




MARCH 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Happy Purim</p>	 <p>Celebrate WOMEN'S HISTORY MONTH</p>	<p>1 10:00am Blood Pressure Screening 11:00AM-12:30AM CERAMIC ART w/Jennifer (in-person) 11:30am-1:00pm Congregate Lunch 12:30pm Crochet Class (in-person) 1:00pm OPEN CONVERSATION w/Ivan, LMSW (In-Person) (CANCELLED) 3:00pm Stamp Club (in-person) 3:30pm EB SAIL FITNESS w/Anatoly (in-person)</p>	<p>2 10:30am AEROBIC w/Iouri (hybrid) 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 12:30PM Movie/Discussion (in-person) 3:15pm ESL (in-person) Medium Level for Russian speaking</p>	<p>3 11:30am-1:00pm Congregate Lunch 1:00pm CHAIR YOGA w/Dinara (hybrid) 3:00pm Leisure Games (in-person)</p>
<p>6 11:00AM-12:30AM FINE ART w/Roza (In-person) 11:30am-1:00pm Congregate Lunch 3:00pm EB SAIL FITNESS w/Anatoly (in-person) 4:00pm Technology in Class (in-person) for Russian speaking</p>	<p>7 10:00 Blood Pressure Screening 10:00am Garden Club (indoor & outdoor) 11:30am-1:00pm Congregate Lunch 12:00 MEGILLAH READING PURIM PARTY (in-person) 1:00PM Leisure Bingo (in-person)(CANCELLED) 2:30pm Health & Wellness Discussion Group (in Person)</p>	<p>8 10:00am Blood Pressure Screening 11:00AM-12:30AM CERAMIC ART w/Jennifer (in-person) 11:30am-1:00pm Congregate Lunch 12:30pm Crochet Class (in-person) 1:00pm OPEN CONVERSATION w/Ivan, LMSW (In-Person) 3:00pm Stamp Club (in-person) 3:30pm EB SAIL FITNESS w/Anatoly (in-person)</p>	<p>9 10:30am AEROBIC w/Iouri (hybrid) 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 12:30PM DOCUMENTARY MOVIE "WOMEN REMARKING AMERICA"/Discussion (in-person) 3:15pm ESL (in-person) Medium Level for Russian speaking</p>	<p>10 11:30am-1:00pm Congregate Lunch 1:00pm CHAIR YOGA w/Dinara (hybrid) 3:00pm Leisure Games (in-person)</p>
<p>13 11:00AM-12:30AM FINE ART w/Roza (In-person) 12:30PM COOKING DEMO & NUTRITION EDUCATION w/ESTHER (in-person) 11:30am-1:00pm Congregate Lunch 3:00pm EB SAIL FITNESS w/Anatoly (in-person) 4:00pm Technology in Class (in-person) for Russian speaking</p>	<p>14 9:15am SHOPPING TRIP 10:00 Blood Pressure Screening 10:00am Garden Club (indoor & outdoor) 11:30am-1:00pm Congregate Lunch 12:00pm NY CONNECTS PRESENTATION (In-person) 1:00PM Leisure Bingo (in-person) 2:30pm Health & Wellness Discussion Group (in Person)</p>	<p>15 10:00am Blood Pressure Screening 11:00AM-12:30AM CERAMIC ART w/Jennifer (in-person) 11:00AM COOKING LIVE w/DFTA (hybrid) 11:30am-1:00pm Congregate Lunch 1:00pm OPEN CONVERSATION w/Ivan, LMSW (In-Person) 12:30pm Crochet Class (in-person) 3:00pm Stamp Club (in-person) 3:30pm EB SAIL FITNESS w/Anatoly (in-person)</p>	<p>16 10:30am AEROBIC w/Iouri (hybrid) 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 12:30PM Movie/Discussion (in-person) 3:15pm ESL (in-person) Medium Level for Russian speaking</p>	<p>17 11:30am-1:00pm Congregate Lunch 1:00pm CHAIR YOGA w/Dinara (hybrid) 3:00pm Leisure Games (in-person)</p>  <p>Happy St. Patrick's Day!</p>

