


# MAY 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> 9:00am-11:00am <b>KARAOKE in- person</b> 11:00AM-12:30AM <b>FINE ART w/Roza (In-person)</b> 11:30am-1:00pm Congregate Lunch 3:00pm <b>ADVANCED MOVEMENT w/Anatoly (in-person)</b> 4:00pm Technology in Class (in-person) for Russian speaking</p>	<p><b>2</b> 10:00am <b>Blood Pressure Screening</b> 10:00am <b>CHAIR PILATES (in-person)</b> 10:00am Garden Club (indoor &amp; outdoor) 11:30am-1:00pm Congregate Lunch 1:00pm <b>Leisure Bingo (in-person)</b> 2:30pm Health &amp; Wellness Discussion Group (in Person)</p>	<p><b>3</b> 10:00am <b>Blood Pressure Screening</b> 9:30am-11:00am <b>CERAMIC ART w/Jennifer (in-person)</b> 11:30am-1:00pm Congregate Lunch 12:30pm <b>Crochet Class (in-person)</b> 3:00pm <b>Stamp Club (in-person)</b> 3:30pm <b>RISING STARS FITNESS</b></p>	<p><b>4</b> 10:30am <b>AEROBIC w/Iouri (hybrid)</b> 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 3:15pm <b>ESL (virtual) Medium Level for Russian speaking</b></p>	<p><b>5</b> 11:30am-1:00pm Congregate Lunch 1:00pm <b>CHAIR YOGA w/Dinara (hybrid)</b> 3:00pm Leisure Games (in-person)</p>
<p><b>8</b> 9:00am-11:00am <b>KARAOKE in-person</b> 11:00am-12:30am <b>FINE ART w/Roza (In-person)</b> 11:30am-1:00pm Congregate Lunch 12:30am <b>OAM CELEBRATION</b> 3:00pm <b>ADVANCED MOVEMENT w/Anatoly (in-person)</b> 4:00pm Technology in Class (in-person) for Russian speaking</p>	<p><b>9</b> 10:00am <b>Blood Pressure Screening</b> 10:00am <b>CHAIR PILATES (in-person)</b> 10:00am Garden Club (indoor &amp; outdoor) 11:30am-1:00pm Congregate Lunch 12:00pm <b>"WWII VICTORY DAY CELEBRATION" DOCUMENTARY MOVIE</b> 1:00pm <b>Leisure Bingo (in-person)</b> 2:30pm Health &amp; Wellness Discussion Group (in Person)</p>	<p><b>10</b> 10:00am <b>Blood Pressure Screening</b> 9:30am-11:00am <b>CERAMIC ART w/Jennifer (in-person)</b> 11:30am-1:00pm Congregate Lunch 12:30pm <b>Crochet Class (in-person)</b> 3:00pm <b>Stamp Club (in-person)</b> 3:30pm <b>RISING STARS FITNESS</b></p>	<p><b>11</b> 10:30am <b>AEROBIC w/Iouri (hybrid)</b> 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 12:00pm <b>MOTHER'S DAY CELEBRATION</b> 3:15pm <b>ESL (virtual) Medium Level for Russian speaking</b></p>	<p><b>12</b> 11:30am-1:00pm Congregate Lunch 1:00pm <b>CHAIR YOGA w/Dinara (hybrid)</b> 3:00pm Leisure Games (in-person)</p>
<p><b>15</b> 9:00am-11:00am <b>KARAOKE in-person)</b> 11:00am-12:30am <b>FINE ART w/Roza (In-person)</b> 11:30am-1:00pm Congregate Lunch 3:00pm <b>ADVANCED MOVEMENT w/Anatoly (in-person)</b> 4:00pm Technology in Class (in-person) for Russian speaking</p>	<p><b>16</b> 9:00am <b>TRIP TO SI SHOPPING MALL</b> 10:00am <b>Blood Pressure Screening</b> 10:00am <b>CHAIR PILATES (in-person)</b> 10:00am Garden Club (indoor &amp; outdoor) 11:30am-1:00pm Congregate Lunch 1:00pm <b>Leisure Bingo (in-person)</b> 2:30pm Health &amp; Wellness Discussion Group (in Person)</p>	<p><b>17</b> 10:00am <b>Blood Pressure Screening</b> 9:30am-11:00am <b>CERAMIC ART w/Jennifer (in-person)</b> 11:00am <b>COOKING LIVE with NYC AGING (hybrid)</b> 11:30am-1:00pm Congregate Lunch 12:30pm <b>Crochet Class (in-person)</b> 3:00pm <b>Stamp Club (in-person)</b> 3:30pm <b>RISING STARS FITNESS</b></p>	<p><b>18</b> 10:30am <b>AEROBIC w/Iouri (hybrid)</b> 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 11:30am <b>A LECTURE ON "ELDER ABUSE"</b> 12:30PM Movie/Discussion (in-person) 3:15pm <b>ESL (virtual) Medium Level for Russian speaking</b></p>	<p><b>19</b> 11:30am-1:00pm Congregate Lunch 1:00pm <b>CHAIR YOGA w/Dinara (hybrid)</b> 3:00pm Leisure Games (in-person)</p>

