • Kasha Varnishkes • Steamed Broccoli • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	29 <ul style="list-style-type: none"> • Baked Onions Turkey Burger • Creamy Spinach • Spiced Sweet Potatoes • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	30 <ul style="list-style-type: none"> • Lemon Chicken • Roasted Potatoes • Winter Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	*Menu is subject to change* 



BROOKDALE OLDER ADULT CENTER
131 BEACH 19 STREET, FAR ROCKAWAY, NY 11691
Tel 718-471-3200
www.jasa.org

Open Daily Monday thru Friday 8:30 am-4:30 pm

Staff:

Program Director: Viktoriya Krugolets
Assistant Program Director: Rachel Fields
Transportation Coordinator: Gregorio Vera

Daily Lunch

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

Other Important Information

Associate Director Care and Case Management/Nutrition Services: Tania Collazo
Social Service Supervisor: Dawn Macklin
Advisory Board President: Raymond Daughtry

Contact Information

Senior Center Phone # 718-471-3200
Transportation Phone # 718-471-3200 Ex. 0202
Social Service Phone # 718-471-6677

Additional funding with generous grants from Councilwoman Selvena Brooks-Powers &
Queens BP Donovan Richards

