




BROOKDALE OLDER ADULT CENTER
131 BEACH 19 STREET FAR ROCKAWAY, NY, 11691 * Tel 718-471-3200
MARCH 2023 ACTIVITIES




Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Daily Lunch Daily Hot Kosher Lunch- (Monday-Friday) 11:00 AM-1:00 PM DINING ROOM PLEASE CALL TO REGISTER 718-471-3200</p>  <p align="center">NYC Aging</p> <p>*Calendar is subject to change</p>	<p align="center">*Additional funding with generous grants from Councilwoman Selvena Brooks- Powers & Queens BP Donovan Richards</p>	<p align="center">1</p> <ul style="list-style-type: none"> • 9:00am – (IN Person) OATS Computer Essential • 10:00am (In Person) Crocheting class with Joyce; • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 10:00am- (In Person) Billiards -Pool Room; • 10:30am – (In Person) – OATS Android Essential • 12:00pm-(ZOOM)- Concerts in Motion BROADWAY; • 1:00pm-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY 	<p align="center">2</p> <ul style="list-style-type: none"> • 10:00am (In Person) Crocheting class with Joyce; • 12pm – (In Person) Billiards- Pool Rm; • 1:00pm- (In Person)- CHAKRA DANCE WITH CYNTHIA- Dining Room; 	<p align="center">3</p> <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 10:00pm- (In Person) - WALK WITH EASE WITH RACHEL; • 10:00am-11:30 (In Person)- Computer 101 • 12:00am- (In Person)- Health Discussions- Dining Room; • 12:00pm- (In Person) Library
<p align="center">6</p> <ul style="list-style-type: none"> • 9:00am – (IN Person) OATS Computer Essential • 10:30am – (In Person) – Android Essential • 11:00am - (In Person)- Get your blood pressure checked – Dining room; • 12pm – (In Person) - Billiards Pool Rm; • 1:00pm- (In Person) - ZUMBA GOLD WITH 	<p align="center">7</p> <ul style="list-style-type: none"> • 10:00am-11:30 (In Person)-Computer 101 • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm – (In Person) - Billiards Pool Rm; • 1:00pm– (In Person) - YOGA WITH CYNTHIA; • 2:00pm- (In Person) – LINE DANCE WITH 	<p align="center">8</p> <ul style="list-style-type: none"> • 9:00am – (IN Person) OATS Computer Essential • 9:30am - TRIP to DMV; • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 10:00am (In Person) Crocheting class with Joyce; • 10:00am- (In Person) 	<p align="center">9</p> <ul style="list-style-type: none"> • 10:00am (In Person) Crocheting class with Joyce; • 10:00am- (In Person)- MUFFIN MORNINGS WITH OHEL-Dining room; • 11:00am – 1:00pm - (In Person)- ACTIVE SHOOTER EMERGENCY SKILLS TRAINING - Dining Room; • 1:00pm – (In Person) - 	<p align="center">10</p> <ul style="list-style-type: none"> • 10:00am - TRIP to CAPITAL ONE BANK; • 10:00am-11:30 (In Person)- Computer 101; • 10:00pm- (In Person) - WALK WITH EASE WITH RACHEL; • 10am- (In Person) Billiards- Pool Rm; • 11:00am- (In Person)-

