



NOVEMBER 2021



BROOKDALE VILLAGE SENIOR CENTER VIRTUAL CLASSES call 718-471-3200 to register

MONDAY

9:00am- 12:00pm
OATS Computer Class (In Person) Computer Room
Starting November 22- December 29

11:00am -12:00pm
Concerts in Motion classical

11:00am-12:00pm
Body Movement with Jomayra

TUESDAY

9:00am-11:00am
BINGO (In Person) DINING ROOM

9:30am-10:30am
SILVER SNEAKERS IN RUSSIAN

10:00am-11:00am
ENGLISH Computer

10:00am-11:00am
Yoga Dance with Christine

11:00am-1:00pm
GRAB N GO Meal distribution at the Center

3:00pm-4:00pm
English Virtual city tours

WEDNESDAY

9:00am- 12:00pm
OATS Computer Class (In Person) Computer Room

Starting November 22 –December 29

9:30am-10:15am
Dance Movement with Lisa

10:00am-12:00pm
Crocheting class with Joyce- DINING ROOM (In Person)

10:00am- 2:00pm
Billards (In Person) Pool Room

11:00am-12:00pm
NIA Stretching with Monica Rockaway Park

12:00pm-1:00pm
Concerts in Motion BROADWAY

12:00pm-1:00pm November 11 ONLY
OHEL Boardwalk Talks (In Person)

1:00pm-2:00pm November 24th ONLY
Nutrition Lecture with Stephanie Cordaro

THURSDAY

9:30am-10:30am
CHAIR EXERCISE in RUSSIAN

10:00am-11:00am
ENGLISH Computer

10:00am -11:00am
Movie Matinee (In Person)

11:00am -12:00pm
Yoga from Rockaway Park

1:00pm-2:00pm
RUSSIAN Computer

1:00pm-1:45pm
Walk with Ease with Rachel

FRIDAY

9:00am-10:00am
NIA Stretching with Monica

10:00am-11:00am
Body Movement with Jomayra

11:00am-12:00pm
RUSSIAN Computer

12:00pm-1:00pm
Latin Concert

2:00pm-4:00pm
Movie club

CONTACT

RACHEL FIELDS
RFIELDS2@JASA.ORG
718-471-3200

131 BEACH 19 STREET, FAR ROCKAWAY, NY 11691

MORE INFORMATION

JASA offers hundreds of additional FREE virtual classes through our other senior centers. Check out

www.jasa.org/events/senior-center-virtual-events

