


BROOKDALE OLDER ADULT CENTER
131 BEACH 19 STREET FAR ROCKAWAY, NY, 11691 * Tel 718-471-3200
NOVEMBER 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Calendar is subject to change</p>  <p align="center">NOVEMBER 8TH- General Election DAY- 131 BEACH 19 STREET FAR ROCKAWAY, NY, 11691- POOL ROOM</p>	<p>1</p> <ul style="list-style-type: none"> • 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>2</p> <ul style="list-style-type: none"> • 9:00am - TRIP to Farmers Market; • 10:00am- (In Person-) Computer Lab • 10:00am- (In Person) Billiards -Pool Room; • 12:00pm- (In Person) Library • 12:00pm-(ZOOM)- Concerts in Motion BROADWAY; 	<p>3</p> <ul style="list-style-type: none"> • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12pm – (In Person) Billiards- Pool Rm; • 1:00pm- (In Person)- CHAKRA DANCE WITH CYNTHIA- Dining Room; 	<p>4</p> <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 10:00am- (In Person-) Computer Lab • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 11:00am- (In Person-) Health Discussions- Dining Room;
<p>7</p> <ul style="list-style-type: none"> • 10:30am - TRIP to Burlington, Target, and MARSHALLS STORES; • 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) - 	<p>8</p> <ul style="list-style-type: none"> • 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) – 	<p>9</p> <ul style="list-style-type: none"> • 9:30am - TRIP to DMV; • 10:00am- (In Person-) Computer Lab; • 10:00am (In Person) Crocheting class with Joyce; • 10:00am- (In Person) Billiards -Pool Room; • 12:00pm- (In Person) Library • 12:00pm-(ZOOM)- Concerts in Motion BROADWAY; 	<p>10</p> <ul style="list-style-type: none"> • 9:30am - TRIP to Stop&Shop, LOWES and NATIONWIDE; • 11:00am - (In Person) CRIME PREVENTION PRESENTATION WITH 101 PRECINCT- Dining Rm; • 12pm – (In Person) Billiards- Pool Rm; • 1:00pm- (In Person) CHAKRA DANCE WITH CYNTHIA- Dining Room; 	<p>11</p> <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 10:00am- (In Person-) Computer Lab • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 11:00am- (In Person-) Health Discussions- Dining Room;

Library;	Technology Class			
<p>14</p> <ul style="list-style-type: none"> • 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>15</p> <ul style="list-style-type: none"> • 9:45am - TRIP to IKEA • 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>16</p> <ul style="list-style-type: none"> • 10:00am- (In Person-) Computer Lab; • 10:00am (In Person) Crocheting class with Joyce; • 10:00am- (In Person) Billiards -Pool Room; • 10:30am - TRIP to GLOBAL Buffet; • 12:00pm- (In Person) Library • 12:00pm-(ZOOM)- Concerts in Motion BROADWAY; 	<p>17</p> <ul style="list-style-type: none"> • 9:45am - TRIP to COSTCO; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12pm – (In Person) - Kosher Rules- Educational Presentation - Dining room; • 12pm – (In Person) Billiards- Pool Rm; • 1:00pm- (In Person) CHAKRA DANCE WITH CYNTHIA- Dining Room 	<p>18</p> <ul style="list-style-type: none"> • 10:00am - TRIP to CAPITAL ONE BANK; • 10am- (In Person) Billiards- Pool Rm; • 10:00am- (In Person-) Computer Lab • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 11:00am- (In Person-) Health Discussions; • 12:00pm – LIVE CONCERT (In Person) -Concerts in Motion- Dining room
<p>21</p> <ul style="list-style-type: none"> • 10:00am- (In Person-) Computer Lab • 10:00am- TRIP TO GREEN ACRES MALL; • 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; 	<p>22</p> <ul style="list-style-type: none"> • 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>23</p> <ul style="list-style-type: none"> • 9:30am - TRIP to TRADER JOES; • 10:00am (In Person) Crocheting class with Joyce; • 10:00am- (In Person-) Computer Lab • 10:00am- (In Person) Billiards -Pool Room; • 12pm – (In Person) - THANKSGIVING PARTY- Dining Room; • 12:00pm- (In Person) Library • 12:00pm-(ZOOM)- Concerts in Motion BROADWAY; 	<p>24</p> <p style="text-align: center;">JASA IS CLOSED FOR THANKSGIVING DAY!</p>	<p>25</p> <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 10:00am- (In Person-) Computer Lab • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 11:00am- (In Person-) Health Discussions- Dining Room;

