



JASA at the HES Older Adult Center
Phone Number: 718-251-3700
9502 Seaview Avenue, Brooklyn, NY, 11236
October 2024 Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <ul style="list-style-type: none"> 10am-11am Yoga (in-person) 11am-12pm Zumba Gold (in-person) 10:30am-11:30am Exercise with Mikhail (virtual) 11:30am-1pm Hot Congregate Lunch 12:30pm-1:30pm Library Time (in-person) 1:30pm-2:30pm Discussion Group (in-person) 	2 <ul style="list-style-type: none"> 10am-11am Yoga (in-person) 11am-1pm Macrame (in-person) 11:30am-1pm Hot Congregate Lunch 12:15pm-1pm SAIL (in-person) 1:05pm-1:50pm Rhythmic Thunder (in-person) 2pm-2:45pm Leisure Games (in-person) 	3 JASA Closed Rosh Hashanah	4 Building Closed Rosh Hashanah	5

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7 <ul style="list-style-type: none"> 9am-10:30am ESL class with Irina (virtual) 10am-11am Chakra Yoga Dance (in-person) 11:30am-1pm Hot Congregate Lunch 12pm-12:45pm Afternoon Tea Time (in-person) 12:45pm-1:30pm SAIL (in-person) 	8 <ul style="list-style-type: none"> 10am-11am Yoga (in-person) 11am-12pm Zumba Gold (in-person) 10:30am-11:30am Exercise with Mikhail (virtual) 11:30am-1pm Hot Congregate Lunch 12:30pm-1:15pm Health Lecture (in-person) 1:30pm-2:30pm Discussion Group (in-person) 	9 <ul style="list-style-type: none"> 10am-11am Yoga (in-person) 11am-1pm Macrame (in-person) 11:30am-1pm Hot Congregate Lunch 12:15pm-1pm SAIL (in-person) 1:05pm-1:50pm Rhythmic Thunder (in-person) 2pm-2:45pm Leisure Games (in-person) 	10 <ul style="list-style-type: none"> 10am-10:45am Walk- A- Thon (in-person) 10:30am-11:30am Exercise with Mikhail (virtual) 11am-12pm Line Dance (in-person) 11:30am-1pm Hot Congregate Lunch 1pm-2pm Let us sing (in-person) 	11 <ul style="list-style-type: none"> 10am-11:30am Computer Lab (in-person) 11:30am-12:15pm Meditation (in-person) 11:30am-1pm Hot Congregate Lunch 12:30pm-2pm Creation Time (in-person) 	12

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 Open Sunday 8am-4pm Movie, Games, Music, and much more	14 <ul style="list-style-type: none"> • 9am-10:30am ESL class with Irina (virtual) • 10am-11am Chakra Yoga Dance (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-12:45pm Afternoon Tea Time (in-person) • 12:45pm-1:30pm SAIL (in-person) 	15 <ul style="list-style-type: none"> • 10am-11am Yoga (in-person) • 11am-12pm Zumba Gold (in-person) • 10:30am-11:30am Exercise with Mikhail (virtual) • 11:30am-1pm Hot Congregate Lunch • 12:30pm-1:15pm Health Lecture (in-person) • 1:30pm-2:30pm Discussion Group (in-person) 	16 <ul style="list-style-type: none"> • 11am-1pm Macrame (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:15pm-1pm SAIL (in-person) • 1:05pm-1:50pm Rhythmic Thunder (in-person) • 2pm-2:45pm Leisure Games (in-person) 	17 Trip to Storm King Art Center 8am-5pm	18 Building Closed Sukkot	19

