





JASA BROOKDALE VILLAGE OLDER ADULT CENTER
131 BEACH 19 STREET FAR ROCKAWAY, NY, 11691 * Tel 718-471-3200
SEPTEMBER 2023 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
  <p>*Calendar is subject to change</p>	<p>JOIN US:</p> <ul style="list-style-type: none"> • SEPTEMBER 12& SEPTEMBER 19 10:30am – 3:30pm (In Person)- SCRIE Tabling event-NYC Department of Finance, NYC Aging and NYC HRA • SEPTEMBER 12 2:00pm- (In Person) – “STAY BALANCED” FALL PREVENTION CLASS WITH ANATOLY -Pool Room; 	<p>JOIN US:</p> <ul style="list-style-type: none"> • SEPTEMBER 15 12:00pm- (In Person) – – CELEBRATING OLDER ADULT CENTER MONTH-LIVE CONCERT (In Person) - Concerts in Motion - Dining room • SEPTEMBER 20 11:00am - (In Person)- Unclaimed Funds Events- Office of the State Comptroller Thomas P. DiNapoli-- Dining Rm; 	<p>JOIN US:</p> <ul style="list-style-type: none"> • SEPTEMBER 7 12:00pm - (In Person) Boardwalk Talks with Alena- “Get Organized: What Loved Ones Should Know In Case Of An Emergency”. OHEL Engagement Group- Dining Room • SEPTEMBER 19& SEPTEMBER 20& SEPTEMBER 21 10:00am – 3:00pm (In Person) ANNUAL ART SHOW- Dining Rm; 	<p>1</p> <ul style="list-style-type: none"> • 9:00am-10:30 (In Person)- Computer with Rasul- Computer Room; • 10:00pm- (In Person)- Health Discussions- Dining Room; • 10:30am-12:00 (In Person)- Technology class with Rasul- Computer Room; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person) Library • 1:00pm-4:00pm (In Person) Billiards -Pool Room-LADIES ONLY
<p>4</p> <p align="center">JASA IS CLOSED FOR LABOR DAY! HAPPY HOLIDAYS!</p>	<p>5</p> <ul style="list-style-type: none"> • 10:00am-11:30 (In Person)-Computer LAB- Computer Room; • 10:00am – (In Person) - Billiards Pool Rm; • 11:00am - (In Person) Movie Matinee- Dining Rm; 	<p>6</p> <ul style="list-style-type: none"> • 9:30am - TRIP to DMV; • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 10:00am (In Person) Crocheting class with Joyce – Dining room; 	<p>7</p> <ul style="list-style-type: none"> • 9:00am - NYC FERRY TRIP; • 10am – (In Person) Billiards- Pool Rm; • 10:00am (In Person) Crocheting class with Joyce – Dining room; 	<p>8</p> <ul style="list-style-type: none"> • 9:00am-10:30 (In Person)- Computer with Rasul- Computer Room; • 10:00pm- (In Person)- Health Discussions- Dining Room;

