



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Calendar is subject to change*</p> <p>*Funding for this program is provided by the Jeannette Solomon Cultural Arts Fund</p>	<p><b>NEW SOCIAL WORKER IS AVAILABLE TO HELP YOU EVERY MONDAY 9:00 AM – 4:00 PM SENIOR CENTER</b></p>	<p><b>ANNUAL ART SHOW FRIDAY JUNE 21ST ALL DAY DINING ROOM</b></p>	<p><b>TRANSPORTATION IS AVAILABLE call 718-471-3200</b></p>	<p><b>KOT BLOOD PRESSURE SCREENINGS EVERY TUESDAY AT 11:00 AM DINING ROOM</b></p>
<p>3</p> <p>1:00 <b>WALKING CLUB</b> 1:45 Yoga 2:00 Library</p>	<p>4</p> <p>9:00 <b>OATS computer</b> 9:30 LIBRARY 11:00 Basic Computer 11:00 Blood Pressure 1:00 Oil Painting 1:00 Advanced Computer 2:30 <b>COMPUTER LAB</b></p>	<p>5</p> <p>9:00 Yoga 9:30 LIBRARY 9:30 <b>STOP &amp; SHOP</b> 10:45 <b>JEWELRY MAKING</b> 1:15 <b><u>NIA STRETCHING</u></b></p>	<p>6</p> <p>9:00 <b>OATS computer</b> 10:00 <b>BANK TRIP</b> 10:00 Library 11:00 Basic Computer 1:00 Advanced Computer 2:30 <b>COMPUTER LAB</b></p>	<p>7</p> <p>9:30 <b>COMPUTER LAB</b> 9:30 Tai Chi 9:45 <b>COSTCO</b> 10:00 <b><u>NNORC Intergenerational Art Class</u></b> 10:00 <b><u>HEALTH DISCUSSIONS</u></b> 1:00 <b>MOVIE CLUB</b></p>
<p>10</p> <p>1:00 <b>WALKING CLUB</b> 1:45 Yoga 2:00 Library</p>	<p>11</p> <p>8:30 <b><u>EMPIRE CASINO</u></b> 9:30 LIBRARY 11:00 Basic Computer 11:00 Blood Pressure 1:00 Oil Painting 1:00 Advanced Computer 2:30 <b>COMPUTER LAB</b></p>	<p>12</p> <p>9:00 Yoga 9:30 LIBRARY 9:30 <b>STOP &amp; SHOP</b> 9:45 <b>DMV TRIP</b> 10:45 <b>JEWELRY MAKING</b> 1:15 <b><u>NIA STRETCHING</u></b></p>	<p>13</p> <p>9:00 <b><u>NATIONAL LIQUIDATORS</u></b> 10:00 Library 11:00 Basic Computer 1:00 Advanced Computer 2:30 <b>COMPUTER LAB</b></p>	<p>14</p> <p>9:30 <b>COMPUTER LAB</b> 9:30 Tai Chi 10:00 <b><u>NNORC Intergenerational Art Class</u></b> 1:00 <b>MOVIE CLUB</b></p>
<p>17</p> <p>10:00 <b><u>BRIGHTON TRIP</u></b> 1:00 <b>WALKING CLUB</b> 1:45 Yoga 2:00 Library</p>	<p>18</p> <p>9:30 LIBRARY 10:00 <b>BANK TRIP</b> 11:00 Basic Computer 11:00 Blood Pressure 1:00 Oil Painting 1:00 Advanced Computer 2:30 <b>COMPUTER LAB</b></p>	<p>19</p> <p>9:00 Yoga 9:30 LIBRARY 9:30 <b>STOP &amp; SHOP</b> 10:45 <b>JEWELRY MAKING</b> 1:15 <b><u>NIA STRETCHING</u></b></p>	<p>20</p> <p>9:45 <b>COSTCO</b> 10:00 Library 11:00 Basic Computer 1:00 Advanced Computer 2:30 <b>COMPUTER LAB</b></p>	<p>21</p> <p>8:30 <b><u>FERRY TRIP</u></b> 9:30 <b>COMPUTER LAB</b> 9:30 Tai Chi 10:00 <b><u>NNORC Intergenerational Art Class</u></b> 10:00 <b><u>ANNUAL ART SHOW</u></b> 1:15 <b><u>METRO BUS@711</u></b></p>
<p>24</p> <p>9:00 <b><u>IKEA TRIP</u></b> 1:00 <b>WALKING CLUB</b> 1:00 <b><u>NOTARY PUBLIC SERVICE</u></b> 1:45 Yoga 2:00 Library</p>	<p>25</p> <p>9:30 LIBRARY 10:00 <b>FAMOUS BRANDS</b> 11:00 Basic Computer 11:00 Blood Pressure 1:00 Oil Painting 1:00 Advanced Computer 2:30 <b>COMPUTER LAB</b></p>	<p>26</p> <p>9:00 Yoga 9:30 <b><u>GREEN ACRES OR WALMART</u></b> 9:30 LIBRARY 9:30 <b>STOP &amp; SHOP</b> 10:45 <b>JEWELRY MAKING</b> 1:15 <b><u>NIA STRETCHING</u></b></p>	<p>27</p> <p>10:00 Library 11:00 Basic Computer 1:00 Advanced Computer 2:30 <b>COMPUTER LAB</b></p>	<p>28</p> <p>9:30 <b>COMPUTER LAB</b> 9:30 Tai Chi 10:00 <b><u>NNORC Intergenerational Art Class</u></b> 1:00 <b>MOVIE CLUB</b></p>