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- **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;

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- **10:30am -** TRIP to Movies and Lunch;
 - **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

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- **10:00am- (In Person-)** Computer Lab;
 - **10:00am (In Person)** Crocheting class with Joyce;
 - **10:00am- (In Person)** Billiards -Pool Room;
 - **11:00am- (In Person)-** Nutrition Lecture- **American Diabetes;**
 - **11:30am- 1:30pm- (In Person)-** **BIRTHDAY CLUB PARTY- DINING ROOM**
 - **12:00pm- (In Person)** Library

Additional funding with generous grants from Councilwoman Selvena Brooks-Powers & Queens BP Donovan Richards




NOVEMBER 8TH-
General Election DAY-
131 BEACH 19 STREET FAR
ROCKAWAY, NY, 11691-
- POOL ROOM



BROOKDALE OLDER ADULT CENTER
131 BEACH 19 STREET FAR ROCKAWAY, NY, 11691 * Tel 718-471-3200
NOVEMBER 2022 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Daily Lunch</p> <p align="center">Daily Hot Kosher Lunch- (Monday-Friday)</p> <p align="center">11:00 AM-1:00 PM</p> <p align="center">DINING ROOM</p> <p align="center">PLEASE CALL TO REGISTER</p> <p align="center">718-471-3200</p>	<p>1</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>2</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>3</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>4</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>7</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>8</p> <ul style="list-style-type: none"> Veggie Burgers Homemade Mashed Potatoes Braised Red Cabbage Juice Milk, low fat, 1% Fruit Margarine Whole Wheat Bread 	<p>9</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>10</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>11</p> <ul style="list-style-type: none"> Hawaiian Chicken with Vegetables Mauzone Toasted Barley and Onion Steamed Carrots Juice Milk, low fat, 1% Fruit Margarine Challah Bread
<p>14</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>15</p> <ul style="list-style-type: none"> Chicken Marsala Yellow Rice Roasted Beets Juice Milk, low fat, 1% Fruit Margarine Whole Wheat Bread 	<p>16</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>17</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>18</p> <ul style="list-style-type: none"> Roasted Chicken Potato Kugel Carrot Tzimmes Juice Milk, low fat, 1% Fruit Margarine Challah Bread

<p>21</p> <ul style="list-style-type: none"> • TVP Sloppy Joe • Rice and Beans • California Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Plain Hamburger Bun 	<p>22</p> <ul style="list-style-type: none"> • Brown Gravy Turkey Leg • Mashed Sweet Potatoes • Whole Grain Stuffing • Vegetable Mix • Juice • Milk, low fat, 1% • Fruit • Margarine 	<p>23</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>24</p> <p>JASA IS CLOSED FOR THANKSGIVING DAY!</p>	<p>25</p> <ul style="list-style-type: none"> • Cranberry Chicken • Noodle Kugel • Green Beans • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah Bread
<p>28</p> <ul style="list-style-type: none"> • Chinese Style Pepper Steak • Chow Fun Noodles • Oriental Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>29</p> <ul style="list-style-type: none"> • Black Beans and Mushrooms • Roasted Potatoes • Green Bean Salad • Juice • Milk, low fat, 1% • Fruit • Margarine • Plain Hamburger Bun 	<p>30</p> <p>SPECIAL MEAL- BIRTHDAY CLUB PARTY</p>	<p>*Additional funding with generous grants from Councilwoman Selvena Brooks-Powers & Queens BP Donovan Richards*</p> 	<p>*Menu is subject to change*</p>  



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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