	<ul style="list-style-type: none"> • 12:00pm- (In Person) Library; • 1:00pm– (In Person) - YOGA WITH CYNTHIA – Dining room; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Pool Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class 	<ul style="list-style-type: none"> • 10:00am- (In Person) Billiards -Pool Room; • 11:30am - (In Person) Art Movie- Dining Rm; • 11:30am (In Person)- Computer LAB; • 1:00pm-4:00pm (In Person) Billiards -Pool Room-LADIES ONLY; • 2:00pm- (In Person) Library 	<ul style="list-style-type: none"> • 10:00am - (In Person) Art Movie- Dining Rm; • 10:00am- (In Person) - WALKING CLUB WITH RACHEL- Dining room; • 11:30am (In Person)- Computer LAB; • 12:00pm- (In Person) Boardwalk Talks with Alena- “Get Organized: What Loved Ones Should Know In Case Of An Emergency”. OHEL Engagement Group- Dining Room • 1:00pm- (In Person) CHAKRA DANCE WITH CYNTHIA- Dining Room; 	<ul style="list-style-type: none"> • 10:30am-12:00 (In Person)- Technology class with Rasul- Computer Room; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person) Library; • 1:00pm-4:00pm (In Person) Billiards -Pool Room-LADIES ONLY
<p>11</p> <ul style="list-style-type: none"> • 10:00am-11:30 (In Person)-Computer LAB- • 10:00am - (In Person)- Get your blood pressure checked – Dining room; • 10am – (In Person) - Billiards Pool Rm; • 11:30am - (In Person) Art Movie- Dining Rm; • 1:00pm- (In Person) - ZUMBA GOLD WITH CYNTHIA – Dining room; • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) - Library; 	<p>12</p> <ul style="list-style-type: none"> • 10:00am-11:30 (In Person)-Computer LAB- Computer Room; • 10:00am – (In Person) - Billiards Pool Rm; • 10:30am – 3:30pm (In Person)- SCRIE Tabling event-NYC Department of Finance, NYC Aging and NYC HRA • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person) Library; • 12:00pm- (In Person-) KOSHER RULES- Educational Presentation - Dining Room; 	<p>13</p> <ul style="list-style-type: none"> • 9:00am - TRIP to BRONX- NEW YORK BOTANICAL GARDEN; • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 10:00am- (In Person) Billiards -Pool Room; • 11:30am - (In Person) Art Movie- Dining Rm; • 11:30am (In Person)- Computer LAB; • 1:00pm-4:00pm (In Person) Billiards -Pool Room- 	<p>14</p> <ul style="list-style-type: none"> • 9:45am - TRIP to COSTCO; • 10:00am - (In Person) Art Movie- Dining Rm; • 10:00am- (In Person) - WALKING CLUB WITH RACHEL- Dining room; • 10am – (In Person) Billiards- Pool Rm; • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 11:30am (In Person)- Computer LAB; • 12:00pm-(ZOOM)- Coffeehouse Thursdays - Concerts in Motion— Dining room; • 1:00pm- (In Person)- CHAKRA DANCE WITH 	<p>15</p> <ul style="list-style-type: none"> • 9:00am-10:30 (In Person)- Computer with Rasul- Computer Room; • 10:00am - BANK TRIP; • 10:00pm- (In Person-) Health Discussions- Dining Room; • 10:30am-12:00 (In Person)- Technology class with Rasul- Computer Room; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm – CELEBRATING OLDER ADULT CENTER MONTH-LIVE CONCERT (In Person) -Concerts in Motion - Dining room;



	<ul style="list-style-type: none"> • 1:00pm– (In Person) - YOGA WITH CYNTHIA – Dining room; • 2:00pm- (In Person) – “STAY BALANCED” FALL PREVENTION CLASS WITH ANATOLY -Pool Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class 	<p>LADIES ONLY;</p> <ul style="list-style-type: none"> • 2:00pm- (In Person) Library 	<p>CYNTHIA- Dining Room;</p>	<ul style="list-style-type: none"> • 12:00pm- (In Person) Library; • 1:00pm-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY
<p>18</p> <ul style="list-style-type: none"> • 10:00am-11:30 (In Person)-Computer LAB- • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 10:00am - (In Person)- Get your blood pressure checked – Dining room; • 10am – (In Person) - Billiards Pool Rm; • 11:30am - (In Person) Art Movie- Dining Rm; • 1:00pm- (In Person) - ZUMBA GOLD WITH CYNTHIA – Dining room; • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) - Library; 	<p>19</p> <ul style="list-style-type: none"> • 10:00am – 3:00pm (In Person)- ANNUAL ART SHOW- Dining Rm; • 10:00am-11:30 (In Person)-Computer LAB- Computer Room; • 10:00am- (In Person) Billiards -Pool Room; • 10:30am – 3:30pm (In Person)- SCRIE Tabling event-NYC Department of Finance, NYC Aging and NYC HRA • 11:00am - TRIP TO TEXAS ROAD HOUSE&MOVIES; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person) Library; • 1:00pm– (In Person) - YOGA WITH CYNTHIA – Dining room; 	<p>20</p> <ul style="list-style-type: none"> • 9:30am - TRIP to ROOSEVELT FIELDS MALL; • 10:00am – 3:00pm (In Person) ANNUAL ART SHOW- Dining Rm; • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 10:00am- (In Person) Billiards -Pool Room; • 11:00am - (In Person)- Unclaimed Funds Events- Office of the State Comptroller Thomas P. DiNapoli-- Dining Rm; • 11:30am - (In Person) Art Movie- Dining Rm; • 11:30am (In Person)- Computer LAB; • 1:00pm-4:00pm (In Person)- 	<p>21</p> <ul style="list-style-type: none"> • 9:30am - TRIP to STOP & SHOP, LOWES HOME & NATIONWIDE; • 10:00am - (In Person) Art Movie- Dining Rm; • 10:00am – 3:00pm (In Person) ANNUAL ART SHOW- Dining Rm; • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10am – (In Person) Billiards- Pool Rm; • 11:30am (In Person)- Computer LAB; • 12:00pm-(ZOOM)- Coffeehouse Thursdays - Concerts in Motion— Dining room; • 1:00pm- (In Person)- CHAKRA DANCE WITH CYNTHIA- Dining Room; 	<p>22</p> <ul style="list-style-type: none"> • 9:00am-10:30 (In Person)- Computer with Rasul- Computer Room; • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 10:00pm- (In Person-) Health Discussions- Dining Room; • 10:30am-12:00 (In Person)- Technology class with Rasul- Computer Room; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person) Library; • 1:00pm-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY

