

NOVEMBER 2022 **ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
30 10:00am Belly Dancing w/Dinara 11:30am-1:00pm Lunch 12:00 Mixed Media Open Art Studio w/Jennifer (in-person)	1 10:00am-FINE ART CLASS w/Roza (in-person) 11:30am-1:00pm Lunch	2 10:00 Pilates Exercise (in person) 11:30am-1:00pm Lunch	3 11:00am Chat with Staff (in-person) 11:30am-1:00pm Lunch 12:15pm EB SAIL FITNESS w/Anatoly (in-person) 1:15pm Technology in Class for Russian speaking (in-person)	4 11:00am- Health Lecture (in-person) 11:30am-1:00pm Lunch 1:15pm AEROBIC w/Iouri (in-person)
7 10:00am Belly Dancing w/Dinara 11:30am-1:00pm Lunch 12:00 Mixed Media Open Art Studio w/Jennifer (in-person)	8 10:00am-FINE ART CLASS w/Roza (in-person) 11:30am-1:00pm Lunch	9 10:00 Pilates Exercise (in person) 11:30am-1:00pm Lunch	10 11:00am Chat with Staff (in-person) 11:30am-1:00pm Lunch 12:15pm EB SAIL FITNESS w/Anatoly (in-person) 1:15pm Technology in Class for Russian speaking (in-person)	11 11:00am- Health Lecture (in-person) 11:30am-1:00pm Lunch 1:15pm AEROBIC w/Iouri (in-person)
14 10:00am Belly Dancing w/Dinara 11:30am-1:00pm Lunch 12:00 Mixed Media Open Art Studio w/Jennifer (in-person)	15 10:00am-FINE ART CLASS w/Roza (in-person) 11:30am-1:00pm Lunch	16 10:00 Pilates Exercise (in person) 11:30am-1:00pm Lunch	17 11:00am Chat with Staff (in-person) 11:30am-1:00pm Lunch 12:15pm ADVANCED MOVEMENT EXERCISE w/Anatoly (in-person) 1:15pm Technology in Class for Russian speaking (in-person)	18 11:00am- Health Lecture (in-person) 11:30am-1:00pm Lunch 1:15pm AEROBIC w/Iouri (in-person)
21 10:00am Belly Dancing w/Dinara 11:30am-1:00pm Lunch 12:00 Mixed Media Open Art Studio w/Jennifer (in-person)	22 10:00am-FINE ART CLASS w/Roza (in-person) 11:30am-1:00pm Lunch THANKSGIVING PARTY!!!	23 10:00 Pilates Exercise (in person) 11:30am-1:00pm Lunch	24 <p style="text-align: center;">CLOSED FOR THANKSGIVING</p>	25 11:00am- Health Lecture (in-person) 11:30am- 1:00pm Lunch 1:15pm AEROBIC w/Iouri (in-person)
28 10:00am Belly Dancing w/Dinara 11:30am-1:00pm Lunch 12:00 Mixed Media Open Art Studio w/Jennifer (in-person)	29 10:00am-FINE ART CLASS w/Roza (in-person) 11:00am Lecture-presentation on "FIRE SAFETY" 11:30am-1:00pm Lunch	30 10:00 Pilates Exercise (in person) 11:30am-1:00pm Lunch		



LUNA PARK ANNEX * 2880 West 12th Street, Brooklyn, NY 11224 * Tel 718-996-6666



NOVEMBER 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
OCT 31 SWEDISH MEATBALLS Egg noodles, green beans, steamed carrots • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	1 BREADED EGGPLANT CUTLETS Tomato sauce, Fusilli pasta, Italian blend vegetables Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	2 BEEF POT ROAST Mashed potatoes, creamy spinach Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	3 SALMON CAKES , dill lemon sauce Roasted potatoes, Winter blend vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	4 SPANISH STYLE ROAST CHICKEN Rice a Roni, sautéed zucchini Juice • Milk, low fat, 1% • Fruit • Margarine • Challah bread
7 ITALIAN MEATBALLS Garlic bread, pasta, green beans Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	8 VEGAN BURGER Mashed potato, red cabbage Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	9 STUFFED CABBAGE W/BEEF Kasha varnishkes, Capri veggies • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	10 FISH FRANCAISE , dill lemon sauce Yellow rice, creamy spinach • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	11 HAWAIIAN CHICKEN Barley & onion, steamed carrots • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah bread
14 SHEPHERD PIE w/beef&turkey Garden salad • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	15 CHICKEN MARSALA Yellow rice, roasted beets • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	16 STUFFED PEPPERS (VEG) Roasted potatoes, green beans • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	17 SWEET & SOUR MEATBALLS Barley & onion, creamy spinach • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	18 ROASTED CHICKEN Brown gravy, potato kugel, carrot tzimmiss • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Pita
21 TVP SLOPPY JOE on burger bun Rice&beans, Cali blend veggies • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	22 TURKEY LEG with Brown Gravy, Mashed Sweet Potatoes, Whole Grain Stuffing, Veggie Mix • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread THANKSGIVING PARTY!!!!	23 BEEF MEATLOAF , brown gravy Mashed potato, creamy spinach • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	CLOSED FOR THANKSGIVING	25 CRANBERRY CHICKEN Noodle kugel, green beans • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah bread
28 CHINESE STYLE PEPPER STEAK Chow Fun noodles, Oriental veggies • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	29 VEGAN BURGER (on burger bun) Roast potatoes, green bean salad • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	30 CALIFORNIA TURKEY MEATLOAF Mashed potatoes, mixed veggies • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread		

Additional funding with generous grants from Councilman I. Vernikov



SCHEUER HOUSE OF CI OAC & LUNA PARK ANNEX
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Hours

Open Daily Monday thru Friday 8:00 am-4:00 pm

Staff:

Program Director: Lidia Shneyer
Assistant Director: Anatoli Kardiukov
Program Coordinator: Dianne Russell
Case Manager: Nansi Harb

Daily Lunch

Daily Hot Kosher Lunch-(Monday-Friday)
11:30 AM-1:00 PM- DINING ROOM

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