



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



Monday		Tuesday		Wednesday		Thursday		Friday	
<b>1</b>	<ul style="list-style-type: none"> <li>• 10:00am – (IN Person) <b>OATS Computer Basics;</b></li> <li>• 10:00am- (In Person-) Computer Lab</li> <li>• 10am – (In Person) - Billiards Pool Rm;</li> <li>• 11:00am - (In Person)- <b>Get your blood pressure checked</b> – Dining room;</li> <li>• 1:00pm- (In Person) - ZUMBA GOLD WITH CYNTHIA;</li> <li>• 2:00pm- (In Person)- Art Class;</li> <li>• 2:00pm- (In Person) - Library;</li> </ul>	<b>2</b>	<ul style="list-style-type: none"> <li>• 10:00am – (In Person) - Billiards Pool Rm;</li> <li>• 10:00am-11:30 (In Person)-Computer 101;</li> <li>• 11:00am - (In Person) Movie Matinee- Dining Rm;</li> <li>• 1:00pm– (In Person) - YOGA WITH CYNTHIA;</li> <li>• 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Dining Room;</li> <li>• 3:00pm- (In Person) – Computer class Intermediate level;</li> <li>• 3:45pm-- (In Person) – Technology Class</li> </ul>	<b>3</b>	<ul style="list-style-type: none"> <li>• 10:00am – (IN Person) <b>OATS Computer Basics</b></li> <li>• 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm</li> <li>• 10:00am (In Person) Crocheting class with Joyce;</li> <li>• 10:00am- (In Person) Billiards -Pool Room;</li> <li>• 12:00pm-(ZOOM)- Concerts in Motion BROADWAY;</li> <li>• 1:00pm-4:00pm (In Person) <b>Billiards -Pool Room- LADIES ONLY</b></li> </ul>	<b>4</b>	<ul style="list-style-type: none"> <li>• 10:00am- (In Person) - <b>WALK WITH EASE</b> WITH RACHEL</li> <li>• 10:00am (In Person) Crocheting class with Joyce;</li> <li>• 10am – (In Person) Billiards- Pool Rm;</li> <li>• 1:00pm- (In Person)- CHAKRA DANCE WITH CYNTHIA- Dining Room</li> </ul>	<b>5</b>	<ul style="list-style-type: none"> <li>• 10:00am - (In Person)- <b>ALVIN AILEY DANCE CLASS-</b> Pool Room</li> <li>• 10:00am-11:30 (In Person)-Computer 101 Room</li> <li>• 12:00am- (In Person-) Health Discussions- Dining Room;</li> <li>• 12:00pm- (In Person) Library;</li> <li>• 1:00pm-4:00pm (In Person) <b>Billiards -Pool Room- LADIES ONLY</b></li> </ul>
<b>8</b>	<ul style="list-style-type: none"> <li>• 10:00am - <b>TRIP to SAMMY'S;</b></li> <li>• 10:00am – (IN Person) <b>OATS Computer Basics;</b></li> <li>• 10am – (In Person) - Billiards Pool Rm;</li> <li>• 1:00pm- (In Person) - ZUMBA GOLD WITH CYNTHIA;</li> <li>• 2:00pm- (In Person)- Art Class;</li> <li>• 2:00pm- (In Person) - Library;</li> </ul>	<b>9</b>	<ul style="list-style-type: none"> <li>• 9:30am - <b>TRIP to DMV;</b></li> <li>• 10:00am – (In Person) - Billiards Pool Rm;</li> <li>• 10:00am-11:30 (In Person)-Computer 101;</li> <li>• 11:00am - (In Person) Movie Matinee- Dining Rm;</li> <li>• 1:00pm– (In Person) - YOGA WITH CYNTHIA;</li> <li>• 2:00pm- (In Person) – LINE DANCE WITH</li> </ul>	<b>10</b>	<ul style="list-style-type: none"> <li>• 10:00am – (IN Person) <b>OATS Computer Basics</b></li> <li>• 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm</li> <li>• 10:00am (In Person) Crocheting class with Joyce;</li> <li>• 10:00am- (In Person) Billiards -Pool Room;</li> <li>• 12:00pm-(ZOOM)- Concerts in Motion BROADWAY;</li> </ul>	<b>11</b>	<ul style="list-style-type: none"> <li>• 10:00am- (In Person) - <b>WALK WITH EASE</b> WITH RACHEL</li> <li>• 10:00am (In Person) Crocheting class with Joyce;</li> <li>• 10am – (In Person) Billiards- Pool Rm;</li> <li>• 12:00pm- (In Person-) <b>MUFFIN MORNINGS WITH OHEL-</b>Dining room;</li> <li>• 1:00pm- (In Person)- CHAKRA DANCE WITH</li> </ul>	<b>12</b>	<ul style="list-style-type: none"> <li>• 10:00am - <b>BANK TRIP;</b></li> <li>• 10:00am - (In Person)- <b>ALVIN AILEY DANCE CLASS-</b> Pool Room</li> <li>• 10:00am-11:30 (In Person)- Computer 101;</li> <li>• 11:00am- (In Person-) Health Discussions- Dining Room;</li> <li>• 11:30am- (In Person-) <b>Prevent elder abuse Workshop-Jamaica Hospital</b></li> </ul>