		<p>Billiards -Pool Room-LADIES ONLY;</p> <ul style="list-style-type: none"> • 2:00pm- (In Person) Library 		
<p>25</p> <p>JASA IS CLOSED FOR YOM KIPPUR! HAPPY HOLIDAYS!</p>	<p>26</p> <ul style="list-style-type: none"> • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 10:00am-11:30 (In Person)-Computer LAB- Computer Room; • 10:00am- (In Person) Billiards -Pool Room; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 11:30am - TRIP TO AFRICAN AMERICAN MUSEUM; • 12:00pm- (In Person) Library; • 1:00pm- (In Person) - YOGA WITH CYNTHIA – Dining room; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Dining Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class 	<p>27</p> <ul style="list-style-type: none"> • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 10:00am- (In Person) Billiards -Pool Room; • 10:30am- (In Person) FIRE DRILL - DINING Room; • 11:00am- (In Person) Nutrition Lecture- NUTRITION AND EYE HEALTH; • 11:30am - (In Person) Art Movie- Dining Rm; • 11:30am (In Person)- Computer LAB; • 1:00pm-4:00pm (In Person) Billiards -Pool Room-LADIES ONLY' • 2:00pm- (In Person) Library 	<p>28</p> <ul style="list-style-type: none"> • 9:30am - TRIP to TRADER JOES; • 10:00am - (In Person) Art Movie- Dining Rm; • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10am – (In Person) Billiards- Pool Rm; • 11:30am (In Person)- Computer LAB; • 12:00pm-(ZOOM)- Coffeehouse Thursdays - Concerts in Motion— Dining room; • 1:00pm- (In Person)- CHAKRA DANCE WITH CYNTHIA- Dining Room; 	<p>29</p> <ul style="list-style-type: none"> • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 9:00am-10:30 (In Person)- Computer with Rasul- Computer Room; • 10:00pm- (In Person-) Health Discussions- Dining Room; • 10:30am-12:00 (In Person)- Technology class with Rasul- Computer Room; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person) Library; • 1:00pm-4:00pm (In Person) Billiards -Pool Room-LADIES ONLY



