

DECEMBER 2018 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:30 SAMMY'S TRIP 10:45 Yoga 1:00 WALK WITH EASE 2:00 Library</p>	<p>4</p> <p>9:30 LIBRARY 10:00 BANK TRIP 10:00 Ceramics 11:00 Basic Computer 11:30 Blood Pressure 1:00 Oil Painting 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>5</p> <p>9:00 ESL 9:30 LIBRARY 9:30 STOP & SHOP 10:45 JEWELRY MAKING 11:30 FDNY FIRE SAFETY PRESENTATION 1:15 NIA STRETCHING 5:00 SOCIAL CLUB WITH DJ ANGELA</p>	<p>6</p> <p>10:00 Library 10:45 Yoga 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>7</p> <p>9:30 Tai Chi for Arthritis 9:45 COSTCO 10:00 Art Class 10:00 HEALTH DISCUSSIONS 1:00 MOVIE CLUB 3:00 ESL</p>
<p>10</p> <p>10:45 Yoga 1:00 WALK WITH EASE 2:00 Library</p>	<p>11</p> <p>8:30 EMPIRE CASINO 9:30 LIBRARY 10:00 Ceramics 11:00 Basic Computer 1:00 Oil Painting 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>12</p> <p>9:00 ESL 9:30 LIBRARY 9:30 STOP & SHOP 10:45 JEWELRY MAKING 1:15 NIA STRETCHING</p>	<p>13</p> <p>10:00 Library 10:45 Yoga 11:00 Basic Computer 12:45 SWINGING NICK AND PEARL 1:00 Advanced Computer 2:30 COMPUTER LAB 4:00 HOLIDAYS LIGHTS WATCHING TRIP</p>	<p>14</p> <p>8:30 TANGERS OUTLETS TRIP 9:30 Tai Chi for Arthritis 10:00 Art Class 1:00 MOVIE CLUB 3:00 ESL</p>
<p>17</p> <p>9:45 DMV TRIP 9:30 TRADER'S JOE 10:45 Yoga 12:45 SWINGING NICK AND PEARL 1:00 WALK WITH EASE 2:00 Library</p>	<p>18</p> <p>9:30 LIBRARY 10:00 Ceramics 10:45 SO FAR SO GOOD & DOLLAR TREE 11:00 Basic Computer 11:30 Blood Pressure 1:00 Oil Painting 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>19</p> <p>8:30 IKEA TRIP 9:00 ESL 9:30 LIBRARY 9:30 STOP & SHOP 10:45 JEWELRY MAKING 1:15 NIA STRETCHING</p>	<p>20</p> <p>10:00 BRIGHTON TRIP 10:00 Library 10:45 Yoga 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>21</p> <p>9:30 Tai Chi for Arthritis 9:45 COSTCO 10:00 Art Class 1:00 MOVIE CLUB 3:00 ESL</p>
<p>24</p> <p>10:45 Yoga 1:00 WALK WITH EASE 2:00 Library</p>	<p>25</p> <p style="text-align: center;">JASA is closed</p>	<p>26</p> <p>9:00 ESL 9:30 LIBRARY 9:30 STOP & SHOP 10:45 JEWELRY MAKING 1:15 NIA STRETCHING</p>	<p>27</p> <p>10:00 Library 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>28</p> <p>9:30 Tai Chi for Arthritis 10:00 Art Class 1:00 MOVIE CLUB 3:00 ESL</p>
<p>31</p> <p>1:00 WALK WITH EASE 1:00 NOTARY PUBLIC SERVICE 2:00 Library</p>	<p style="text-align: center;">*** MAKE UP *** SUNDAY DECEMBER 16 WE ARE OPEN</p>	<p style="text-align: center;">*** BIRTHDAY CLUB *** PARTY DECEMBER 5 @ 5:00 PM WITH DJ ANGELA DINING ROOM</p>	<p style="text-align: center;">FDNY FIRE SAFETY PRESENTATION DECEMBER 5 @ 11:30 AM DINING ROOM</p>	<p style="text-align: center;">TRANSPORTATION IS AVAILABLE call Lena x 4402</p>

DECEMBER 2018 MENU



Monday		Tuesday		Wednesday		Thursday		Friday	
3	Turkey with Gravy Baked Potato in Skin Steamed Broccoli Or Salmon Salad	4	Chicken Cacciatore Garlic Bread and Pasta Green Beans Or Egg Salad	5	Sweet and Sour Meatballs Mauzone Toasted Barley California Blend Vegetables Or Tuna Salad	6	Breaded Pollock Fish Fillet Corn and Red Peppers Coleslaw Or Chicken Salad	8	Hawaiian Chicken Legs White Rice Spinach Soufflé Or Gefilte Fish
10	Shepherd Pie Tossed Salad w/ dressing Or Tuna Salad	11	Chicken Francaise Orzo w/ vegetables California Blend Vegetables Or Egg Salad	12	Turkey Drumsticks Mashed Sweet Potatoes Green Beans w/ tomatoes Or Salmon Salad	13	Kani Cakes, Rice with vegetables Russian coleslaw Or Turkey Salad	14	Roasted Chicken Noodle Kugel Broccoli & Red Peppers Or Gefilte Fish
17	Turkey Meatloaf Mashed Potatoes Steamed Carrots Or Tuna Salad	18	Chicken Cacciatore Pasta Sauté Zucchini Or Ovo-vegetarian Chopped Liver	19	Stuffed Cabbage with beef California Vegetables Kasha Varnishkes Or Salmon Salad	20	Salmon Burger Yellow Rice Cucumber Salad Or Chicken Salad	21	Roasted Chicken Boiled Carrots & Potatoes Green Beans Or Gefilte Fish
24	Pepper Steak Chinese Style Spaghetti Cabbage with shredded carrots Or Tuna Salad	25	JASA is closed	26	Turkey Burger Potato Salad Tossed Salad Hamburger Bun Or Egg Salad	27	Breaded Sole Fish Filet Cream Spinach Bulgar Salad Or Turkey Salad	28	Spanish Style Roast Chicken Brown Rice with Black Beans Beet Salad Or Gefilte Fish
31	Turkey Drumsticks, Green Beans Mashed Sweet Potatoes Or Egg salad								



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. 4402
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