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20</p> <p>Making Strides Against Breast Cancer Walk of Central Park 7am-3pm</p>	<p>21</p> <ul style="list-style-type: none"> • 9am-10:30am ESL class with Irina (virtual) • 10am-11am Chakra Yoga Dance (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-12:45pm Afternoon Tea Time (in-person) • 12:45pm-1:30pm SAIL (in-person) 	<p>22</p> <ul style="list-style-type: none"> • 10am-11am Yoga (in-person) • 11am-12pm Zumba Gold (in-person) • 10:30am- 11:30am Exercise with Mikhail (virtual) • 11:30am-1pm Hot Congregate Lunch • 12:30pm-2:30pm Health Lecture and Blood Pressure Screening with Dr. Leslie Bauerle (in-person) 	<p>23</p> <ul style="list-style-type: none"> • 10am-11am Yoga (in-person) • 11am-1pm Macrame (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:15pm-1pm SAIL (in-person) • 1:05pm-1:50pm Rhythmic Thunder (in-person) • 2pm-2:45pm Leisure Games (in-person) 	<p>24</p> <p>Trip to Westbury Gardens 8am-4pm</p>	<p>25</p> <p>Building Closed</p> <p>Simchat Torah</p>	<p>26</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 <ul style="list-style-type: none"> 9am-10:30am ESL class with Irina (virtual) 10am-11am Chakra Yoga Dance (in-person) 11:30am-1pm Hot Congregate Lunch 12pm-12:45pm Afternoon Tea Time (in-person) 12:45pm-1:30pm SAIL (in-person) 	29 <ul style="list-style-type: none"> 10am-11am Yoga (in-person) 11am-12pm Zumba Gold (in-person) 10:30am-11:30am Exercise with Mikhail (virtual) 11:30am-1pm Hot Congregate Lunch 12:30pm-1:15pm Health Lecture (in-person) 1:30pm-2:30pm Discussion Group (in-person) 	30 <ul style="list-style-type: none"> 10am-11am Yoga (in-person) 11am-1pm Macrame (in-person) 11:30am-1pm Hot Congregate Lunch 12:15pm-1pm SAIL (in-person) 1:05pm-1:50pm Rhythmic Thunder (in-person) <p>11am-3pm Multicultural and October Birthdays Celebration Party</p>	31 <ul style="list-style-type: none"> 9:15am-10am Walk- A- Thon (in-person) 10am-11am Understanding and Overcoming Depression Presentation (hybrid) 10:30am-11:30am Exercise with Mikhail (virtual) 11am-12pm Line Dance (in-person) 11:30am-1pm Hot Congregate Lunch 1pm-2pm Let us sing (in-person) 		

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Phone Number: 718-251-3700
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October 2024 Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 California Turkey Meatloaf Roasted Sweet Potato Slices Italian Blend Vegetables Whole Wheat Bread Orange 1% Low Fat Milk	2 Dill Lemon Sauce Salmon Cakes Couscous Roasted Butternut Squash Whole Wheat Bread Kiwis (2) 1% Low Fat Milk	3 Traditional Whole Wheat Bean Burrito Brown Rice (1/2 cup) Tossed Salad with Dressing Pear 1% Low Fat Milk	4 Baked Asian Style Honey Chicken White Rice (1/2 cup) Oriental Blend Vegetables Challah Bread Applesauce 1% Low Fat Milk	5

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7 Classic Chicken Cacciatore Pasta (1/2 cup) Steamed Green Beans Whole Wheat Bread Apple 1% Low Fat Milk	8 Crispy Oven Baked Falafel Patties Hummus (1/4 cup) Rice Pilaf Za'atar Spiced Israeli Salad Whole Wheat Pita Orange 1% Low Fat Milk	9 Shepherd Pie with Turkey Tossed Salad with Dressing Whole Wheat Bread Kiwis (2) 1% Low Fat Milk	10 Salmon Salad Bowtie Pasta Salad Red Cabbage Salad Plain Pita Pear 1% Low Fat Milk	11 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Applesauce 1% Low Fat Milk	12
13 8am-4pm Open Sunday	14 Swedish Meatballs with Turkey (Dairy-Free) Egg Noodles Steamed Sliced Carrots Whole Wheat Bread Apple 1% Low Fat Milk	15 Dairy Free Eggplant Rollatini Pasta (1/2 cup) Italian Blend Vegetables Whole Wheat Bread Orange 1% Low Fat Milk	16 Beef Pot Roast Sauteed Onions and Peppers Roasted Sweet Potato Slices Broccoli Kugel (pre-prepared) Whole Wheat Bread Kiwis (2) 1% Low Fat Milk	17 Teriyaki Baked Fish White Rice (1/2 cup) Steamed Green Beans Whole Wheat Bread Pear 1% Low Fat Milk	18 Chicken Shawarma Jeera Rice (Cumin Spiced Rice) Roasted Beets Challah Bread Applesauce 1% Low Fat Milk	19

