



## OCTOBER 2024 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b> 10:00am Blood Pressure Screening 10:00am Garden Club (indoor &amp; outdoor) 11:00am-12:30pm MOSAIC ART WORKSHOP (in-person) 11:30am-1:00pm Congregate Lunch <u>1:00pm ROSH HASHANAH CELEBRATION (in-person)</u> 2:30pm Health &amp; Wellness Discussion Group (in Person)</p>	<p><b>2</b> 10:00am Blood Pressure Screening 10:00am-11:30am CERAMIC ART w/Jennifer (in-person) 11:30am-1:00pm Congregate Lunch 12:30pm Crochet Class (in-person) 3:15pm RISING STARS FITNESS (in-person) 4:00pm Computer Class for beginners (in-person) for Russian speaking</p>	<p><b>3</b> <b>JASA IS CLOSED IN OBSERVANCE OF ROSH HASHANAH</b></p> 	<p><b>4</b> <u>10:00am ADVANCED MOVEMENT w/Anatoly (in-person)</u> 11:00am Movie/Discussion (in-person) 11:30am-1:00pm Congregate Lunch <u>1:00pm CHAIR YOGA w/Dinara (hybrid)(CANCELLED)</u> 3:00pm Leisure Games (in-person)</p>
<p><b>7</b> 9:00am-11:00am CHINESE KARAOKE (in-person) 11:00am-12:30pm FINE ART w/Roza (in-person) 11:30am-1:00pm Congregate Lunch 3:15pm ADVANCED MOVEMENT w/Anatoly (in-person) 4:00pm Technology in Class (in-person) for Russian speaking</p>	<p><b>8</b> 10:00am Blood Pressure Screening 10:00am Garden Club (indoor &amp; outdoor) 11:00am-12:30pm MOSAIC ART WORKSHOP (in-person) <u>11:30am CHAIR YOGA w/Dinara (hybrid)</u> 11:30am-1:00pm Congregate Lunch <u>12:45pm-5:00pm NEIGHBORHOOD TECH HELP (in-person)</u> 1:00pm Leisure Bingo (in-person) 2:30pm Health &amp; Wellness Discussion</p>	<p><b>9</b> 10:00am Blood Pressure Screening 10:00am-11:30am CERAMIC ART w/Jennifer (in-person) 11:30am-1:00pm Congregate Lunch 12:30pm Crochet Class (in-person) <u>2:00pm-5:00pm TECH TIME w/LINCOLN HS STUDENTS</u> 3:15pm RISING STARS FITNESS (in-person) 4:00pm Computer Class for beginners (in-person) for Russian speaking</p>	<p><b>10</b> 10:30am AEROBIC w/Iouri (hybrid) 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 12:30pm JEWELRY DESIGN (in-person) 2:00pm-4:00pm KARAOKE (in-person) 3:15pm ESL (in-person) Medium Level for Russian speaking</p>	<p><b>11</b> 11:00am Movie/Discussion (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm CHAIR YOGA w/Dinara (hybrid) <u>2:00pm-5:00pm TECH TIME w/LINCOLN HS STUDENTS</u> 3:00pm Leisure Games (in-person)</p>
<p><b>14</b> 9:00am-11:00am CHINESE KARAOKE (in-person) 11:00am-12:30pm FINE ART w/Roza (in-person) 3:15pm ADVANCED MOVEMENT w/Anatoly (in-person) 4:00pm Technology in Class (in-person) for Russian speaking</p>	<p><b>15</b> 10:00am Blood Pressure Screening 10:00am Garden Club (indoor &amp; outdoor) 11:00am-12:30pm MOSAIC ART WORKSHOP (in-person) 11:30am-1:00pm Congregate Lunch <u>12:45pm-5:00pm NEIGHBORHOOD TECH HELP (in-person)</u> 1:00pm Leisure Bingo (in-person) 2:30pm Health &amp; Wellness Discussion Group (in Person)</p>	<p><b>16</b> 10:00am Blood Pressure Screening 10:00am-11:30am CERAMIC ART w/Jennifer (in-person) 11:30am-1:00pm Congregate Lunch 12:30pm Crochet Class (in-person) <u>2:00pm-5:00pm TECH TIME w/LINCOLN HS STUDENTS</u> 3:15pm RISING STARS FITNESS (in-person) 4:00pm Computer Class for beginners (in-person) for Russian speaking</p>	<p><b>17</b> 10:30am AEROBIC w/Iouri (hybrid) 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch <u>12:00pm NUTRITION EDUCATION</u> 12:30pm JEWELRY DESIGN (in-person) 2:00pm-4:00pm KARAOKE (in-person) 3:15pm ESL (in-person) Medium Level for Russian speaking</p>	<p><b>18</b> 11:00am Movie/Discussion (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm CHAIR YOGA w/Dinara (hybrid) <u>2:00pm-5:00pm TECH TIME w/LINCOLN HS STUDENTS</u> 3:00pm Leisure Games (in-person)</p>