JASA BROOKDALE VILLAGE OLDER ADULT CENTER
131 BEACH 19 STREET FAR ROCKAWAY, NY, 11691 * Tel 718-471-3200
SEPTEMBER 2023 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Additional funding with generous grants from Councilwoman Selvena Brooks-Powers & Queens BP Donovan Richards</p>  	<p align="center"><u>Daily Lunch</u> Daily Hot Kosher Lunch- (Monday-Friday) 11:00 AM-1:00 PM DINING ROOM PLEASE CALL TO REGISTER 718-471-3200</p> <p>*Menu is subject to change</p>			<p>1</p> <ul style="list-style-type: none"> • Asian Style Honey Chicken • White Rice • Steamed Carrots • Challah Bread • Applesauce
<p>4</p> <p align="center">JASA IS CLOSED FOR LABOR DAY! HAPPY HOLIDAYS!</p>	<p>5</p> <ul style="list-style-type: none"> • Baked Falafel Patties • Hummus • Beets and Onion Salad • Za'atar Spiced Israeli Salad • Milk, low fat, 1% • Fruit • Whole Wheat Pita 	<p>6</p> <ul style="list-style-type: none"> • Turkey with Gravy • Steamed Green Beans • Mashed Sweet Potatoes • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>7</p> <ul style="list-style-type: none"> • Teriyaki Baked Fish • Brown Rice • Oriental Blend Vegetables • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>8</p> <ul style="list-style-type: none"> • Roasted Chicken • Carrot Tzimmes • Potato Kugel • Milk, low fat, 1% • Fruit • Challah Bread
<p>11</p> <ul style="list-style-type: none"> • Swedish Meatballs with Beef and Turkey • Egg Noodles • Steamed Sliced Carrots • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>12</p> <ul style="list-style-type: none"> • Vegetarian Three Bean Chili • Brown Rice • Italian Blend Vegetables • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>13</p> <ul style="list-style-type: none"> • Beef Pot Roast • Creamy Spinach • Mashed Sweet Potatoes • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>14</p> <ul style="list-style-type: none"> • Asian Style White Fish with Cilantro • Roasted Butternut Squash • Steamed Green Beans • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>15</p> <ul style="list-style-type: none"> • Chicken Francaise • Rice A Roni • Sauteed Zucchini • Milk, low fat, 1% • Fruit • Challah Bread

18 <ul style="list-style-type: none"> • Turkey Meatballs • Garlic Bread • Pasta • Italian Blend Vegetables • Milk, low fat, 1% • Fruit 	19 <ul style="list-style-type: none"> • Lentil Stew with Carrots and Turnips • Brown Rice • Braised Red Cabbage • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	20 <ul style="list-style-type: none"> • Stuffed Cabbage with Beef • Kasha Varnishkes • Capri Blend Vegetables • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	21 <ul style="list-style-type: none"> • Fish Francaise • Creamy Spinach • Roasted Butternut Squash • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	22 <ul style="list-style-type: none"> • Hawaiian Chicken • White Rice • Steamed Carrots • Milk, low fat, 1% • Fruit • Challah Bread
25 <p style="text-align: center;">JASA IS CLOSED FOR YOM KIPPUR! HAPPY HOLIDAYS!</p>	26 <ul style="list-style-type: none"> • Shepherd Pie with Beef and Turkey • Garden Salad • Mashed Sweet Potatoes • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	27 <ul style="list-style-type: none"> • Sweet and Sour Meatballs • Egg Noodles • Creamy Spinach • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	28 <ul style="list-style-type: none"> • Curry Chickpea Stew • Brown Rice • Steamed Green Beans • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	29 <ul style="list-style-type: none"> • Roasted Chicken • Carrot Tzimmes • Potato Kugel • Milk, low fat, 1% • Fruit • Challah Bread



BROOKDALE VILLAGE OLDER ADULT CENTER
131 BEACH 19 STREET, FAR ROCKAWAY, NY 11691
Tel 718-471-3200
www.jasa.org

Open Daily Monday thru Friday 8:30 am-4:30 pm

Staff:

Program Director: Viktoriya Krugolets
Assistant Program Director: Rachel Fields
Transportation Coordinator: Gregorio Vera

Daily Lunch

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

Other Important Information

Associate Director Care and Case Management/Nutrition Services: Tania Collazo
Social Service Supervisor: Dawn Macklin
Advisory Board President: Raymond Daughtry

Contact Information

Center Phone # 718-471-3200
Transportation Phone # 718-471-3200 Ex. 0202
Social Service Phone # 718-471-6677

Additional funding with generous grants from Councilwoman Selvena Brooks-Powers &
Queens BP Donovan Richards