	<p>ANATOLY- Dining Room;</p> <ul style="list-style-type: none"> <li>• <b>3:00pm- (In Person)</b> – Computer class Intermediate level;</li> <li>• <b>3:45pm-- (In Person)</b> – Technology Class</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1:00pm-4:00pm (In Person)</b> <b>Billiards -Pool Room- LADIES ONLY</b></li> </ul>	<p>CYNTHIA- Dining Room</p>	<p><b>Medical Center-</b> Dining room</p> <ul style="list-style-type: none"> <li>• <b>12:00pm- (In Person)</b> Library</li> <li>• <b>1:00pm-4:00pm (In Person)</b> <b>Billiards -Pool Room- LADIES ONLY</b></li> </ul>
<p>15</p> <ul style="list-style-type: none"> <li>• <b>9:30am - TRIP to IKEA;</b></li> <li>• <b>10:00am – (In Person) OATS Computer Basics;</b></li> <li>• <b>10am – (In Person)</b> - Billiards Pool Rm;</li> <li>• <b>1:00pm- (In Person)</b> - ZUMBA GOLD WITH CYNTHIA;</li> <li>• <b>2:00pm- (In Person)- Art Class;</b></li> <li>• <b>2:00pm- (In Person)</b> - Library;</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>• <b>10:00am-11:30 (In Person)-</b>Computer 101</li> <li>• <b>10:00am – (In Person)</b> - Billiards Pool Rm;</li> <li>• <b>11:00am - (In Person)</b> Movie Matinee- Dining Rm;</li> <li>• <b>1:00pm– (In Person)</b> - YOGA WITH CYNTHIA;</li> <li>• <b>2:00pm- (In Person)</b> – LINE DANCE WITH ANATOLY- Pool Room;</li> <li>• <b>3:00pm- (In Person)</b> – Computer class Intermediate level;</li> <li>• <b>3:45pm-- (In Person)</b> – Technology Class</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>• <b>10:00am - TRIP to BENS DELI&amp;BIG LOTS;</b></li> <li>• <b>10:00am – (In Person) OATS Computer Basics</b></li> <li>• <b>10:00am – (In Person)- ESL- English as a Second Language- Dining Rm</b></li> <li>• <b>10:00am (In Person)</b> Crocheting class with Joyce;</li> <li>• <b>10:00am- (In Person)</b> Billiards -Pool Room;</li> <li>• <b>12:00pm-(ZOOM)- Concerts in Motion BROADWAY;</b></li> <li>• <b>1:00pm-4:00pm (In Person)</b> <b>Billiards -Pool Room- LADIES ONLY</b></li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>• <b>10:00am- (In Person) - WALK WITH EASE</b> WITH RACHEL;</li> <li>• <b>10:00am (In Person)</b> Crocheting class with Joyce;</li> <li>• <b>10am – (In Person)</b> Billiards- Pool Rm;</li> <li>• <b>1:00pm- (In Person)</b> CHAKRA DANCE WITH CYNTHIA- Dining Room;</li> <li>• <b>2:00pm-4:00pm- (In Person) - SPRING PARTY with Gennady Kupisok-</b> Dining Room</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>• <b>9:45am - TRIP to COSTCO;</b></li> <li>• <b>10:00am - (In Person)- ALVIN AILEY DANCE CLASS-</b> Pool Room</li> <li>• <b>10:00am-1:00 (In Person)-</b> Computer 101;</li> <li>• <b>12:00pm – LIVE CONCERT (In Person) -Concerts in Motion-CELEBRATING OLDER ADULTS MONTH-</b> Dining room;</li> <li>• <b>12:00pm- (In Person)</b> Library;</li> <li>• <b>1:00pm-4:00pm (In Person)</b> <b>Billiards -Pool Room- LADIES ONLY</b></li> </ul>
<p>22</p> <ul style="list-style-type: none"> <li>• <b>10:00am – (In Person) OATS Computer Basics;</b></li> <li>• <b>10am – (In Person)</b> - Billiards Pool Rm;</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>• <b>10:00am - TRIP to LUNCH &amp; MOVIES;</b></li> <li>• <b>10:00am-11:30 (In Person)-</b>Computer 101;</li> <li>• <b>10:00am – (In Person)</b> - Billiards Pool Rm;</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>• <b>9:30am - TRIP to TRADER JOES;</b></li> <li>• <b>10:00am – (In Person) OATS Computer Basics;</b></li> <li>• <b>10:00am (In Person)</b> Crocheting class with</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>• <b>10:00am- (In Person) - WALK WITH EASE</b> WITH RACHEL;</li> <li>• <b>10:00am (In Person)</b> Crocheting class with Joyce;</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>• <b>10:00am - (In Person)- ALVIN AILEY DANCE CLASS-</b> Pool Room</li> <li>• <b>10:00am-11:30 (In Person)-</b>Computer 101;</li> <li>• <b>12:00pm- (In Person-)</b></li> </ul>

