



SEPTEMBER 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Program is subject to change.</p> 	<p>Health Fair Wednesday, September 27, 2023 From 12:00pm to 3:00pm</p>			<p>1 11:00am Movie/Discussion (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm CHAIR YOGA w/Dinara (hybrid) 3:00pm Leisure Games (in-person)</p>
<p>4 JASA IS CLOSED FOR LABOR DAY</p> 	<p>5 10:00am Blood Pressure Screening 10:00am MIXED MEDIA MOSAIC ART w/Jennifer (in-person) 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>6 10:00am Blood Pressure Screening 10:00am-11:30am CERAMIC ART w/Jennifer (in-person) 11:30am-1:00pm Congregate Lunch 12:30 JEWELRY MAKING (in-person) 2:00pm Crochet Class (in-person) 3:15pm RISING STARS FITNESS 4:00pm Technology in Class for beginners (in-person) for Russian speaking</p>	<p>7 10:30am AEROBIC w/Iouri (hybrid) 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 11:30PM Movie/Discussion (in-person) 3:15pm ESL (virtual) Medium Level for Russian speaking</p>	<p>8 11:00am Movie/Discussion (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm CHAIR YOGA w/Dinara (hybrid) 3:00pm Leisure Games (in-person)</p>
<p>11 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 FALL PREVENTION: BALANCE & STRETCH EXERCISE w/Anatoly (in-person) 4:00pm Technology in Class (in-person) for Russian speaking</p>	<p>12 10:00am Blood Pressure Screening 10:00am MIXED MEDIA MOSAIC ART w/Jennifer (in-person) 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>13 10:00am Blood Pressure Screening 10:00am-11:30am CERAMIC ART w/Jennifer (in-person) 11:30am-1:00pm Congregate Lunch 12:30 JEWELRY MAKING (in-person) 2:00pm Crochet Class (in-person) 3:15pm RISING STARS FITNESS 4:00pm Technology in Class for beginners (in-person) for Russian speaking</p>	<p>14 10:30am AEROBIC w/Iouri (hybrid) 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 11:30PM Movie/Discussion (in-person) 3:15pm ESL (virtual) Medium Level for Russian speaking</p>	<p>15 11:00am Movie/Discussion (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm CHAIR YOGA w/Dinara (hybrid) 3:00pm Leisure Games (in-person)</p>

<p>18 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>19 9:15am TRIP TO SI SHOPPING MALL 10:00am Blood Pressure Screening 10:00am MIXED MEDIA MOSAIC ART w/Jennifer (in-person) 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>20 10:00am Blood Pressure Screening 10:00am-11:30am CERAMIC ART w/Jennifer (in-person) 10:00am PRESENTATION: HEARING LOSS & FALLS (hybrid) 11:30am-1:00pm Congregate Lunch 12:30 JEWELRY MAKING (in-person) 2:00pm Crochet Class (in-person) 3:15pm RISING STARS FITNESS 4:00pm Technology in Class for beginners (in-person) for Russian speaking</p>	<p>21 10:30am AEROBIC w/Iouri (hybrid) 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 11:30pm Movie/Discussion (in-person) 12:00pm GENERAL MEMBERSHIP 3:15pm ESL (virtual) Medium Level for Russian speaking</p>	<p>22 11:00am Movie/Discussion (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm CHAIR YOGA w/Dinara (hybrid) 3:00pm Leisure Games (in-person)</p>
<p>25 JASA IS CLOSED FOR YOM KIPPUR</p> 	<p>26 10:00am Blood Pressure Screening 10:00am MIXED MEDIA MOSAIC ART w/Jennifer (in-person) 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>27 10:00am Blood Pressure Screening 10:00am-11:30am CERAMIC ART w/Jennifer (in-person) 11:30am-1:00pm Congregate Lunch 12:00pm-3:00pm HEALTH FAIR 12:30pm JEWELRY MAKING (in-person) 2:00pm Crochet Class (in-person) 3:15pm RISING STARS FITNESS 4:00pm Technology in Class for beginners (in-person) for Russian speaking</p>	<p>28 10:30am AEROBIC w/Iouri (hybrid) 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 11:30PM Movie/Discussion (in-person) 3:15pm ESL (virtual) Medium Level for Russian speaking</p>	<p>29 11:00am Movie/Discussion (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm CHAIR YOGA w/Dinara (hybrid) 3:00pm Leisure Games (in-person)</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



SEPTEMBER 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily Hot Kosher Lunch- (Monday-Friday) 11:30 AM-1:00 PM IN DINING ROOM PLEASE CALL TO REGISTER 718-373-3954</p> <p>*Menu is subject to change*</p>				<p>1 Baked Asian Style Honey Chicken White Rice, Steamed Carrots • Milk, low fat, 1% • Fruit • Margarine • Challah Bread</p>
<p>4 JASA IS CLOSED FOR LABOR DAY</p>	<p>5 Baked Falafel Patties, Yellow Rice and Pigeon Peas, Za'atar Spiced Israeli Salad • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Pita</p>	<p>6 Turkey with Gravy, Brown Rice, Oriental Blend Vegetables • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread</p>	<p>7 Teriyaki Baked Fish, Brown Rice, Oriented Blend Vegetables • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread</p>	<p>8 Roasted Chicken, Potato Kugel, Carrot Tzimmes • Milk, low fat, 1% • Fruit • Margarine • Challah Bread</p>
<p>11 Swedish Meatballs with Turkey (Dairy Free), Egg Noodles, Steamed Sliced Carrots • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread</p>	<p>12 Vegetarian Three Beans Chili, Brown Rice, Italian Blend Vegetables • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread</p>	<p>13 Beef Pot Roast, Sautéed Onions and Peppers, Mashed Sweet Potatoes, Creamy Spinach • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread</p>	<p>14 Asian Style White Fish with Cilantro, Steamed Green Beans, Roasted Butternut Squash • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread</p>	<p>15 Chicken Francaise, Rice A Roni, Sautéed Zucchini • Milk, low fat, 1% • Fruit • Margarine • Challah Bread</p>
<p>18 Turkey Meatballs, Homemade Tomato Sauce, Pasta, Italian Blend Vegetables • Milk, low fat, 1% • Fruit • Margarine • Garlic Bread</p>	<p>19 Lentil Stew with Carrots and Turnips, Brown Rice, Braised Red Cabbage • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread</p>	<p>20 Stuffed Cabbage with Beef, Kasha Varnishkes, Capri Blend Vegetables • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread</p>	<p>21 Fish Francaise, Creamy Spinach (Dairy-Free), Roasted Butternut Squash • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread</p>	<p>22 Hawaiian Chicken, White Rice, Steamed Carrots • Milk, low fat, 1% • Fruit • Margarine • Challah Bread</p>
<p>25 JASA IS CLOSED FOR YOM KIPPUR</p>	<p>26 Shepherd Pie with Beef and Turkey, Mashed Sweet Potatoes, Garden Salad • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread</p>	<p>27 Sweet and Sour Beef Meatballs, Egg Noodles, Creamy Spinach (Dairy-Free) • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread</p>	<p>28 Classic Black Bean Stew, Brown Rice, Steamed Green Beans • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread</p>	<p>29 Roasted Chicken, Brown Gravy, Potato Kugel, Carrot Tzimmes • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread</p>



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=MFI3SFJOTHFhSFIPeHV0YnhiNm9vQT09>

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>