<p>CYNTHIA;</p> <ul style="list-style-type: none"> • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) - Library; 	<p>ANATOLY- Dining Room;</p> <ul style="list-style-type: none"> • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class 	<p>Billiards -Pool Room;</p> <ul style="list-style-type: none"> • 10:30am – (In Person) – OATS Android Essential • 12:00pm-(ZOOM)- Concerts in Motion BROADWAY; • 1:00pm-4:00pm (In Person) Billiards -Pool Room-LADIES ONLY 	<p>Kosher Rules- Educational Presentation - Dining room;</p> <ul style="list-style-type: none"> • 12pm – (In Person) Billiards- Pool Rm; • 1:00pm- (In Person) CHAKRA DANCE WITH CYNTHIA- Dining Room; 	<p>Health Discussions- Dining Room;</p> <ul style="list-style-type: none"> • 12:00pm- (In Person) Library
<p>13</p> <ul style="list-style-type: none"> • 9:00am – (IN Person) OATS Computer Essential • 9:45am - TRIP to COSTCO; • 10:30am – (In Person) – Android Essential • 12pm – (In Person) - Billiards Pool Rm; • 1:00pm- (In Person) - ZUMBA GOLD WITH CYNTHIA; • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) - Library; 	<p>14</p> <ul style="list-style-type: none"> • 10:00am-11:30 (In Person)-Computer 101 • 12:00pm – (In Person) - Billiards Pool Rm; • 1:00pm– (In Person) - YOGA WITH CYNTHIA; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Pool Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class; 	<p>15</p> <ul style="list-style-type: none"> • 9:00am – (IN Person) OATS Computer Essential • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 10:00am (In Person) Crocheting class with Joyce; • 10:00am- (In Person) Billiards -Pool Room; • 10:30am – (In Person) – OATS Android Essential • 12:00pm-(ZOOM)- Concerts in Motion BROADWAY; • 1:00pm-4:00pm (In Person) Billiards -Pool Room-LADIES ONLY 	<p>16</p> <ul style="list-style-type: none"> • 9:30am - TRIP to TRADER JOES; • 10:00am (In Person) Crocheting class with Joyce; • 12pm – (In Person) Billiards- Pool Rm; • 1:00pm- (In Person) CHAKRA DANCE WITH CYNTHIA- Dining Room 	<p>17</p> <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 10:00pm- (In Person) - WALK WITH EASE WITH RACHEL • 10:00am-1:00 (In Person)- Computer 101 • 11:00am- (In Person-) Health Discussions; • 12:00pm- (In Person) Library; • 12:00pm – LIVE CONCERT (In Person) -Concerts in Motion- Dining room;
<p>20</p> <ul style="list-style-type: none"> • 9:00am – (IN Person) OATS Computer Essential • 10:30am – (In Person) – Android Essential; • 10:45am - TRIP to INTERNATIONAL BUFFET; 	<p>21</p> <ul style="list-style-type: none"> • 10:00am-11:30 (In Person)-Computer 101; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm – (In Person) - Billiards Pool Rm; 	<p>22</p> <ul style="list-style-type: none"> • 9:30am - TRIP to ERSKINE MALL; • 10:00am (In Person) Crocheting class with Joyce; 	<p>23</p> <ul style="list-style-type: none"> • 9:45am - TRIP to COSTCO; • 10:00am (In Person) Crocheting class with Joyce; • 12pm – (In Person) Billiards- Pool Rm; 	<p>24</p> <ul style="list-style-type: none"> • 10:00am - TRIP to CAPITAL ONE BANK; • 10am- (In Person) Billiards- Pool Rm; • 10:00pm- (In Person) - WALK WITH EASE WITH

<ul style="list-style-type: none"> • 11:00am - (In Person)- Get your blood pressure checked – Dining room; • 12pm – (In Person) - Billiards Pool Rm; • 1:00pm- (In Person) - ZUMBA GOLD WITH CYNTHIA; • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) - Library; 	<ul style="list-style-type: none"> • 1:00pm– (In Person) - YOGA WITH CYNTHIA; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Pool Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class 	<ul style="list-style-type: none"> • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 10:00am- (In Person) Billiards -Pool Room; • 12:00pm-(ZOOM)- Concerts in Motion BROADWAY; • 1:00pm-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY 	<ul style="list-style-type: none"> • 1:00pm- (In Person)- CHAKRA DANCE WITH CYNTHIA- Dining Room; 	<p>RACHEL</p> <ul style="list-style-type: none"> • 10:00am-11:30 (In Person)-Computer 101; • 11:30am – 1:30pm - (In Person)- BIRTHDAY PARTY - Dining Room; • 12:00pm- (In Person-) Health Discussions- Dining Room; • 12:00pm- (In Person) Library;
<p>27</p> <ul style="list-style-type: none"> • 9:45am - TRIP to IKEA; • 10:00am- (In Person-) Computer Lab • 12pm – (In Person) - Billiards Pool Rm; • 1:00pm- (In Person) - ZUMBA GOLD WITH CYNTHIA; • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) - Library; 	<p>28</p> <ul style="list-style-type: none"> • 10:00am-11:30 (In Person)-Computer 101; • 10:00am - TRIP to VINCENT & MOVIES; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm – (In Person) - Billiards Pool Rm; • 1:00pm– (In Person) - YOGA WITH CYNTHIA; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Pool Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class 	<p>29</p> <ul style="list-style-type: none"> • 9:30am - TRIP to STOP&SHOP, LOWES HOME& NATIONWIDE; • 10:00am (In Person) Crocheting class with Joyce; • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 10:00am- (In Person) Billiards -Pool Room; • 11:00am- (In Person) Nutrition Lecture- NATIONAL NUTRITION MONTH TIPS FOR 2023 • 12:00pm-(ZOOM)- Concerts in Motion BROADWAY; • 1:00pm-4:00pm (In 	<p>30</p> <ul style="list-style-type: none"> • 10:00am - TRIP to TANGER OUTLET; • 10:00am – 2:00pm (In Person)- MTA <u>Metrocard Van</u> • 10:00am (In Person) Crocheting class with Joyce; • 12pm – (In Person) Billiards- Pool Rm; • 1:00pm- (In Person)- CHAKRA DANCE WITH CYNTHIA- Dining Room 	<p>31</p> <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 10:00pm- (In Person) - WALK WITH EASE WITH RACHEL • 10:00am-11:30 (In Person)-Computer 101 • 12:00am- (In Person-) Health Discussions- Dining Room; • 12:00pm- (In Person) Library;

