


NOVEMBER 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 10:00am Garden Club (indoor & outdoor) 11:30am-1:00pm Congregate Lunch 2:30pm Health & Wellness Discussion Group (in Person)</p>	<p>2 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) 3:00pm Stamp Club (in-person) 3:30pm RISING STARS FITNESS w/Anatoly (In-person)</p>	<p>3 10:30am AEROBIC w/Iouri (in-person) 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>4 11:30am-1:00pm Congregate Lunch 3:00 Current Event Discussion Group, for Russian Speaking (in-person) 3:00pm Leisure Games (in-person)</p>
<p>7 10:00 Blood Pressure Screening 10:00AM-11:30AM FINE ART w/Roza (In-person) 11:30am-1:00pm Congregate Lunch 3:00pm EB SAIL FITNESS w/Anatoly (in-person) 4:00pm Technology Class (in-person) for Russian speaking</p>	<p>8 10:00am Garden Club (indoor & outdoor) 11:30am-1:00pm Congregate Lunch 2:30pm Health & Wellness Discussion Group (in Person)</p>	<p>9 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) 3:00pm Stamp Club (in-person) 3:30pm RISING STARS FITNESS w/Anatoly (In-person)</p>	<p>10 10:30am AEROBIC w/Iouri (in-person) 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>11 11:30am-1:00pm Congregate Lunch 3:00 Current Event Discussion Group, for Russian Speaking (in-person) 3:00pm Leisure Games (in-person)</p>
<p>14 10:00 Blood Pressure Screening 10:00AM-11:30AM FINE ART w/Roza (In-person) 11:30am-1:00pm Congregate Lunch 3:00pm ADVANCED MOVEMENT EXERCISE CLASS w/Anatoly (in-person) 4:00pm Technology Class (in-person) for Russian speaking</p>	<p>15 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>16 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) 3:00pm Stamp Club (in-person) 3:30pm RISING STARS FITNESS w/Anatoly (In-person)</p>	<p>17 10:30am AEROBIC w/Iouri (in-person) 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>18 11:30am-1:00pm Congregate Lunch 3:00 Current Event Discussion Group, for Russian Speaking (in-person) 3:00pm Leisure Games (in-person)</p>

<p>21 10:00 Blood Pressure Screening 10:00AM-11:30AM FINE ART w/Roza (In-person) 11:30am-1:00pm Congregate Lunch 3:00pm ADVANCED MOVEMENT EXERCISE CLASS w/Anatoly (in-person) 4:00pm Technology Class (in-person) for Russian speaking</p>	<p>22 10:00am Garden Club (indoor & outdoor) 11:30am-1:00pm Congregate Lunch 12:00pm THANKSGIVING PARTY (In-person) 1:00PM Leisure Bingo (in-person) 2:30pm Health & Wellness Discussion Group (in Person)</p>	<p>23 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) 3:00pm Stamp Club (in-person) 3:30pm RISING STARS FITNESS w/Anatoly (In-person)</p>	<p>24 JASA IS CLOSED IN OBSERVANCE OF THANKSGIVING DAY</p> 	<p>25 11:30am-1:00pm Congregate Lunch 3:00 Current Event Discussion Group, for Russian Speaking (in-person) 3:00pm Leisure Games (in-person)</p>
<p>28 10:00 Blood Pressure Screening 10:00AM-11:30AM FINE ART w/Roza (In-person) 11:30am-1:00pm Congregate Lunch 11:30am NUTRITION LECTURE (hybrid) 3:00pm ADVANCED MOVEMENT EXERCISE CLASS w/Anatoly (in-person) 4:00pm Technology Class (in-person) for Russian speaking</p>	<p>29 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>30 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) 3:00pm Stamp Club (in-person) 3:30pm RISING STARS FITNESS w/Anatoly (In-person)</p>		<p>Calendar is subject to change</p>

Additional funding with generous grants from Councilman A. Kagan

NOVEMBER 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BREADED EGGPLANT CUTLETS Tomato sauce, Fusilli pasta, Italian blend vegetables Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	2 BEEF POT ROAST Mashed potatoes, creamy spinach Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	3 SALMON CAKES , dill lemon sauce Roasted potatoes, Winter blend vegetables ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	4 SPANISH STYLE ROAST CHICKEN Rice a Roni, sautéed zucchini Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Challah bread
7 ITALIAN MEATBALLS Garlic bread, pasta, green beans Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	8 VEGAN BURGER Mashed potato, red cabbage Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	9 STUFFED CABBAGE W/BEEF Kasha varnishkes, Capri veggies ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	10 FISH FRANCAISE , dill lemon sauce Yellow rice, creamy spinach ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	11 HAWAIIAN CHICKEN Barley & onion, steamed carrots ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ ☐ Margarine ☐ Challah bread
14 SHEPHERD PIE w/beef & turkey Garden salad ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	15 CHICKEN MARSALA Yellow rice, roasted beets ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	16 STUFFED PEPPERS (VEG) Roasted potatoes, green beans ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	17 SWEET & SOUR MEATBALLS Barley & onion, creamy spinach ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	18 ROASTED CHICKEN Brown gravy, potato kugel, carrot tzimmes ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Pita
21 TVP SLOPPY JOE on burger bun Rice & beans, Cali blend veggies ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	22 TURKEY LEG (brown gravy) Mashed sweet potato, whole grain stuffing, veggie mix ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	23 BEEF MEATLOAF, brown gravy Mashed potato, creamy spinach ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	24 JASA IS CLOSED IN OBSERVANCE OF THANKSGIVING DAY	25 CRANBERRY CHICKEN Noodle kugel, green beans ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Challah bread
28 CHINESE STYLE PEPPER STEAK Chow Fun noodles, Oriental veggies ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	29 TURKEY LEG (brown gravy) Mashed sweet potato, whole grain stuffing, veggie mix ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	30 BEEF MEATLOAF, brown gravy Mashed potato, creamy spinach ☐ Juice ☐ Milk, low fat, 1% ☐ Fruit ☐ Margarine ☐ Whole Wheat Bread	30 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>

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>

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>