**JUNE 2019 MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Calendar is subject to change*</b>				
<p>3</p> <p>Stuffed Peppers with Turkey Roasted Vegetable Couscous Green Beans Or Tuna Salad</p>	<p>4</p> <p>Shake and Bake Chicken Succotash Salad Winter Blend Vegetables Or Egg Salad</p>	<p>5</p> <p>Beef Hamburger Potato Salad Coleslaw Or Salmon Salad</p>	<p>6</p> <p>Baked Salmon with Cilantro Citrus Sauce Brown Rice with mushrooms Baby Carrots with Parsley Or Curried Chicken Salad</p>	<p>7</p> <p>Roasted Chicken Potato Kugel Creamy Spinach Or Gefilte Fish</p>
<p>10</p> <p>Turkey with Gravy Mashed Sweet Potatoes Broccoli Soufflé Or Egg Salad</p>	<p>11</p> <p>Sweet and Sour Meatballs Kasha Green Beans Or Salmon Salad</p>	<p>12</p> <p>Chicken Fajitas Pita Halves Garden Salad Or Tuna Salad with Eggs</p>	<p>13</p> <p>Breaded Pollock Fish Fillet Corn and Red Peppers Coleslaw Or Chicken Salad</p>	<p>14</p> <p>Hawaiian Chicken Legs California Blend Vegetables Mashed Potatoes Or Gefilte Fish</p>
<p>17</p> <p>BBQ Sauce Turkey Burger Spiced Sweet Potatoes Green Beans Or Tuna Salad</p>	<p>18</p> <p>Chicken Francaise Orzo with Vegetables California Blend Vegetables Or Egg Salad</p>	<p>19</p> <p>Beef Lasagna Tossed Salad with dressing Or Salmon Salad</p>	<p>20</p> <p>Poached Salmon Barley, Corn and Black Bean Salad Cucumber Salad Or Turkey Salad</p>	<p>21</p> <p>Rosemary Chicken Noodle Kugel Steamed Carrots Or Gefilte Fish</p>
<p>24</p> <p>California Turkey Meatloaf Homemade Mashed Potatoes Steamed Carrots and Green Beans Or Tuna Salad</p>	<p>25</p> <p>Chicken Shawarma Pita Halves Israeli Salad Or Baked Falafel</p>	<p>26</p> <p>Stuffed Cabbage with Beef Pasta California Blend Vegetables Or Salmon Salad</p>	<p>27</p> <p>Salmon Burger Home Fries with Peppers and Onions Cucumber Dill Sauce Or Curried Chicken Salad</p>	<p>28</p> <p>Roasted Chicken Kasha Varnishekes Spinach Soufflé Or Gefilte Fish</p>



**JASA-Brookdale Village Senior Center**  
131 Beach 19th Street  
Far Rockaway, New York 11691  
Phone # 718-471-3200  
[jasa.org](http://jasa.org)

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

**Staff:**

Project Director: Viktoriya Krugolets  
Assistant Project Director: Donna Forde  
Secretary: Rachel Fields

**Daily Lunch**

- Daily Hot Kosher Lunch-(Monday-Friday)
- 12:15 PM-1:15 PM

**Other Important Information**

Registered Dietician: Leslie Rosen  
Meals On Wheels Coordinator: Tania Collazo  
Social Service Supervisor: Dawn Macklin  
Cook: Edward Seda  
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 ( Yoga, Tai Chi, NIA Stretching, Walking Club)
  - Art Program-Kiln available for Ceramics
- Computer Program-8 New Computers, Internet, Skype
  - ESL & Citizenship Classes
  - Library Program & Movies
    - Trips & Lectures
  - Volunteer Opportunities
- Medical Transportation is available

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