<p>20 11:00AM-12:30AM FINE ART w/Roza (In-person) 11:30am-1:00pm Congregate Lunch 3:00pm EB SAIL FITNESS w/Anatoly (in-person) 4:00pm Technology in Class (in-person) for Russian speaking</p>	<p>21 10:00 Blood Pressure Screening 10:00am Garden Club (indoor & outdoor) 11:30am-1:00pm Congregate Lunch 1:00PM Leisure Bingo (in-person) 2:30pm Health & Wellness Discussion Group (in Person)</p>	<p>22 10:00am Blood Pressure Screening 11:00AM-12:30AM CERAMIC ART w/Jennifer (in-person) 11:30am-1:00pm Congregate Lunch 12:30pm Crochet Class (in-person) 1:00pm OPEN CONVERSATION w/Ivan, LMSW (In-Person) 3:00pm Stamp Club (in-person) 3:30pm EB SAIL FITNESS w/Anatoly (in-person)</p>	<p>23 10:30am AEROBIC w/Iouri (hybrid) 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 12:30pm Movie/Discussion (in-person) 3:15pm ESL (in-person) Medium Level for Russian speaking</p>	<p>24 11:30am-1:00pm Congregate Lunch 1:00pm CHAIR YOGA w/Dinara (hybrid) 3:00pm Leisure Games (in-person)</p>
<p>27 11:00AM-12:30AM FINE ART w/Roza (In-person) 11:30am-1:00pm Congregate Lunch 3:00pm EB SAIL FITNESS w/Anatoly (in-person) 4:00pm Technology in Class (in-person) for Russian speaking</p>	<p>28 10:00 Blood Pressure Screening 10:00am Garden Club (indoor & outdoor) 11:30am-1:00pm Congregate Lunch 1:00PM Leisure Bingo (in-person) 2:30pm Health & Wellness Discussion Group (in Person)</p>	<p>29 10:00am Blood Pressure Screening 11:00AM-12:30AM CERAMIC ART w/Jennifer (in-person) 11:30am-1:00pm Congregate Lunch 12:30pm Crochet Class (in-person) 1:00pm OPEN CONVERSATION w/Ivan, LMSW (In-Person) 3:00pm Stamp Club (in-person) 3:30pm EB SAIL FITNESS w/Anatoly (in-person)</p>	<p>30 10:30am AEROBIC w/Iouri (hybrid) 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 12:30pm Movie/Discussion (in-person) 3:15pm ESL (in-person) Medium Level for Russian speaking</p>	<p style="text-align: center;">Program is subject to change</p>

