



SCHEUER HOUSE OF CI OLDER ADULT CENTER

3601 Surf Ave, Brooklyn, NY 11224, tel:718-373-3954

JANUARY 2022 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>11:30am-1:00pm Congregate Lunch 11:00am Concerts in Motion: Classical (hybrid) 3:00pm EB (SAIL) Strength, Balance & Fitness (in-person) 4:00pm Computer Class, Russian speaking (in-person)</p>	<p>4</p> <p>10:00am Garden Club (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm Flex and Stretch class w/Lisa (virtual) 2:30pm Discover Your Creativity, Art class w/Ava (in-person)</p>	<p>5</p> <p>11:00am Concerts in Motion: Russian Concert (hybrid) 11:30am-1:00pm Congregate Lunch 12:00pm Concerts in Motion: Broadway/ Standard (hybrid) 12:30pm Crochet Class (in-person) 3:00pm EB (SAIL) Strength, Balance & Fitness (in-person) 3:00pm Stamp Club (in-person)</p>	<p>6</p> <p>10:30am Aerobic w/louri (in-person) 11:00am-1:00pm Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm Concerts in Motion: Klezmer & Jewish (hybrid) 3:30pm ESL Medium Level for Russian speaking (in-person)</p>	<p>7</p> <p>11:30am-1:00pm Congregate Lunch 12:00pm Concerts in Motion: Spanish Concert (virtual) 1:00pm Afternoon Movie/Discussion (in-person) 2:00pm Concerts in Motion: Motown/Soul (virtual)</p>
<p>10</p> <p>11:30am-1:00pm Congregate Lunch 11:00am Concerts in Motion: Classical (hybrid) 12:00 <u>A Lecture on "Asthma in Older Adults" by JCC (in person)</u> 3:00pm EB (SAIL) Strength, Balance & Fitness (in-person) 4:00pm Computer Class, Russian speaking (in-person)</p>	<p>11</p> <p>10:00am Garden Club (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm Flex and Stretch class w/Lisa (virtual) 2:30pm Discover Your Creativity, Art class w/Ava (in-person) 3:00 Culture Club, Russian Speaking (in person)</p>	<p>12</p> <p>11:00am Concerts in Motion: Russian Concert (hybrid) 11:30am-1:00pm Congregate Lunch 12:00pm Concerts in Motion: Broadway/ Standard (hybrid) 12:30pm Crochet Class (in-person) 1:30PM Health and Wellness Discussion Group (in person) 3:00pm EB (SAIL) Strength, Balance & Fitness (in-person) 3:00pm Stamp Club (in-person)</p>	<p>13</p> <p>10:30am Aerobic w/louri (in-person) 11:00am-1:00pm Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm Concerts in Motion: Klezmer & Jewish (hybrid) 3:30pm ESL Medium Level for Russian speaking (in-person)</p>	<p>14</p> <p>11:30am-1:00pm Congregate Lunch 12:00pm Concerts in Motion: Spanish Concert (virtual) 1:00pm Afternoon Movie/Discussion (in-person) 2:00pm Concerts in Motion: Motown/Soul (virtual)</p>
<p>17</p> <p>Martin Luther King Jr. Day - JASA CLOSED</p>	<p>18</p> <p>10:00am Garden Club (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm Flex and Stretch class w/Lisa (virtual) 2:30pm Discover Your Creativity, Art class w/Ava (in-person) 4:00pm <u>Virtual Walking Tour in NYC (Russian speaking)</u></p>	<p>19</p> <p>11:00am Concerts in Motion: Russian Concert (hybrid) 11:30am-1:00pm Congregate Lunch 12:00pm Concerts in Motion: Broadway/ Standard (hybrid) 12:30pm Crochet Class (in-person) 3:00pm EB (SAIL) Strength, Balance & Fitness (in-person) 3:00pm Stamp Club (in-person)</p>	<p>20</p> <p>10:30am Aerobic w/louri (in-person) 11:00am-1:00pm Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm Concerts in Motion: Klezmer & Jewish (hybrid) 3:30pm ESL Medium Level for Russian speaking (in-person)</p>	<p>21</p> <p>11:30am-1:00pm Congregate Lunch 12:00pm Concerts in Motion: Spanish Concert (virtual) 1:00pm Afternoon Movie/Discussion (in-person) 2:00pm Concerts in Motion: Motown/Soul (virtual)</p>

