



JASA at the HES Older Adult Center

Phone Number 718-251-3700

9502 Seaview Avenue, Brooklyn, NY, 11236

June 2026 Activities Calendar

Calendar is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <ul style="list-style-type: none"> • 10am-11am Tai Chi (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-12:45pm Afternoon Tea Time (in-person) • 12:45pm-1:30pm SAIL (hybrid) • 1:30pm Leisure Bingo (in-person) 	<p>2</p> <ul style="list-style-type: none"> • 10am-11am Yoga (in-person) • 11am-12pm Zumba Gold (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:30pm-1:30pm Library Time (in-person) • 1:30pm Leisure Bingo (in-person) 	<p>3</p> <ul style="list-style-type: none"> • 10am-11am Chakra Yoga Dance (in-person) • 11am-1:30pm Macrame (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:15pm-1pm SAIL (hybrid) • 1:05pm-1:50pm Rhythmic Thunder (in-person) • 1:50pm Leisure Bingo (in-person) 	<p>4</p> <ul style="list-style-type: none"> • 10am-10:45am Walk- A- Thon (in-person) • 11:15am-12:15pm Line Dance (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:45pm-1:45pm Connecting Culture Through the Food - Event in Collaboration with the H.E.S. (in-person) • 1:45pm Leisure Bingo (in-person) 	<p>5</p> <ul style="list-style-type: none"> • 9:30am-11am Computer Lab (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-1pm Zumba with Maria (in-person) • 1pm-1:45pm Meditation (in-person) • 1:45pm Leisure Bingo (in-person)

Partially funded by: Councilwoman Mercedes Narcisse

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8</p> <ul style="list-style-type: none"> • 9:30am-3pm Trip to IKEA Brooklyn (in-person) • 10am-11am Tai Chi (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-12:45pm Afternoon Tea Time (in-person) • 12:45pm-1:30pm SAIL (hybrid) • 1:30pm Leisure Bingo (in-person) 	<p>9</p> <ul style="list-style-type: none"> • 10am-11am Yoga (in-person) • 11am-12pm Zumba Gold (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:30pm-1:15pm Health Lecture (in-person) • 1:15pm Leisure Bingo (in-person) 	<p>10</p> <ul style="list-style-type: none"> • 10am-11am Chakra Yoga Dance (in-person) • 11am-1:30pm Macrame (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:15pm-1pm SAIL (hybrid) • 1:05pm-1:50pm Rhythmic Thunder (in-person) • 1:50pm Leisure Bingo (in-person) 	<p>11</p> <ul style="list-style-type: none"> • 10am-10:45am Walk- A- Thon (in-person) • 11:15am-12:15pm Line Dance (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:45pm-1:45pm Presentation by Aliah Home Care Agency (in-person) • 1:45pm Leisure Bingo (in-person) 	<p>12</p> <ul style="list-style-type: none"> • 9:30am-11am Computer Lab (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-1pm Zumba with Maria (in-person) • 1pm-1:45pm Meditation (in-person) • 1:45pm Leisure Bingo (in-person)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>15</p> <ul style="list-style-type: none"> • 10am-11am Tai Chi (in-person) • 10am-11am Headaches & Migraines-Webinar by NYC Aging and St. John's University (hybrid) • 11:30am-1pm Hot Congregate Lunch • 12pm-12:45pm Afternoon Tea Time (in-person) • 12:45pm-1:30pm SAIL (hybrid) • 1:30pm Leisure Bingo (in-person) 	<p>16</p> <ul style="list-style-type: none"> • 10am-11am Yoga (in-person) • 11am-12pm Zumba Gold (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:30pm-2:35pm "Celebrating Juneteenth-Movie" Harriet" (in-person) 	<p>17</p> <ul style="list-style-type: none"> • 10am-11am Chakra Yoga Dance (in-person) • 11am-1:30pm Macrame (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:15pm-1pm SAIL (hybrid) • 1:05pm-1:50pm Rhythmic Thunder (in-person) • 1:50pm Leisure Bingo (in-person) 	<p>18</p> <ul style="list-style-type: none"> • 10am-10:45am Walk- A- Thon (in-person) • 11:15am-12:15pm Line Dance (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:45pm-2pm Diabetes-Nutrition Presentation by HealthFirst (in-person) • 2pm Leisure Bingo (in-person) 	<p>19</p> <p>JASA is Closed</p> <p>Happy Juneteenth!</p> <p>Happy Fathers Day!</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>22</p> <ul style="list-style-type: none"> • 10am-11am Tai Chi (in-person) • 12pm-1pm Hot Congregate Lunch • 12pm-12:45pm Afternoon Tea Time (in-person) • 12:45pm-1:30pm SAIL (hybrid) • 1:30pm Leisure Bingo (in-person) 	<p>23</p> <ul style="list-style-type: none"> • 7:30am-3pm Trip: Circle Line Cruise Manhattan (in person) • 10am-11am Yoga (in-person) • 11am-12pm Zumba Gold (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:30pm-1:15pm Health Lecture (in-person) • 1:15pm Leisure Bingo (in-person) 	<p>24</p> <ul style="list-style-type: none"> • 10am-11am Chakra Yoga Dance (in-person) • 11am-1:30pm Macrame (in-person) • 11am-12:15pm Blood Pressure Monitoring (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:15pm-1pm SAIL (hybrid) • 1:05pm-1:50pm Rhythmic Thunder (in-person) • 1:50pm Leisure Bingo (in-person) 	<p>25</p> <ul style="list-style-type: none"> • 10am-10:45am Walk- A- Thon (in-person) • 11:15am-12:15pm Line Dance (in-person) • 11:30am-1pm Hot Congregate Lunch • 1pm-2pm Let us sing (in-person) • 2pm Leisure Bingo (in-person) 	<p>26</p> <ul style="list-style-type: none"> • 9:30am-11am Computer Lab (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-1pm Zumba with Maria (in-person) • 1pm-1:45pm Meditation (in-person) • 1:45pm Leisure Bingo (in-person)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29</p> <ul style="list-style-type: none"> • 10am-11am Tai Chi (in-person) • 12pm-1pm Hot Congregate Lunch • 12pm-12:45pm Afternoon Tea Time (in-person) • 12:45pm-1:30pm SAIL (hybrid) • 1:30pm Leisure Bingo (in-person) 	<p>30</p> <ul style="list-style-type: none"> • 10am-11am Yoga (in-person) • 11am-12pm Zumba Gold (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:30pm-1:15pm Health Lecture (in-person) • 1:15pm Leisure Bingo (in-person) 			



