

BROOKDALE OLDER ADULT CENTER
131 BEACH 19 STREET FAR ROCKAWAY NY 11691 * Tel 718-471-3200
JANUARY 2022 ACTIVITIES



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| <p>3</p> <ul style="list-style-type: none"> • 10am -Billiards (In Person) Pool Rm; • 11:00am - (ZOOM) Concerts in Motion classical; • 2:00pm-Art Class (In Person); • 2:00pm- Library (In Person) | <p>4</p> <ul style="list-style-type: none"> • 9:00am-BINGO (In Person) DINING ROOM; • 9:30am- (ZOOM) SILVER SNEAKERS IN RUSSIAN • 10:00am-(ZOOM) ENGLISH Computer; • 10:00am-12:00pm -Computer Lab by APPOINTMENT ONLY • 10:00am-(ZOOM) Yoga Dance with Christine; • 3:00pm-4:00pm (ZOOM) English Virtual city tours | <p>5</p> <ul style="list-style-type: none"> • 9:00am-Library (In Person); • 9:30am (ZOOM) - Dance Movement with Lisa; • 10:00am- DINING ROOM (In Person) Crocheting class with Joyce; • 10:00am- Pool Room (In Person) Billiards. | <p>6</p> <ul style="list-style-type: none"> • 9:30am- (ZOOM) CHAIR EXERCISE in RUSSIAN; • 10:00am- (ZOOM) ENGLISH Computer; • 10:00am - (In Person) Movie Matinee- Dining Rm; • 11:00am - (ZOOM) Yoga; • 1:00pm- (ZOOM) RUSSIAN Computer; • 1:00pm- (In Person)-Dining Rm Walking Club with Rachel | <p>7</p> <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 11:00am-(In Person-) Health Discussions- Dining Room; • 11:00am- (ZOOM) RUSSIAN Computer; • 12:00pm- (ZOOM)- Latin Concert; • 2:00pm- (ZOOM)- Movie club |
| <p>10</p> <ul style="list-style-type: none"> • 10am -Billiards (In Person) Pool Rm; • 11:00am - (ZOOM) Concerts in Motion classical; • 2:00pm-Art Class (In Person); • 2:00pm- Library (In Person) | <p>11</p> <ul style="list-style-type: none"> • 9:00am-BINGO (In Person) DINING ROOM; • 9:30am- (ZOOM) SILVER SNEAKERS IN RUSSIAN • 10:00am-(ZOOM) ENGLISH Computer; • 10:00am-12:00pm -Computer Lab by APPOINTMENT ONLY • 10:00am-(ZOOM) Yoga Dance with Christine; • 3:00pm-4:00pm (ZOOM) English Virtual city tours | <p>12</p> <ul style="list-style-type: none"> • 9:00am-Library (In Person); • 9:30am (ZOOM) - Dance Movement with Lisa; • 10:00am- DINING ROOM (In Person) Crocheting class with Joyce; • 10:00am- Pool Room (In Person) Billiards; • 12:00pm- DINING ROOM (In Person)-OHEL Boardwalk Talks. | <p>13</p> <ul style="list-style-type: none"> • 9:30am- (ZOOM) CHAIR EXERCISE in RUSSIAN; • 10:00am- (ZOOM) ENGLISH Computer; • 10:00am - (In Person) Movie Matinee- Dining Rm; • 11:00am - (ZOOM) Yoga; • 1:00pm- (ZOOM) RUSSIAN Computer; • 1:00pm- (In Person)-Dining Rm Walking Club with Rachel | <p>14</p> <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 11:00am- (ZOOM) RUSSIAN Computer; • 12:00pm- (ZOOM)- Latin Concert; • 2:00pm- (ZOOM)- Movie club |
| <p>17</p> <p align="center">JASA IS CLOSED FOR Martin Luther King Jr. Day HAPPY HOLIDAY!</p> | <p>18</p> <ul style="list-style-type: none"> • 9:00am-BINGO (In Person) DINING ROOM; • 9:30am- (ZOOM) SILVER SNEAKERS IN RUSSIAN • 10:00am-(ZOOM) ENGLISH Computer; • 10:00am-12:00pm -Computer Lab by APPOINTMENT ONLY • 10:00am-(ZOOM) Yoga Dance with Christine; • 3:00pm-4:00pm (ZOOM) English Virtual city tours | <p>19</p> <ul style="list-style-type: none"> • 9:00am-Library (In Person); • 9:30am (ZOOM) - Dance Movement with Lisa; • 10:00am- DINING ROOM (In Person) Crocheting class with Joyce; • 10:00am- Pool Room (In Person) Billiards. | <p>20</p> <ul style="list-style-type: none"> • 9:30am- (ZOOM) CHAIR EXERCISE in RUSSIAN; • 10:00am- (ZOOM) ENGLISH Computer; • 10:00am - (In Person) Movie Matinee- Dining Rm; • 11:00am - (ZOOM) Yoga; • 1:00pm- (ZOOM) RUSSIAN Computer; • 1:00pm- (In Person)-Dining Rm Walking Club with Rachel | <p>21</p> <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 11:00am- (ZOOM) RUSSIAN Computer; • 12:00pm- (ZOOM)- Latin Concert; • 2:00pm- (ZOOM)- Movie club |