<p>24 11:30am-1:00pm Congregate Lunch 11:00am Concerts in Motion: Classical (hybrid) 3:00pm Advanced Movement w/Anatoly 4:00pm Computer Class, Russian speaking (in-person)</p>	<p>25 10:00am Garden Club (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm Flex and Stretch class w/Lisa (virtual) 2:30pm Discover Your Creativity, Art class w/Ava (in-person) 3:00 Culture Club, Russian speaking (in person)</p>	<p>26 11:00am Concerts in Motion: Russian Concert (hybrid) 11:30am-1:00pm Congregate Lunch 12:00pm Concerts in Motion: Broadway/ Standard (hybrid) 12:30pm Crochet Class (in-person) 1:30pm Health and Wellness Discussion Group (in person) 3:00pm Stamp Club (in-person)</p>	<p>27 10:30am Aerobic w/louri (in-person) 11:00am-1:00pm Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm Concerts in Motion: Klezmer & Jewish (hybrid) 3:30pm ESL Medium Level for Russian speaking (in-person)</p>	<p>28 11:30am-1:00pm Congregate Lunch 12:00pm Concerts in Motion: Spanish Concert (virtual) 1:00pm Afternoon Movie/Discussion (in-person) 2:00pm Concerts in Motion: Motown/Soul (virtual)</p>
<p>31 11:30am-1:00pm Congregate Lunch 11:00am Concerts in Motion: Classical (hybrid) 3:00pm Advanced Movement w/Anatoly 4:00pm Computer Class, Russian speaking (in-person)</p>				

Partially funded by CD 48 and NY City Council Speaker Jonson



JANUARY 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Salmon Cake Mashed Potatoes Braised Red Cabbage Orange Juice Pear Whole Wheat Bread, Milk, Margarine</p>	<p>4 Baked Onion Turkey Burger Creamy Spinach (daily free) Spiced Sweet Potatoes Apple Juice Fruit Cocktail Whole Wheat Bread, Milk, Margarine</p>	<p>5 Lentil Stew w/Carrots & Turnips Rice Pilaf Steamed Green Beans Applesauce Orange-Pineapple Juice Whole Wheat Bread, Milk, Margarine</p>	<p>6 Stuffed Cabbage w/Beef Toasted Barley w/Onion Steamed Carrots Banana Orange Juice Whole Wheat Bread, Milk, Margarine</p>	<p>7 Hawaiian Chicken w/Vegetables Noodles and Cabbage Blend Vegetables Apple Juice Orange Challah Bread, Milk, Margarine</p>
<p>10 Fish w/Tomatoes and Herbs Jeera Rice Steamed Broccoli Apple Orange Juice Whole Wheat Bread, Milk, Margarine</p>	<p>11 Kotleti (Russian Chicken Patties) Roasted Beets Smashed Red Potatoes Orange Apple Juice Whole Wheat Bread, Milk, Margarine</p>	<p>12 Black Beans and Mushroom Vegan Burger Cous Cous Creamy Spinach (daily free) Pear Orange Juice Whole Wheat Bread, Milk, Margarine</p>	<p>13 Sweet and Sour Meatballs Toasted Barley and Onion Green Beans Banana Apple Juice Whole Wheat Bread, Milk, Margarine</p>	<p>14 Roasted Chicken Carrot Tzimmes Potato Kugel Canned Pineapple Orange Juice Challah Bread, Milk, Margarine</p>
<p>17 Baked Fish Fillet w/Dill Lemon Sauce Rice Pilaf Steamed Broccoli Canned Mandarins, Oranges Apple Juice Whole Wheat Bread, Milk, Margarine</p>	<p>18 Turkey Meat Sauce Pasta Italian Blend Vegetables Apple Sauce Orange Juice Whole Wheat Bread, Milk, Margarine</p>	<p>19 Vegan Stuffed Bell Peppers Cous Cous Steamed Carrots Fruit Cocktail Orange-Pineapple Juice Whole Wheat Bread, Milk, Margarine</p>	<p>20 Beef Meatloaf w/Mushroom Gravy Kasha Varnishkes Green Beans Banana Orange Juice Whole Wheat Bread, Milk, Margarine</p>	<p>21 Lemon Chicken Roasted Potatoes Winter Blend Vegetables Kiwi Apple Juice Challah Bread, Milk, Margarine</p>
<p>24 Baked Polack Fish w/Mustered Sauce Brown Rice w/Black Beans Blend Vegetables Fruit Cocktail Apple Juice Whole Wheat Bread, Milk, Margarine</p>	<p>25 Turkey Burger w/BBQ Sauce (no sugar added) Sweet Potatoes Creamy Spinach (daily free) Apple Orange Juice Whole Wheat Bread, Milk, Margarine</p>	<p>26 Vegetable Baked Ziti w/Whole Wheat Pasta Italian Blend Vegetables Sauteed Zucchini Canned Peaches Orange-Pineapple Juice Whole Wheat Bread, Milk, Margarine</p>	<p>27 Kosher Beef-Stroganoff Egg Noodles Green Beans Banana Orange Juice Whole Wheat Bread, Milk, Margarine</p>	<p>28 Chicken Shawarma Lentils with Rice and Onions Blend Vegetables Orange Apple Juice Challah Bread, Milk, Margarine</p>
<p>31 Baked Fish Fillet w/Dill Lemon sauce Rice Pilaf Steamed Broccoli Orange Apple Sauce Whole Wheat Bread, Milk, Margarine</p>				



