



MAY 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Calendar is subject to change*</p>	<p>JOIN ***A PARTY*** MAY 20TH @ 1:00 PM WITH JAMAL DINING ROOM</p>	<p>1 9:00 Yoga 9:30 LIBRARY 9:30 STOP & SHOP 10:45 JEWELRY MAKING 11:30 <u>PREVENT ELDER ABUSE PRESENTATION</u> 1:15 <u>NIA STRETCHING</u></p>	<p>2 9:00 ESL 10:00 Library 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>3 9:00 ESL 9:30 Tai Chi 10:00 BANK TRIP 10:00 Art Class 10:00 <u>HEALTH DISCUSSIONS</u> 1:00 MOVIE CLUB</p>
<p>6 1:00 WALKING CLUB 1:45 Yoga 2:00 Library</p>	<p>7 9:00 OATS computer 9:30 LIBRARY 10:00 Ceramics 11:00 Basic Computer 11:00 Blood Pressure 1:00 Oil Painting 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>8 9:00 Yoga 9:30 LIBRARY 9:30 STOP & SHOP 10:45 JEWELRY MAKING 1:15 <u>NIA STRETCHING</u></p>	<p>9 9:00 OATS computer 9:00 ESL 9:45 <u>COSTCO</u> 10:00 Library 11:00 Basic Computer 12:45 SWINGING NICK AND PEARL 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>10 8:30 UNIVERSOUL CIRCUS 9:00 ESL 9:30 Tai Chi 10:00 Art Class 1:00 MOVIE CLUB</p>
<p>13 9:30 TRADER'S JOE 1:00 WALKING CLUB 1:45 Yoga 2:00 Library</p>	<p>14 8:30 EMPIRE CASINO 9:00 OATS computer 9:30 LIBRARY 10:00 Ceramics 11:00 Basic Computer 11:00 Blood Pressure 1:00 Oil Painting 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>15 9:00 Yoga 9:30 LIBRARY 9:30 STOP & SHOP 10:30 <u>VINCENT'S AND MOVIES</u> 10:45 JEWELRY MAKING 12:00 <u>NUTRITION LECTURE</u> 1:15 <u>NIA STRETCHING</u></p>	<p>16 9:00 OATS computer 9:00 ESL 9:45 <u>DMV TRIP</u> 10:00 Library 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>17 9:00 ESL 9:30 Tai Chi 9:30 <u>GREEN ACRES MALL</u> 10:00 Art Class 1:00 MOVIE CLUB</p>
<p>20 10:00 BRIGHTON TRIP 1:00 PARTY WITH JAMAL 1:00 <u>NOTARY PUBLIC SERVICE</u> 1:45 Yoga 2:00 Library</p>	<p>21 9:00 OATS computer 9:30 LIBRARY 10:00 Ceramics 10:30 <u>International Buffet& 5 Below</u> 11:00 Basic Computer 11:00 Blood Pressure 1:00 Oil Painting 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>22 9:00 IKEA TRIP 9:00 Yoga 9:30 LIBRARY 9:30 STOP & SHOP 10:45 JEWELRY MAKING 1:15 <u>NIA STRETCHING</u></p>	<p>23 9:00 OATS computer 9:00 ESL 9:45 <u>COSTCO</u> 10:00 Library 11:00 Basic Computer 12:45 SWINGING NICK AND PEARL 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>24 9:00 ESL 9:30 Tai Chi 10:00 BANK TRIP 10:00 Art Class</p>
<p>27</p> <p>JASA IS CLOSED MEMORIAL DAY</p>	<p>28 9:00 OATS computer 9:30 LIBRARY 10:00 FAMOUS BRANDS 10:00 Ceramics 11:00 Basic Computer 11:00 Blood Pressure 1:00 Oil Painting 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>29 9:00 Yoga 9:30 LIBRARY 9:30 STOP & SHOP 10:45 JEWELRY MAKING 1:15 <u>NIA STRETCHING</u></p>	<p>30 9:00 OATS computer 9:00 ESL 10:00 Library 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>31 9:00 ESL 9:30 Tai Chi 10:00 Art Class 1:00 MOVIE CLUB</p>



MAY 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Calendar is subject to change		1 Chicken Fajitas Pita Halves Garden Salad Or Tuna Salad with Egg	2 Breaded Pollock Fish Fillet Corn and Red Peppers Coleslaw Or Chicken Salad	3 Hawaiian Chicken Legs California Blend Vegetables Mashed Potatoes Or Gefilte Fish
6 Turkey Burger Spiced Sweet Potatoes Green Beans Or Tuna Salad	7 Chicken Francaise Orzo w/ vegetables California Blend Vegetables Or Egg Salad	8 Beef Lasagna Tossed Salad with Dressing Or Salmon Salad	9 Poached Salmon Cucumber Salad Barley, Corn and Black Bean Salad Or Turkey Salad	10 Rosemary Chicken Noodle Kugel Steamed Carrots Or Gefilte Fish
13 California Turkey Meatloaf Homemade Mashed Potatoes Steamed Carrots and Green Beans Or Tuna Salad	14 Chicken Shawarma Pita Halves Israeli Salad Or Baked Falafel Patties	15 Stuffed Cabbage with beef California Vegetables Pasta Or Salmon Salad	16 Salmon Burger Home Fries with Peppers and Onions Cucumber Dill Salad Or Curried Chicken Salad	17 Roasted Chicken Kasha Varnishkes Spinach Soufflé Or Gefilte Fish
20 Pepper Steak Chinese Style Spaghetti Cabbage with shredded carrots Or Tuna Salad	21 Spanish Style Roast Chicken Brown Rice with Black Beans Green Beans Or Salmon Salad	22 Shepherd Pie Tossed Salad w/ dressing Or Egg Salad	23 Breaded Sole Fish Filet Creamy Spinach Bulgur Salad Or Turkey Salad	24 Grilled Caribbean Chicken Breast Noodle Kugel Beet Salad Or Gefilte Fish
27 JASA IS CLOSED MEMORIAL DAY	28 Garlic Chicken Meatballs Pasta Winter Blend Vegetables Or Salmon Salad	29 Beef Moussaka Garden salad Or Tuna Salad	30 Tilapia Fish Francaise Rice A Roni Israeli Salad Or Chicken Salad	31 Honey-Apricot Glazed Chicken Kasha Varnishkes Broccoli Soufflé Or Gefilte Fish



JASA-Brookdale Village Senior Center
131 Beach 19th Street
Far Rockaway, New York 11691
Phone # 718-471-3200
jasa.org

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

Staff:

Project Director: Viktoriya Krugolets
Assistant Project Director: Donna Forde
Transportation Coordinator: Lena Rivera
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

Additional funding with generous grants from Councilman Donovan Richards & Queens BP Melinda Katz