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June 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Spaghetti Casserole Tossed Salad with Dressing Whole Wheat Bread Apple 1% Low Fat Milk</p>	<p>2 Kasha Knish Humus Chickpea Salad Israeli Salad Whole Wheat Bread Orange 1% Low Fat Milk</p>	<p>3 Stuffed Cabbage with Beef Kasha Varnishkes Steamed Carrots Whole Wheat Bread Kiwis (2) 1% Low Fat Milk</p>	<p>4 Dill Lemon Sauce Fish Francaise Mashed Potatoes Cucumber Dill Salad Whole Wheat Bread Pear 1% Low Fat Milk</p>	<p>5 Hawaiian Chicken Roasted Sweet Potato Slices Capri Blend Vegetables Challah Bread Applesauce 1% Low Fat Milk</p> <p><u>Alternate:</u> Tuna Salad Bowtie Pasta Salad Carrot Salad</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>8 Chicken Marsala White Rice Steamed Broccoli Whole Wheat Bread Apple 1% Low Fat Milk</p>	<p>9 Meaty Vegetarian Moussaka Tossed Salad with Dressing Whole Wheat Bread Orange 1% Low Fat Milk</p>	<p>10 Sweet and Sour Beef Meatballs Egg Barley Spinach Souffle Whole Wheat Bread Kiwis (2) 1% Low Fat Milk</p>	<p>11 Gefilte Fish, from frozen (pre-prepared) Orzo Beets and Onion Salad Whole Wheat Bread Pear 1% Low Fat Milk</p>	<p>12 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Applesauce 1% Low Fat Milk</p> <p><u>Alternate:</u> Tuna Salad Chickpeas and Onion Salad Carrot Salad</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>15 Sautéed Onions and Peppers Turkey Burger Roasted Sweet Potato Slices California Blend Vegetables Whole Wheat Bread - OR - Whole Wheat Pita Apple 1% Low Fat Milk</p>	<p>16 Basic Shepherd's Pie Tossed Salad with Dressing Whole Wheat Bread Orange 1% Low Fat Milk</p>	<p>17 Baked Breaded Fish Tartar Sauce Rice A Roni Cucumber Dill Salad Whole Wheat Bread Kiwis (2) 1% Low Fat Milk</p>	<p>18 Dairy Free Eggplant Rollatini Pasta Green Bean Salad Whole Wheat Bread Pear 1% Low Fat Milk</p>	<p>19 JASA is Closed Happy Juneteenth!</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>22 Chinese Style Pepper Steak Vegetable Lo Mein Steamed Broccoli Whole Wheat Bread Apple 1% Low Fat Milk</p>	<p>23 Individual Chicken Pot Pie Tomato Salad with Basil Whole Wheat Bread Orange 1% Low Fat Milk</p>	<p>24 Dill Lemon Sauce Salmon Cakes Cous Cous Cucumber Dill Salad Whole Wheat Bread Kiwis (2) 1% Low Fat Milk</p>	<p>25 Traditional Whole Wheat Bean Burrito Brown Rice Garden Salad (no dressing) Pear 1% Low Fat Milk</p>	<p>26 Baked Asian Style Honey Chicken Springtime Fried Brown Rice Oriental Blend Vegetables Challah Bread Applesauce 1% Low Fat Milk</p> <p><u>Alternate:</u> Tuna Salad Bowtie Pasta Salad Carrot Salad</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>29 Classic Chicken Cacciatore Pasta Steamed Green Beans Whole Wheat Bread Apple 1% Low Fat Milk</p>	<p>30 Black Bean & Mushroom Burger Cilantro Sauce Rice Pilaf Israeli Salad Orange 1% Low Fat Milk</p>			