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| <p>24</p> <ul style="list-style-type: none"> • 10am -Billiards (In Person) Pool Rm; • 11:00am - (ZOOM) Concerts in Motion classical; • 2:00pm-Art Class (In Person); • 2:00pm- Library (In Person) | <p>25</p> <ul style="list-style-type: none"> • 9:00am-BINGO (In Person) DINING ROOM; • 9:30am- (ZOOM) SILVER SNEAKERS IN RUSSIAN • 10:00am-(ZOOM) ENGLISH Computer; • 10:00am-12:00pm -Computer Lab by APPOINTMENT ONLY • 10:00am-(ZOOM) Yoga Dance with Christine; • 3:00pm-4:00pm (ZOOM) English Virtual city tours | <p>26</p> <ul style="list-style-type: none"> • 9:00am-Library (In Person); • 9:30am (ZOOM) - Dance Movement with Lisa; • 10:00am- DINING ROOM (In Person) Crocheting class with Joyce; • 10:00am- Pool Room (In Person) Billiards; • 1:00pm- DINING ROOM (In Person)-Nutrition Lecture with Stephanie | <p>27</p> <ul style="list-style-type: none"> • 9:30am- (ZOOM) CHAIR EXERCISE in RUSSIAN; • 10:00am- (ZOOM) ENGLISH Computer; • 10:00am - (In Person) Movie Matinee- Dining Rm; • 11:00am - (ZOOM) Yoga; • 1:00pm- (ZOOM) RUSSIAN Computer; • 1:00pm- (In Person)-Dining Rm Walking Club with Rachel | <p>28</p> <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 11:00am- (ZOOM) RUSSIAN Computer; • 12:00pm- (ZOOM)- Latin Concert; • 2:00pm- (ZOOM)- Movie club |
| <p>31</p> <ul style="list-style-type: none"> • 10am -Billiards (In Person) Pool Rm; • 11:00am - (ZOOM) Concerts in Motion classical; • 2:00pm-Art Class (In Person); • 2:00pm- Library (In Person) | <p><u>ACTIVITIES OFFERED</u></p> <p>Exercise Classes</p> <p>Art Program</p> <p>Computer Program- New Computers, Internet, Skype</p> <p>Library Program & Movies</p> <p>Trips & Lectures</p> <p>Volunteer Opportunities</p> | | | |

