





SEPTEMBER 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAPPY ROSH HASHANAH! FALL PREVENTION MONTH</p>				<p>1 11:00am- Health Lecture (in-person) 11:30am-1:00pm Lunch 12:30 pm RISING STAR FITNESS (Anatoly) 1:15pm AEROBIC w/louri (in-person)</p>
<p>4 </p>	<p>5 8:45 am TRIP TO "TRADER JOE'S" 10:00am Belly Dancing (in person) 11:30am-1:00pm Lunch 1:00 – 2:00pm Black Knight Chess Club</p>	<p>6 10:30 FINE ART CLASS w/Roza 11:30am-1:00pm Lunch 12:00 BINGO 1:00pm – Movie & Discussion</p>	<p>7 11:00am Chat with Staff (in-person) 11:30am-1:00pm Lunch 12:15pm ADVANCED MOVEMENT (Anatoly) 1:15pm Technology in Class 2:00-4:00 pm Leisure Games</p>	<p>8 11:00am- Health Lecture (in-person) 11:30am-1:00pm Lunch 12:30 pm RISING STAR FITNESS (Anatoly) 1:15pm AEROBIC w/louri (in-person)</p>
<p>11 NEVER FORGET VIGIL 10:00 PILATES (in person) 11:30am-1:00pm Lunch 2:00-4:00 pm Leisure Games</p>	<p>12 10:00am Belly Dancing (in person) 11:00 LUBAWITCH VISIT 11:30am-1:00pm Lunch 1:00 – 2:00pm Black Knight Chess Club</p>	<p>13 10:30 FINE ART CLASS w/Roza 11:30am-1:00pm Lunch 12:00 BINGO 1:00pm – Movie & Discussion</p>	<p>14 11:00am Chat with Staff (in-person) 11:30am-1:00pm Lunch 12:15pm FALL PREVENTION BALANCE & STRENGTH EXERCISE (Anatoly) 1:15pm Technology in Class 2:00-4:00 pm Leisure Games</p>	<p>15 12:00-1:00pm ROSH HASHANAH PARTY! 11:00am- Health Lecture (in-person) 11:30am-1:00pm Lunch 1:15pm AEROBIC w/louri (in-person)</p>
<p>18 10:00 PILATES (in person) 11:30am-1:00pm Lunch 2:00-4:00 pm Leisure Games</p>	<p>19 10:00am Belly Dancing (in person) 11:30am-1:00pm Lunch 1:00 – 2:00pm Black Knight Chess Club</p>	<p>20 10:30 FINE ART CLASS w/Roza 11:30am-1:00pm Lunch 12:00 BINGO 1:00pm – Movie & Discussion</p>	<p>21 8:45 TRIP TO FRICK COLLECTION 11:00am Chat with Staff (in-person) 11:30am-1:00pm Lunch 2:00-4:00 pm Leisure Games</p>	<p>22 11:00am- Health Lecture (in-person) 11:30am- 1:00pm Lunch 1:15pm AEROBIC w/louri (in-person)</p>
<p>25 JASA IS CLOSED FOR YOM KIPPUR </p>	<p>26 10:00 Belly Dancing (in person) 11:30am-1:00pm Lunch 1:00 – 2:00pm Black Knight Chess Club</p>	<p>27 10:30 FINE ART CLASS w/Roza 11:30am-1:00pm Lunch 12:00 BINGO 1:00pm – Movie & Discussion</p>	<p>28 11:00am Chat with Staff (in-person) 11:30am-1:00pm Lunch 12:15pm ADVANCED MOVEMENT (Anatoly) 1:15pm Technology in Class 2:00-4:00 pm Leisure Games</p>	<p>29 11:00am- Health Lecture (in-person) 11:30am- 1:00pm Lunch 12:30 pm RISING STAR FITNESS (Anatoly) 1:15pm AEROBIC w/louri (in-person)</p>

SEPTEMBER 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
MENU IS SUBJECT TO CHANGE				1 BAKED ASIAN STYLE HONEY CHICKEN White rice, steamed carrots • Milk, low fat, 1% • Fruit • Challah Bread
4 	5 WHOLE WHEAT BEAN BURRITO Brown rice, tossed salad • Milk, low fat, 1% • Fruit • Whole Wheat Pita	6 TURKEY W/GRAVY Mashed sweet potatoes, steamed green beans • Milk, low fat, 1% • Fruit • Whole Wheat Bread	7 TERYAKI BAKED FISH Brown rice, oriental veggies • Milk, low fat, 1% • Fruit • Whole wheat bread	8 ROAST CHICKEN Potato kugel, carrot tsimmis • Milk, low fat, 1% • Fruit • Challah Bread
11 SWEDISH MEATBALLS (TURKEY) Egg noodles, steamed carrots • Milk, low fat, 1% • Fruit • Whole Wheat Bread	12 VEGETARIAN THREE-BEAN CHILI Brown rice, Italian vegetables • Milk, low fat, 1% • Fruit • Whole Wheat Bread	13 BEEF POT ROAST Creamy spinach (non-dairy), mashed sweet potatoes • Milk, low fat, 1% • Fruit • Whole Wheat Bread	14 ASIAN-STYLE FISH WITH CILANTRO Green beans, roasted butternut squash • Milk, low fat, 1% • Fruit • Whole Wheat Bread	15 CHICKEN FRANCAIS Rice-a-roni, sautéed zucchini • Milk, low fat, 1% • Fruit • Challah bread
18 TURKEY MEATBALLS MARINARA Pasta, sautéed spinach, Italian vegetables • Milk, low fat, 1% • Fruit • Garlic bread	19 LENTIL STEW WITH CARROTS AND TURNIPS Brown rice, braised red cabbage • Milk, low fat, 1% • Fruit • Whole Wheat Bread	20 STUFFED CABBAGE (BEEF) Kasha varnishkes, Capri veggies • Milk, low fat, 1% • Fruit • Whole Wheat Bread	21 FISH FRANCAIS Creamy spinach (non-dairy), roasted butternut squash • Milk, low fat, 1% • Fruit • Whole Wheat Bread	22 HAWAIIAN CHICKEN White rice, steamed carrots • Milk, low fat, 1% • Fruit • Challah Bread
25 JASA IS CLOSED FOR YOM KIPPUR 	26 SHEPHERD'S PIE (beef & turkey) Garden salad, mashed sweet potatoes • Milk, low fat, 1% • Fruit • Whole wheat bread	27 SWEET & SOUR MEATBALLS Creamy spinach (non-dairy), egg noodles • Milk, low fat, 1% • Fruit • Margarine • Whole wheat bread	28 CLASSIC BLACK BEAN STEW Brown rice, steamed green beans, • Juice • Milk, low fat, 1% • Fruit • Garlic Bread	29 ROAST CHICKEN (brown gravy) Potato kugel, carrot tsimmis • Milk, low fat, 1% • Fruit • Challah Bread



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

Additional funding with generous grants from Councilman I. Vernikov