<p><b>21</b>  9:00am-11:00am CHINESE KARAOKE (in-person)  11:00am-12:30pm FINE ART w/Roza (in-person)  11:30am-1:00pm Congregate Lunch w/Anatoly (in-person)  4:00pm Technology in Class (in-person) for Russian speaking</p>	<p><b>22</b>  10:00am Blood Pressure Screening  10:00am Garden Club (indoor &amp; outdoor)  11:00am-12:30pm MOSAIC ART WORKSHOP (in-person)  11:30am-1:00pm Congregate Lunch  <u>12:45pm-5:00pm NEIGHBORHOOD TECH HELP (in-person)</u>  1:00pm Leisure Bingo (in-person)  2:30pm Health &amp; Wellness Discussion Group (in Person)</p>	<p><b>23</b>  10:00am Blood Pressure Screening  10:00am-11:30am CERAMIC ART w/Jennifer (in-person)  11:30am-1:00pm Congregate Lunch  12:30pm Crochet Class (in-person)  <u>2:00pm-5:00pm TECH TIME w/LINCOLN HS STUDENTS</u>  3:15pm RISING STARS FITNESS (in-person)  4:00pm Computer Class for beginners (in-person) for Russian speaking</p>	<p><b>24</b>  10:30am AEROBIC w/Iouri (hybrid)  11:00am Library/Book Discussion (in-person)  11:30am-1:00pm Congregate Lunch  12:30pm JEWELRY DESIGN (in-person)  2:00pm-4:00pm KARAOKE (in-person)  3:15pm ESL (in-person) Medium Level for Russian speaking</p>	<p><b>25</b>  <u>10:00am ADVANCED MOVEMENT w/Anatoly (in-person)</u>  <u>11:00pm Computer Class for beginners (in-person) for Russian speaking</u>  <u>11:00am Movie/Discussion (in-person) (CANCELLED)</u>  11:30am-1:00pm Congregate Lunch  1:00pm CHAIR YOGA w/Dinara (hybrid)  <u>2:00pm-5:00pm TECH TIME w/LINCOLN HS STUDENTS</u>  3:00pm Leisure Games (in-person)</p>
<p><b>28</b>  9:00am-11:00am CHINESE KARAOKE (in-person)  11:00am-12:30pm FINE ART w/Roza (in-person)  12:00pm "UNDESTANDING HOME CARE", Presentation by JASACare  11:30am-1:00pm Congregate Lunch  3:15pm ADVANCED MOVEMENT w/Anatoly (in-person)  4:00pm Technology in Class (in-person) for Russian speaking</p>	<p><b>29</b>  10:00am Blood Pressure Screening  10:00am Garden Club (indoor &amp; outdoor)  11:00am-12:30pm MOSAIC ART WORKSHOP (in-person)  11:30am-1:00pm Congregate Lunch  <u>12:45pm-5:00pm NEIGHBORHOOD TECH HELP (in-person)</u>  1:00pm Leisure Bingo  2:30pm Health &amp; Wellness Discussion Group (in Person)</p>	<p><b>30</b>  10:00am Blood Pressure Screening  10:00am-11:30am CERAMIC ART w/Jennifer (in-person)  11:30am-1:00pm Congregate Lunch  <u>12:30pm HALLOWEEN COSTUME PARTY (in-person)</u>  12:30pm Crochet Class (in-person)  <u>2:00pm-5:00pm TECH TIME w/LINCOLN HS STUDENTS</u>  3:15pm RISING STARS FITNESS (in-person)  4:00pm Computer Class for beginners (in-person) for Russian speaking</p>	<p><b>31</b>  10:30am AEROBIC w/Iouri (hybrid)  11:00am Library/Book Discussion (in-person)  11:30am-1:00pm Congregate Lunch  12:30pm JEWELRY DESIGN (in-person)  2:00pm-4:00pm KARAOKE (in-person)  3:15pm ESL (in-person) Medium Level for Russian speaking</p>	<p><b>Program is subject to change.</b></p> <p><b><u>FOR NEIGHBORHOOD TECH HELP PROGRAM call 718-373-3954 for appointment (For English and Cantonese speaking only)</u></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**