JASA at the HES Older Adult Center

9502 Seaview Avenue, Brooklyn, NY, 11236

Phone number: 718-251-3700

www.jasa.org

Hours

Mondays - Fridays 8:00am - 4:00pm

Closed for Federal and Jewish Holidays

Daily Lunch

Mondays - Fridays

11:30am - 1:00pm - Lunch Room

JASA at the HES OAC Older Adult Center Staff:

Program Director: Olha Medytska email: omedytska@jasa.org

Assistant Director: Nataliya Stefanyshyn email: nstefanyshyn@jasa.org

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June 2026 Special Activities:

Tuesday, June 2, 2026

12:30pm-1:30pm Library Time (in-person)

Thursday, June 4, 2026

12:45pm-1:45pm Connecting Culture Through the Food - Event in Collaboration with the H.E.S. (in-person)

Monday, June 8, 2026

9:30am-3pm Trip to IKEA Brooklyn (in-person)

Thursday, June 11, 2026

12:45pm-1:45pm Presentation by Aliah Home Care Agency (in-person)

Monday, June 15, 2026

10am-11am Headaches & Migraines-Webinar by NYC Aging and St. John's University (hybrid)

Tuesday, June 16, 2026

12:30pm-2:35pm Celebrating Juneteenth- Movie" Harriet" (in-person)

Thursday, June 18, 2026

12:45pm-2pm Diabetes-Nutrition Presentation by HealthFirst (in-person)

Tuesday, June 23, 2026

7:30am-3pm Trip: Circle Line Cruise Manhattan (in person)

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Wednesday, June 24, 2026

11am-12:15pm Blood Pressure Monitoring (in person)

Links to join virtual classes/presentations:

SAIL with Anatoly

Mondays 12:45pm-1:30pm

Wednesdays 12:15pm-1pm

Join Zoom Meeting:

<https://us06web.zoom.us/j/87533309740?pwd=XkbU9XqLhWnP1c9nl8xTrbHj6JPp06.1>

Meeting ID: 875 3330 9740

Passcode: 877640

Monday, June 15, 2026

10am-11am Headaches & Migraines-Webinar by NYC Aging and St. John's University (hybrid)

Join Zoom Meeting:

<https://us02web.zoom.us/j/88668491389?pwd=G5tYrS8NtdaNBEIPgXzND1qhLfenAa.1>

Meeting ID: 886 6849 1389

Passcode:: 220484

Call in number: +1 929 436 2866

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