<ul style="list-style-type: none"> <li>• <b>11:00am - (In Person)- Get your blood pressure checked</b> – Dining room;</li> <li>• <b>1:00pm- (In Person) - ZUMBA GOLD WITH CYNTHIA;</b></li> <li>• <b>2:00pm- (In Person)- Art Class;</b></li> <li>• <b>2:00pm- (In Person) - Library;</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>11:00am - (In Person)</b> Movie Matinee- Dining Rm;</li> <li>• <b>1:00pm- (In Person) - YOGA WITH CYNTHIA;</b></li> <li>• <b>2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Pool Room;</b></li> <li>• <b>3:00pm- (In Person) – Computer class Intermediate level;</b></li> <li>• <b>3:45pm-- (In Person) – Technology Class</b></li> </ul>	<p>Joyce;</p> <ul style="list-style-type: none"> <li>• <b>10:00am – (In Person)- ESL- English as a Second Language- Dining Rm</b></li> <li>• <b>10:00am- (In Person)</b> Billiards -Pool Room;</li> <li>• <b>12:00pm-(ZOOM)- Concerts in Motion BROADWAY;</b></li> <li>• <b>1:00pm-4:00pm (In Person)</b> <b>Billiards -Pool Room- LADIES ONLY</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>10am – (In Person)</b> Billiards- Pool Rm;</li> <li>• <b>1:00pm- (In Person)- CHAKRA DANCE WITH CYNTHIA- Dining Room;</b></li> </ul>	<p>Health Discussions- Dining Room;</p> <ul style="list-style-type: none"> <li>• <b>12:00pm- (In Person)</b> Library;</li> <li>• <b>1:00pm-4:00pm (In Person)</b> <b>Billiards -Pool Room- LADIES ONLY</b></li> </ul>
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29

**JASA IS CLOSED FOR MEMORIAL DAY! HAPPY HOLIDAYS!**

- 30
- **9:30am - TRIP to GREEN ACRES & WALMART;**
  - **10:00am-11:30 (In Person)-Computer 101;**
  - **11:00am - (In Person)** Movie Matinee- Dining Rm;
  - **10:00am – (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**

- 31
- **9:30am - TRIP to STOP & SHOP, LOWES HOME & NATIONWIDE;**
  - **10:00am – (In Person) OATS Computer Basics**
  - **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- NUTRITION AND OSTEOPOROSIS;**
  - **12:00pm-(ZOOM)- Concerts in Motion BROADWAY;**