# OCTOBER 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Daily Hot Kosher Lunch- (Monday-Friday)</b> <b>11:30 AM-1:00 PM IN DINING ROOM</b> <b>PLEASE CALL TO REGISTER</b> <b>718-373-3954</b> <b>*Menu is subject to change*</b>	<b>1</b> California Turkey Meatloaf Roasted Sweet Potato Slices Italian Blend Vegetables Whole Wheat Bread Fruit 1% Low Fat Milk	<b>2</b> Salmon Cakes w/Lemon Dill Sauce Couscous Roasted Butternut Squash Whole Wheat Bread Fruit 1% Low Fat Milk	<b>3</b> <b>JASA IS CLOSED IN OBSERVANCE OF ROSH HASHANAH</b> <b>Wishing you a Happy, Healthy, and Sweet New Year!</b>	<b>4</b> Egg Salad/Salmon Salad Challah Bread Fruit 1% Low Fat Milk
<b>7</b> Classic Chicken Cacciatore Pasta Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk	<b>8</b> Baked Falafel Patties Hummus Za'atar Spiced Israeli Salad Whole Wheat Bread Fruit 1% Low Fat Milk	<b>9</b> Turkey Shepherd Pie Tossed Salad w/Dressing Whole Wheat Bread Fruit 1% Low Fat Milk	<b>10</b> Salmon Salad Bowtie Pasta Salad Red Cabbage Salad Plain Pita Fruit 1% Low Fat Milk	<b>11</b> Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Fruit 1% Low Fat Milk
<b>14</b> Turkey Swedish Meatballs Egg Noodles Steamed Carrots Whole Wheat Bread Fruit 1% Low Fat Milk	<b>15</b> Dairy Free Eggplant Rollatini Pasta Italian Blend Vegetables Whole Wheat Bread Fruit 1% Low Fat Milk	<b>16</b> Beef Pot Roast Sauteed Onions & Peppers Broccoli Kugel Roasted Sweet Potato Slices Whole Wheat Bread Fruit 1% Low Fat Milk	<b>17</b> Teriyaki Baked Fish White Rice Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk	<b>18</b> Chicken Shawarma Jeera Rice Roasted Beets Challah Bread Fruit 1% Low Fat Milk
<b>21</b> Turkey Meatballs Marinara Pasta Italian Blend Vegetables Garlic Bread Fruit 1% Low Fat Milk	<b>22</b> Kasha Knish Hummus Israeli Salad Whole Wheat Bread Fruit 1% Low Fat Milk	<b>23</b> Beef Stuffed Cabbage Kasha Varnishkes Steamed Carrots Whole Wheat Bread Fruit 1% Low Fat Milk	<b>24</b> Fish Francaise Mashed Potatoes Spinach Souffle Whole Wheat Bread Fruit 1% Low Fat Milk	<b>25</b> Hawaiian Chicken Roasted Sweet Potato Slices Capri Blend Vegetables Challah Bread Fruit 1% Low Fat Milk
<b>28</b> Chicken Marsala White Rice Italian Blend Vegetables Whole Wheat Bread Fruit 1% Low Fat Milk	<b>29</b> Turkey Shepherd Pie Garden Salad Whole Wheat Bread Fruit 1% Low Fat Milk	<b>30</b> Sweet & Sour Beef Meatballs Egg Barley Spinach Souffle Whole Wheat Bread Fruit 1% Low Fat Milk	<b>31</b> Vegan Stuffed Bell Peppers Brown Rice Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk	



**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- Monday, Tuesday & Thursday

**Daily Lunch**

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

For

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: MEDITATIVE MONDAY**  
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 PM-1:00 PM (Weekly on Tuesdays, on-zoom)**  
**CONCERTS IN MOTION: SONGBOOK**  
Dial-In Phone Number: 646-558-8656  
Meeting ID: 835-6035-3700  
Zoom Link: <https://us02web.zoom.us/j/83560353700>

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**1:00 PM-2:00 PM (Weekly on Tuesdays, on-zoom)**  
**CONCERTS IN MOTION: KLEZMER MUSIC**  
Dial-In Phone Number: 646-558-8656  
Meeting ID: 891 476 60204  
Zoom Link: <https://concertsinmotion-org.zoom.us/j/89147660204>

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**3:00 PM-4:00 PM (Weekly on Wednesdays, on-zoom)**  
**CONCERTS IN MOTION: SLAVIC 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/lour**  
<https://us06web.zoom.us/j/88273025615?pwd=MFI3SFJOTHFxSFIPeHV0YnhiNm9vQT09>  
Meeting ID: 882 7302 5615  
Passcode: 211454

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**12:00 PM-1:00 PM (Weekly on Thursday, on-zoom)**  
**CONCERTS IN MOTION: COFFEEHOUSE CONCERT**  
Dial-In Phone Number: 1 646-558-8656  
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: CELEBRATION FRIDAY**  
Dial-In Phone Number: 1 646-558-8656  
Meeting ID: 426 474 125  
Zoom Link: <https://zoom.us/j/426474125>

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