BROOKDALE OLDER ADULT CENTER
131 BEACH 19 STREET FAR ROCKAWAY NY 11691 * Tel 718-471-3200
JANUARY 2022 MENU



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| <p>3</p> <ul style="list-style-type: none"> • Turkey Meat Sauce • Pasta • Whole Wheat Bread • Sautéed Zucchini • Yellow Squash • Juice • Milk, low fat, 1% • Fruit • Margarine | <p>4</p> <ul style="list-style-type: none"> • Chicken Marsala • Whole Wheat Bread • Roasted Beets • Smashed Red Potatoes • Juice • Milk, low fat, 1% • Fruit • Margarine | <p>5</p> <ul style="list-style-type: none"> • Turkey Burger • Creamy Spinach • Whole Wheat Bread • Spiced Sweet Potatoes • Juice • Milk, low fat, 1% • Fruit • Margarine | <p>6</p> <ul style="list-style-type: none"> • Sweet and Sour Meatballs • Mauzone Toasted Barley and Onion • Whole Wheat Bread • Green Beans • Juice • Milk, low fat, 1% • Fruit • Margarine | <p>7</p> <ul style="list-style-type: none"> • Stuffed Cabbage with Beef • Toasted Barley and Onion • Steamed Carrots • Juice • Milk, low fat, 1% • Fruit • Margarine |
| <p>10</p> <ul style="list-style-type: none"> • Baked Salmon • Dill Lemon Sauce • Rice Pilaf • Whole Wheat Bread • Juice • Milk, low fat, 1% • Fruit • Margarine | <p>11</p> <ul style="list-style-type: none"> • Baked Turkey Breast • Brown Gravy • Whole Grain Stuffing • Juice • Milk, low fat, 1% • Fruit • Margarine | <p>12</p> <ul style="list-style-type: none"> • Kotleti (Russian Chicken Patties) • Roasted Beets • Smashed Red Potatoes • Whole Wheat Bread • Juice • Milk, low fat, 1% • Fruit • Margarine | <p>13</p> <ul style="list-style-type: none"> • Beef Meatloaf with Mushroom • Gravy Homemade • Mashed Potatoes • Whole Wheat Bread • Juice • Milk, low fat, 1% • Fruit • Margarine | <p>14</p> <ul style="list-style-type: none"> • Sweet and Sour Meatballs • Toasted Barley and Onion • Green Beans • Juice • Milk, low fat, 1% • Fruit • Margarine |
| <p>17</p> <p align="center">JASA IS CLOSED FOR Martin Luther King Jr. Day HAPPY HOLIDAY</p> | <p>18</p> <ul style="list-style-type: none"> • Shepherd's Pie with Beef & Turkey • Whole Wheat Bread • Israeli Salad • Juice • Milk, low fat, 1% • Fruit • Margarine | <p>19</p> <ul style="list-style-type: none"> • Turkey Meat Sauce • Pasta • Italian Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine | <p>20</p> <ul style="list-style-type: none"> • Beef Pot Roast • Whole Wheat Bread • Green Beans • Homemade Mashed Potatoes • Juice • Milk, low fat, 1% • Fruit • Margarine | <p>21</p> <ul style="list-style-type: none"> • Beef Meatloaf with Mushroom Gravy • Kasha Varnishkas • Italian Cut Green Beans • Juice • Milk, low fat, 1% • Fruit • Margarine |

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| <p>24</p> <ul style="list-style-type: none"> • Chicken Francaise • Spinach Noodle Pudding • Whole Wheat • Bread Sautéed Zucchini • Juice • Milk, low fat, 1% • Fruit • Margarine | <p>25</p> <ul style="list-style-type: none"> • Salmon Burger • Hamburger Bun, plain • Rice Pilaf • Green Bean Sautee • Juice • Milk, low fat, 1% • Fruit • Margarine | <p>26</p> <ul style="list-style-type: none"> • BBQ Sauce Turkey Burger • Creamy Spinach • Whole Wheat Bread • Spiced Sweet Potatoes • Juice • Milk, low fat, 1% • Fruit • Margarine | <p>27</p> <ul style="list-style-type: none"> • Stuffed Cabbage with Beef • Toasted Barley with Onions • Whole Wheat Bread • Capri Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine | <p>28</p> <ul style="list-style-type: none"> • Kosher Beef Stroganoff • Egg Noodles • Green Beans • Juice • Milk, low fat, 1% • Fruit • Margarine |
| <p>31</p> <ul style="list-style-type: none"> • Baked Salmon Dill Lemon Sauce • Homemade Mashed Potatoes • Whole Wheat Bread • Creamy Spinach (Dairy-Free) • Juice • Milk, low fat, 1% • Fruit • Margarine | <p style="text-align: center;"><u>Daily Lunch</u> Daily Hot Kosher Lunch- (Monday-Friday) 11:00 AM-1:00 PM- DINING ROOM</p> | | | |



BROOKDALE 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

Meals On Wheels Coordinator: Tania Collazo
Social Service Supervisor: Dawn Macklin
Advisory Board President: Raymond Daughtry

Contact Information

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

ACTIVITIES OFFERED

- Exercise Classes
- Art Program
- Computer Program- New Computers, Internet, Skype
- Library Program & Movies
- Trips & Lectures
- Volunteer Opportunities

Additional funding with generous grants from Councilman & Queens BP