<p><b>22</b>  <b>9:00am-11:00am KARAOKE in-person</b>  <b>11:00am-12:30am FINE ART w/Roza (In-person)</b>  11:30am-1:00pm Congregate Lunch  <b>3:00pm ADVANCED MOVEMENT w/Anatoly (in-person)</b>  4:00pm Technology in Class (in-person) for Russian speaking</p>	<p><b>23</b>  <b>10:00am Blood Pressure Screening</b>  <b>10:00am CHAIR PILATES (in-person)</b>  10:00am Garden Club (indoor &amp; outdoor)  11:30am-1:00pm Congregate Lunch  <b>1:00pm Leisure Bingo (in-person)</b>  2:30pm Health &amp; Wellness Discussion Group (in Person)</p>	<p><b>24</b>  <b>10:00am Blood Pressure Screening</b>  <b>9:30am-11:00am CERAMIC ART w/Jennifer (in-person)</b>  11:30am-1:00pm Congregate Lunch  <b>12:30pm Crochet Class (in-person)</b>  <b>3:00pm Stamp Club (in-person)</b>  <b>3:30pm RISING STARS FITNESS</b></p>	<p><b>25</b>  <b>10:30am AEROBIC w/Iouri (hybrid))</b>  11:00am Library/Book Discussion (in-person)  11:30am-1:00pm Congregate Lunch  <b>3:15pm ESL (virtual) Medium Level for Russian speaking</b></p>	<p><b>26</b>  11:30am-1:00pm Congregate Lunch  <b>1:00pm CHAIR YOGA w/Dinara (hybrid)</b>  3:00pm Leisure Games (in-person)</p>
<p><b>29</b>  <b>JASA IS CLOSED FOR MEMORIAL DAY</b></p>  <p><small>shutterstock.com - 2288205741</small></p>	<p><b>30</b>  <b>10:00am Blood Pressure Screening</b>  <b>10:00am CHAIR PILATES (in-person)</b>  10:00am Garden Club (indoor &amp; outdoor)  11:30am-1:00pm Congregate Lunch  <b>1:00pm Leisure Bingo (in-person)</b>  2:30pm Health &amp; Wellness Discussion Group (in Person)</p>	<p><b>31</b>  <b>10:00am Blood Pressure Screening</b>  <b>9:30am-11:00am CERAMIC ART w/Jennifer (in-person)</b>  11:30am-1:00pm Congregate Lunch  <b>12:30pm Crochet Class (in-person)</b>  <b>3:00pm Stamp Club (in-person)</b>  <b>3:30pm RISING STARS FITNESS</b></p>		<p><b>Program is subject to change</b></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**



# MAY 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> • Shepherd Pie with Beef and Turkey • Garden Salad • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	<b>2</b> • Chicken Marsala • Yellow Rice • Roasted Beets • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	<b>3</b> • Vegan Stuffed Peppers • Roasted Potatoes • Green Beans • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	<b>4</b> • Sweet and Sour Meatballs • Toasted Barley and Onion • Creamy Spinach • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	<b>5</b> • Roasted Chicken • Potato Kugel • Carrot Tzimmes • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah Bread
<b>8</b> • TVP Sloppy Joe • Rice and Beans • California Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Plain Hamburger Bun	<b>9</b> • Chicken Francoise • Mashed Sweet Potatoes • Whole Grain Stuffing • Vegetable Mix • Juice • Milk, low fat, 1% • Fruit • Margarine	<b>10</b> • Beef meatloaf with Mushroom Gravy • Homemade Mashed Potatoes • Creamy Spinach • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	<b>11</b> • Fish Francoise Creole Sauce • Rice A Roni • Steamed Carrots • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	<b>12</b> • Cranberry Chicken • Noodle Kugel • Green Beans • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah Bread
<b>15</b> • Chinese Style Pepper Steak • Chow Fun Noodles • Oriental Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	<b>16</b> • Black Beans and Mushrooms • Roasted Potatoes • Green Bean Salad • Juice • Milk, low fat, 1% • Fruit • Margarine • Plain Hamburger Bun	<b>17</b> • California Turkey Meatloaf • Homemade Mashed Potatoes • Mixed Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	<b>18</b> • Homemade Breaded Fish • Brown Rice and Black Beans • Steamed Sliced Carrots • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	<b>19</b> Chicken Shawarma • Cucumber Dill Salad • Lentils with Spiced Rice and Caramelized Onions (Majadra) • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Pita
<b>22</b> Stuffed Cabbage with Beef • Toasted Barley with Onions • Capri Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	<b>23</b> Baked Falafel Patties • Hummus • Whole Wheat Pita • Za'atar Spiced Israeli Salad • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	<b>24</b> Turkey with Gravy • Homemade Mashed Potatoes • Whole Grain Stuffing • Green Beans • Juice • Milk, low fat, 1% • Fruit • Margarine	<b>25</b> Teriyaki Baked Fish • Yellow Rice • Oriental Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	<b>26</b> • Roasted Chicken • Potato Kugel • Carrot Tzimmes • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah Bread
<b>29</b> <b>JASA IS CLOSED FOR MEMORIAL DAY</b>	<b>30</b> • Breaded Eggplant Cutlets • Homemade Tomato Sauce • Fusilli Pasta with Parsley • Garlic Bread • Italian Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine	<b>31</b> • Beef Pot Roast • Homemade Mashed Potatoes • Creamy Spinach • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread	<b>Daily Hot Kosher Lunch- (Monday-Friday)            11:30 AM-1:00 PM IN DINING ROOM            PLEASE CALL TO REGISTER            718-373-3954            *Menu is subject to change*</b>	



**SCHEUER HOUSE OF CI OAC & LUNA PARK ANNEX**  
**3601 Surf Ave**  
**Brooklyn, NY 11224**  
**Tel 718-373-3954**  
**[www.jasa.org](http://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

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**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>

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**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>

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**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>

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**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

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**3:15:00 PM-4:45 PM (Weekly)**

**ESL MEDIUM LEVEL FOR RUSSIAN SPEAKING (Writing & Conversation)**

<https://us06web.zoom.us/j/89603883793?pwd=QVdUdkR1ckNwOTZhN3ErMUxNb3Z0Zz09>

Meeting ID: 896 0388 3793

Passcode: 376039

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**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>

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**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

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**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>

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