**COME AND JOIN US!**

**MONDAYS and WEDNESDAYS APRIL 10<sup>TH</sup> – JUNE 19**



**AT 9:00am – OATS Computer Basics - Computer Room**

**\*Calendar is subject to change**

**COME AND JOIN US!**



**FRIDAYS APRIL 7<sup>TH</sup> – JUNE 23**

**AT 10:00am – ALVIN AILEY DANCE CLASS- Pool Room**

		<ul style="list-style-type: none"><li>• 1:00pm-4:00pm (In Person) <b>Billiards -Pool Room- LADIES ONLY</b></li></ul>		
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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <ul style="list-style-type: none"> <li>• Shepherd Pie with Beef and Turkey</li> <li>• Garden Salad</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>• Chicken Marsala</li> <li>• Yellow Rice</li> <li>• Roasted Beets</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>• Vegan Stuffed Peppers</li> <li>• Roasted Potatoes</li> <li>• Green Beans</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• Sweet and Sour Meatballs</li> <li>• Toasted Barley and Onion</li> <li>• Creamy Spinach</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Potato Kugel</li> <li>• Carrot Tzimmes</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Challah Bread</li> </ul>
<p><b>8</b></p> <ul style="list-style-type: none"> <li>• TVP Sloppy Joe</li> <li>• Rice and Beans</li> <li>• California Blend Vegetables</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Plain Hamburger Bun</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>• Chicken Francoise</li> <li>• Mashed Sweet Potatoes</li> <li>• Whole Grain Stuffing</li> <li>• Vegetable Mix</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• Beef meatloaf with Mushroom Gravy</li> <li>• Homemade Mashed Potatoes</li> <li>• Creamy Spinach</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• Fish Francoise Creole Sauce</li> <li>• Rice A Roni</li> <li>• Steamed Carrots</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>• Cranberry Chicken</li> <li>• Noodle Kugel</li> <li>• Green Beans</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Challah Bread</li> </ul>
<p><b>15</b></p> <ul style="list-style-type: none"> <li>• Chinese Style Pepper Steak</li> <li>• Chow Fun Noodles</li> <li>• Oriental Blend Vegetables</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• Black Beans and Mushrooms</li> <li>• Roasted Potatoes</li> <li>• Green Bean Salad</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Plain Hamburger Bun</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• California Turkey Meatloaf</li> <li>• Homemade Mashed Potatoes</li> <li>• Mixed Vegetables</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• Homemade Breaded Fish</li> <li>• Brown Rice and Black Beans</li> <li>• Steamed Sliced Carrots</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> <li>• <b>SPECIAL DESSERT</b></li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>• Chicken Shawarma</li> <li>• Cucumber Dill Salad</li> <li>• Lentils with Spiced Rice and Caramelized Onions (Majadra)</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Pita</li> </ul>

				<ul style="list-style-type: none"> <li>• <b>SPECIAL DESSERT</b></li> </ul>
<b>22</b> <ul style="list-style-type: none"> <li>• Stuffed Cabbage with Beef</li> <li>• Toasted Barley with Onions</li> <li>• Capri Blend Vegetables</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• Baked Falafel Patties</li> <li>• Hummus</li> <li>• Whole Wheat Pita</li> <li>• Za'atar Spiced Israeli Salad</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• Turkey with Gravy</li> <li>• Homemade Mashed Potatoes</li> <li>• Whole Grain Stuffing</li> <li>• Green Beans</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• Teriyaki Baked Fish</li> <li>• Yellow Rice</li> <li>• Oriental Blend Vegetables</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Potato Kugel</li> <li>• Carrot Tzimmes</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Challah Bread</li> </ul>
<b>29</b> <p style="text-align: center;"><b>JASA IS CLOSED FOR MEMORIAL DAY! HAPPY HOLIDAYS!</b></p>	<b>30</b> <ul style="list-style-type: none"> <li>• Breaded Eggplant Cutlets</li> <li>• Homemade Tomato Sauce</li> <li>• Fusilli Pasta with Parsley</li> <li>• Garlic Bread</li> <li>• Italian Blend Vegetables</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>• Beef Pot Roast</li> <li>• Homemade Mashed Potatoes</li> <li>• Creamy Spinach</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<p style="text-align: center;"><b><u>Daily Lunch</u></b>  <b>Daily Hot Kosher Lunch-</b>  <b>(Monday-Friday)</b>  <b>11:00 AM-1:00 PM</b>  <b>DINING ROOM</b>  <b>PLEASE CALL TO REGISTER</b>  <b>718-471-3200</b></p> <p><b>*Menu is subject to change*</b></p>	<p><b>*Additional funding with generous grants from Councilwoman Selvena Brooks-Powers &amp; Queens BP Donovan Richards</b></p> <p style="text-align: center;"> <small>PROUD PARTNER</small>     </p>



**BROOKDALE VILLAGE OLDER ADULT CENTER**  
**131 BEACH 19 STREET, FAR ROCKAWAY, NY 11691**  
**Tel 718-471-3200**  
**[www.jasa.org](http://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**

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