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21 Homemade Tomato Sauce (1/2 cup) Turkey Meatballs Pasta (1/2 cup) Italian Blend Vegetables Garlic Bread Apple 1% Low Fat Milk	22 Kasha Knish Hummus (1/4 cup) Israeli Salad Whole Wheat Bread Orange 1% Low Fat Milk	23 Stuffed Cabbage with Beef Kasha Varnishkes Steamed Carrots Whole Wheat Bread Kiwis (2) 1% Low Fat Milk	24 Fish Francaise Mashed Potatoes (4 oz) Spinach Souffle Whole Wheat Bread Pear 1% Low Fat Milk	25 Hawaiian Chicken Roasted Sweet Potato Slices Capri Blend Vegetables Challah Bread Applesauce 1% Low Fat Milk	26
27	28 Chicken Marsala White Rice (1/2 cup) Italian Blend Vegetables Whole Wheat Bread Apple 1% Low Fat Milk	29 Shepherd Pie with Turkey Garden Salad Whole Wheat Bread Orange 1% Low Fat Milk	30 Sweet and Sour Beef Meatballs Egg Barley Spinach Souffle Whole Wheat Bread Kiwis (2) 1% Low Fat Milk	31 Vegan Stuffed Bell Peppers Brown Rice (1/2 cup) Steamed Green Beans Whole Wheat Bread Pear 1% Low Fat Milk 1		

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JASA at the HES Older Adult Center
9502 Seaview Avenue, Brooklyn, NY, 11236
Phone number: 718-251-3700
www.jasa.org

Hours:
Mondays - Fridays
8:00am - 4:00pm
Closed for Federal and Jewish Holidays

JASA at the HES Older Adult Center Staff:

Program Director: Olha Medytska email: omedytska@jasa.org

Assistant Director: Nataliya Stefanyshyn email: nstefanyshyn@jasa.org

Program Coordinator: Lillian McPhaul email: lmcphaul@jasa.org

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October 2024 Special Activities:

Tuesday, October 1, 2024

12:30pm-1:30pm Library Time (in-person)

Thursday, October 17, 2024

8am-5pm Trip to Storm King Art Center

Sunday, October 20, 2024

**7am-3pm Making Strides Against Breast Cancer
Walk of Central Park**

Tuesday, October 22, 2024

12:30pm-2:30pm Health Lecture and Blood Pressure Screening with Dr. Leslie Bauerle (in-person)

Thursday, October 24, 2024

8am-4pm Trip to Westbury Gardens

Thursday, October 30, 2024

11am-3pm Multicultural Party (in-person)

Thursday, October 31, 2024

10am-11am Understanding and Overcoming Depression Presentation by NYC Aging and St. John's University (hybrid)

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Links to join virtual classes/presentations:

Exercise with Mikhail (virtual)

Tuesday and Thursday
(10:30am-11:30am)

<https://us06web.zoom.us/j/88406667009?pwd=UWRJeFdneU9tOEhtSEdnMCsyWXpwUT09>

Meeting ID: 884 0666 7009

Passcode: 793070

ESL with IRYNA (virtual)

Mondays 9:00am-10:30am

<https://us06web.zoom.us/j/83345946594?pwd=S1NHOUFuaXhBZ1dhaHc4NXpkVIIQUT09>

Meeting ID: 833 4594 6594

Passcode: 843764

Thursday, October 31, 2024

10am-11am Understanding and Overcoming Depression Presentation by NYC Department for the Aging and St.John's University (hybrid)

<https://us02web.zoom.us/j/87680810658?pwd=BE5njwfSo2wd7WpYtp9W31lJbpmWWb.1>

Meeting ID: 876 8081 0658

Passcode: 117646

Call-In Number: +1 646 931 3860

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