

FEBRUARY 2019 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>French dijonnasie dressing Cooking Demo Wednesday February 13@11:00 am DINING ROOM</p>	<p>*** VALENTINES DAY PARTY*** FEBRUARY 14TH @ 1:00 PM WITH DJ ANGELA DINING ROOM</p>	<p>ELECTION DAY FOR PUBLIC ADVOCATE FEBRUARY 26TH TUESDAY VOTE HERE</p>	<p>1 9:30 Tai Chi 10:00 Art Class 10:00 <u>HEALTH DISCUSSIONS</u> 1:00 MOVIE CLUB 3:00 ESL</p>
<p>4 9:30 OATS ENG 10:45 OATS RUSSIAN 1:00 WALKING CLUB 1:45 Yoga 2:00 Library</p>	<p>5 9:30 LIBRARY 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>6 9:00 ESL 9:00 Yoga 9:30 LIBRARY 9:30 STOP & SHOP 9:30 OATS ENG 10:00 <u>INDOOR BAZAAR</u> 10:45 OATS RUSSIAN 10:45 JEWELRY MAKING 1:15 <u>NIA STRETCHING</u></p>	<p>7 10:00 Library 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>8 9:30 Tai Chi 9:45 <u>COSTCO</u> 10:00 Art Class 1:00 MOVIE CLUB 3:00 ESL</p>
<p>11 9:30 OATS ENG 10:30 <u>BRUNCH AND MOVIES TRIP</u> 10:45 OATS RUSSIAN 1:00 WALKING CLUB 1:45 Yoga 2:00 Library</p>	<p>12 8:30 <u>EMPIRE CASINO</u> 9:30 LIBRARY 10:00 Ceramics 11:00 Basic Computer 12:45 <u>SWINGING NICK AND PEARL</u> 1:00 Oil Painting 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>13 9:00 ESL 9:45 <u>DMV TRIP</u> 9:00 Yoga 11:00 <u>Cooking Demo</u> 9:30 LIBRARY 9:30 STOP & SHOP 9:30 OATS ENG 10:45 OATS RUSSIAN 10:45 JEWELRY MAKING 12:00 <u>NUTRITION LECTURE</u> 1:15 <u>NIA STRETCHING</u></p>	<p>14 10:00 <u>BRIGHTON TRIP</u> 10:00 Library 11:00 Basic Computer 1:00 <u>VALENTINES DAY PARTY</u> 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>15 9:30 <u>TRADER'S JOE</u> 9:30 Tai Chi 10:00 Art Class 1:00 MOVIE CLUB 3:00 ESL</p>
<p>18</p> <p>JASA IS CLOSED PRESIDENTS' DAY</p>	<p>19 8:30 <u>IKEA TRIP</u> 9:30 LIBRARY 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>20 9:00 ESL 9:00 Yoga 9:30 LIBRARY 9:30 STOP & SHOP 9:30 OATS ENG 10:00 <u>INDOOR BAZAAR</u> 10:45 OATS RUSSIAN 10:45 JEWELRY MAKING 1:15 <u>NIA STRETCHING</u></p>	<p>21 9:00 <u>AFRICAN AMERICAN MUSEUM</u> 10:00 Library 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>22 9:30 Tai Chi 10:00 Art Class 1:00 MOVIE CLUB 3:00 ESL</p>
<p>25 9:30 OATS ENG 9:45 <u>COSTCO</u> 10:45 OATS RUSSIAN 1:00 WALKING CLUB 1:00 <u>NOTARY PUBLIC SERVICE</u> 1:45 Yoga 2:00 Library</p>	<p>26 8:30 <u>EMPIRE CASINO</u> 9:30 LIBRARY 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>27 9:00 <u>TANGER'S OUTLET</u> 9:00 ESL 9:00 Yoga 9:30 LIBRARY 9:30 STOP & SHOP 9:30 OATS ENG 10:45 OATS RUSSIAN 10:45 JEWELRY MAKING 1:15 <u>NIA STRETCHING</u></p>	<p>28 10:00 Library 11:00 Basic Computer 12:45 <u>SWINGING NICK AND PEARL</u> 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>*** MAKE UP *** SUNDAY FEBRUARY 10TH WE ARE OPEN</p>

FEBRUARY 2019 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>French dijonnasie dressing Cooking Demo Wednesday February 13@11:00 am DINING ROOM</p>	<p>*** VALENTINES DAY PARTY*** FEBRUARY 14TH @ 1:00 PM WITH DJ ANGELA DINING ROOM</p>	<p>ELECTION DAY FOR PUBLIC ADVOCATE FEBRUARY 26TH TUESDAY VOTE HERE</p>	<p>¹ Roasted Chicken Boiled Carrots & Potatoes Green Beans Or Gefilte Fish</p>
<p>⁴ Pepper Steak Chinese Style Spaghetti Cabbage with shredded carrots Or Tuna Salad</p>	<p>⁵ Chicken Shawarma Pita Halves Israeli Salad Or Baked Falafel Patties</p>	<p>⁶ Turkey Burger Potato Salad Tossed Salad Hamburger Bun Or Egg Salad</p>	<p>⁷ Breaded Sole Fish Fillet Cream Spinach Bulgar Salad Or Turkey Salad</p>	<p>⁸ Spanish Style Roast Chicken Brown Rice with Black Beans Beet Salad Or Gefilte Fish</p>
<p>¹¹ Turkey Drumsticks, Green Beans Mashed Sweet Potatoes Or Egg salad</p>	<p>¹² Garlic Chicken Meatballs Pasta Winter Blend Vegetables Or Salmon Salad</p>	<p>¹³ Beef Moussaka Garden salad Or Tuna Salad</p>	<p>¹⁴ Baked Salmon Dill Lemon Sauce Rice A Roni Red Cabbage Salad Or Chicken Salad</p>	<p>¹⁵ Honey-Apricot Glazed Chicken Spinach Noodle Pudding Steamed Broccoli Or Gefilte Fish</p>
<p>¹⁸ JASA IS CLOSED PRESIDENTS' DAY</p>	<p>¹⁹ Shake & Bake Chicken Mashed Sweet Potatoes Mixed Green Salad Or Egg Salad</p>	<p>²⁰ Beef Hamburger Red Bliss Potatoes Cole Slaw Or Salmon Salad</p>	<p>²¹ Breaded Tilapia Fish Fillet Orzo California Blend Vegetables Or Turkey Salad</p>	<p>²² Roasted Chicken Kasha Varnishkes Baby Carrots with Parsley Or Gefilte Fish</p>
<p>²⁵ Turkey with Gravy Baked Potato in Skin Steamed Broccoli Or Salmon Salad</p>	<p>²⁶ Chicken Cacciatore Garlic Bread and Pasta Green Beans Or Egg Salad</p>	<p>²⁷ Sweet and Sour Meatballs Mauzone Toasted Barley California Blend Vegetables Or Tuna Salad</p>	<p>²⁸ Breaded Pollock Fish Fillet Corn and Red Peppers Coleslaw Or Chicken Salad</p>	<p>*** MAKE UP *** SUNDAY FEBRUARY 10TH WE ARE OPEN</p>



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