Additional funding with generous grants from Councilman A. Kagan



SCHEUER HOUSE OF CI OAC * 3601 Surf Ave, Brooklyn, NY 11224 * Tel 718-373-3954



MARCH 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 TURKEY W/GRAVY Mashed potatoes, whole wheat stuffing, green beans • Juice • Milk, low fat, 1% • Fruit • Margarine	2 TERYAKI BAKED FISH Yellow rice, Oriental blend veggies • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	3 ROASTED CHICKEN Potato kugel, carrot Tsimmis Juice • Milk, low fat, 1% • Fruit • Margarine • Challah bread
6 SWEDISH MEATBALLS (beef/turkey) Egg noodles, green beans, steamed carrots Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	7 BREADED EGGPLANT CUTLETS (tom. sauce) Pasta w/parsley, Italian blend veggies Juice • Milk, low fat, 1% • Fruit • Margarine • Garlic Bread	8 BEEF POT ROAST Mashed potatoes, creamy spinach (non-dairy) • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	9 SALMON CAKES / dill lemon sauce Roast potatoes, Winter blend veggies • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	10 ROASTED CHICKEN (Spanish style) Rice-A Roni, sautéed zucchini • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah bread
13 ITALIAN MEATBALLS (beef/turkey) Green beans, pasta • Juice • Milk, low fat, 1% • Fruit • Margarine • Garlic bread	14 VEGGIE BURGER Mashed potatoes, braised red cabbage • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	15 STUFFED CABBAGE (BEEF) Kasha varnishkes, Capri blend veggies • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	16 FISH FRANCAISE (dill lemon sauce) Yellow rice, creamy spinach (non-dairy) • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	17 HAWAIIAN CHICKEN Toasted barley/onion, steamed carrots • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah bread
20 SHEPHERD PIE (beef/turkey) Garden salad Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	21 CHICKEN MARSALA Yellow rice, roasted beets • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	22 VEGAN STUFFED PEPPERS Roasted potatoes, green beans Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	23 SWEET & SOUR MEATBALLS Toasted barley/onion, creamy spinach (non-dairy) Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	24 ROASTED CHICKEN (brown gravy) Potato Kugel, carrot tsimmis • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah bread
27 SLOPPY JOE Rice & beans, Cali blend veggies • Juice • Milk, low fat, 1% • Fruit • Margarine • burger bun	28 CHICKEN FRANCAIS Sweet potatoes, wh. Grain stuffing, veggie mix (non-starchy) • Juice • Milk, low fat, 1% • Fruit • Margarine	29 BEEF MEATLOAF (mushroom gravy) Mashed potatoes, creamy spinach (non-dairy) Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	30 FISH FRANCAISE (Creole sauce) Rice-A Roni, steamed carrots • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	Menu is subject to change Daily Hot Kosher Lunch (Monday-Friday) 11:30 AM-1:00PM in DINING ROOM



SCHEUER HOUSE OF CI OAC & LUNA PARK ANNEX
3601 Surf Ave
Brooklyn, NY 11224
Tel 718-373-3954
www.jasa.org

Hours

Open Daily Monday through Friday 9:00 am-5:00 pm

Staff:

Program Director: Lidia Shneyer
Program Coordinator: Anzhela Savka
Case Manager: Nansi Harb

Daily Lunch

Daily Hot Kosher Lunch-(Monday-Friday)
11:30 AM-1:00 PM- DINING ROOM

Additional funding with generous grants from Councilman A. Kagan



SCHEUER HOUSE OF CI OAC & LUNA PARK ANNEX

Virtual Classes on Zoom

12:00 AM-1:00 PM (Weekly on Mondays, on-zoom)

CONCERTS IN MOTION: CLASSICAL

Dial-In Phone Number: 646-558-8656

Meeting ID: 869-9164-0881

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

12:00 AM-1:00 PM (Weekly on Tuesdays, on-zoom)

CONCERTS IN MOTION: JAZZ/BROADWAY

Dial-In Phone Number: 929-205-6099

Meeting ID: 835-6035-3700

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

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

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>

10:30AM-11:30AM (weekly on Thursdays, hybrid)

AEROBIC w/louri

<https://us06web.zoom.us/j/88273025615?pwd=MFI3SFJOTHFxSFIPeHV0YnhiNm9vQT09>

Meeting ID: 882 7302 5615

Passcode: 211454

12:00 PM-1:00 PM (Weekly on Thursday, on-zoom)

SPANISH CONCERT

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

Meeting ID: 835-6035-3700

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

1:00PM-2:00PM (weekly on Fridays, hybrid)

CHAIR YOGA w/Dinara

<https://us06web.zoom.us/j/82070217370?pwd=c1VNTnFuVUZvUGIINi9CT2d4VzhQdz09>

Meeting ID: 820 7021 7370

Passcode: 796835

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

CONCERTS IN MOTION: MOTOWN/SOUL

Dial-In Phone Number: 929 205 6099

Meeting ID: 426 474 125

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