SCHEUER HOUSE OF CI OLDER ADULT CENTER
3601 SURF AVE, BROOKLYN, NY 11224, 718-373-3954,

www.jasa.org

Hours: 9:00AM-5:00PM

Virtual Classes on Zoom

11:00 AM-12:00 PM (Weekly on Mondays)

CONCERTS IN MOTION: CLASSICAL

Dial-In Phone Number: 646-558-8656

Meeting ID: 869-9164-0881

Zoom Link: <https://us02web.zoom.us/j/86991640881>

11:00 AM-12:00 PM (Weekly on Wednesdays)

CONCERTS IN MOTION: RUSSIAN CONCERT

Dial-In Phone Number: 646-558-8656

Meeting ID: 869-9164-0881

Zoom Link: <https://us02web.zoom.us/j/86991640881>

12:00 PM-1:00 PM (Weekly on Wednesdays)

CONCERTS IN MOTION: BROADWAY/STANDARDS

Dial-In Phone Number: 929-205-6099

Meeting ID: 835-6035-3700

Zoom Link: <https://us02web.zoom.us/j/83560353700>

1:00 PM-2:00 PM (Weekly on Thursdays)

CONCERTS IN MOTION: KLEZMER & JEWISH CONCERT

Dial-In Phone Number: 1 929-205-6099

Meeting ID: 426-474-125

Zoom Link: <https://us02web.zoom.us/j/82906881632>

12:00 PM-1:00 PM (Weekly on Fridays)

SPANISH CONCERT

Dial-In Phone Number: 1 929-205-6099

Meeting ID: 835-6035-3700

Zoom Link: <https://us02web.zoom.us/j/83560353700>

2:00 PM-3:00 PM (Weekly on Fridays)

CONCERTS IN MOTION: MOTOWN/SOUL

Dial-In Phone Number: 929 205 6099

Meeting ID: 426 474 125

Zoom Link: <https://zoom.us/j/426474125>

4:00 PM-5:00PM, 1/18/21 Only

VIRTUAL WALKING TOUR IN NYC w/Anatoly, (Russian Speaking)

Zoom Link: <https://zoom.us/j/93639490873?pwd=M09WeGZUZ2JPY2p6SmxRZkl2NUN3dz09>

Dial-In Phone Number: 19292056099

Meeting ID: 936 3949 0873, Passcode: 524848

1:00 PM-2:00 PM (Weekly on Tuesdays)

FLEX AND STRETCH w/LISA

Zoom Link: <https://zoom.us/j/97848041701?pwd=c1ZFMUZEVUE4Wjh1eC9ZOHVDOC8zQT09>

Meeting ID: 978 4804 1701, Passcode: 451986