		Person) Billiards -Pool Room- LADIES ONLY		
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Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">COME AND JOIN US! MARCH 24TH AT 11:30am – BIRTHDAY PARTY - Dining Room</p> <p align="center">  NYC Aging</p>	<p align="center">*Menu is subject to change* <u>Daily Lunch</u> Daily Hot Kosher Lunch- (Monday-Friday) 11:00 AM-1:00 PM DINING ROOM PLEASE CALL TO REGISTER 718-471-3200</p>	<p align="center">1</p> <ul style="list-style-type: none"> • Turkey with Gravy • Homemade Mashed Potatoes • Whole Grain Stuffing • Green Beans • Juice • Milk, low fat, 1% • Fruit • Margarine 	<p align="center">2</p> <ul style="list-style-type: none"> • Teriyaki Baked Fish • Yellow Rice • Oriental Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p align="center">3</p> <ul style="list-style-type: none"> • Roasted Chicken • Potato Kugel • Carrot Tzimmes • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah Bread
<p align="center">6</p> <ul style="list-style-type: none"> • Swedish Meatballs with Beef and Turkey • Egg Noodles • Green Beans • Steamed Sliced Carrots • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p align="center">7</p> <ul style="list-style-type: none"> • Breaded Eggplant Cutlets • Homemade Tomato Sauce • Fusilli Pasta with Parsley • Garlic Bread • Italian Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine 	<p align="center">8</p> <ul style="list-style-type: none"> • Beef Pot Roast • Homemade Mashed Potatoes • Creamy Spinach • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p align="center">9</p> <ul style="list-style-type: none"> • Dill Lemon Sauce Salmon Cakes • Roasted Potatoes • Winter Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p align="center">10</p> <ul style="list-style-type: none"> • Spanish Style Roast Chicken • Rice A Roni • Sauteed Zucchini • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah Bread
<p align="center">13</p> <ul style="list-style-type: none"> • Italian Meatballs with Beef and Turkey • Pasta • Green Beans • Garlic Bread • Juice • Milk, low fat, 1% • Fruit • Margarine 	<p align="center">14</p> <ul style="list-style-type: none"> • Veggie Burgers • Homemade Mashed Potatoes • Braised Red Cabbage • Juice • Milk, low fat, 1% • Fruit • Margarine 	<p align="center">15</p> <ul style="list-style-type: none"> • Stuffed Cabbage with Beef • Kasha Varnishkes • Capri Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p align="center">16</p> <ul style="list-style-type: none"> • Dill Lemon Sauce Fish Francaise • Yellow Rice • Creamy Spinach • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p align="center">17</p> <ul style="list-style-type: none"> • Hawaiian Chicken • Mauzone Toasted Barley and Onion • Steamed Carrots • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah Bread • SPECIAL DESERT

<p>20</p> <ul style="list-style-type: none"> • Shepherd Pie with Beef and Turkey • Garden Salad • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>21</p> <ul style="list-style-type: none"> • Chicken Marsala • Yellow Rice • Roasted Beets • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>22</p> <ul style="list-style-type: none"> • Vegan Stuffed Peppers • Roasted Potatoes • Green Beans • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>23</p> <ul style="list-style-type: none"> • Sweet and Sour Meatballs • Toasted Barley and Onion • Creamy Spinach • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>24</p> <ul style="list-style-type: none"> • Roasted Chicken • Potato Kugel • Carrot Tzimmes • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah Bread • SPECIAL DESERT
<p>27</p> <ul style="list-style-type: none"> • Eggplant Parmesan • Rice • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>28</p> <ul style="list-style-type: none"> • Chicken Francoise • Mashed Sweet Potatoes • Whole Grain Stuffing • Vegetable Mix • Juice • Milk, low fat, 1% • Fruit • Margarine 	<p>29</p> <ul style="list-style-type: none"> • Beef meatloaf with Mushroom Gravy • Homemade Mashed Potatoes • Creamy Spinach • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>30</p> <ul style="list-style-type: none"> • Fish Francoise Creole Sauce • Rice A Roni • Steamed Carrots • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>31</p> <ul style="list-style-type: none"> • Cranberry Chicken • Noodle Kugel • Green Beans • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah Bread



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



NYC Aging