

JANUARY 2019 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>JASA IS CLOSED NEW YEAR'S DAY</p>	<p>2 9:00 ESL 9:30 LIBRARY 9:30 STOP & SHOP 10:45 JEWELRY MAKING 1:15 NIA STRETCHING</p>	<p>3 10:00 Library 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>4 9:30 Tai Chi for Arthritis 10:00 Art Class 10:00 <u>HEALTH DISCUSSIONS</u> 1:00 MOVIE CLUB 3:00 ESL</p>
<p>7 10:00 <u>BANK TRIP</u> 1:00 WALKING CLUB 2:00 Library</p>	<p>8 9:30 LIBRARY 10:00 Ceramics 10:30 <u>CHEESECAKE FACTORY AND DOLLAR TREE</u> 11:00 Basic Computer 11:30 Blood Pressure 1:00 Oil Painting 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>9 9:00 ESL 9:30 LIBRARY 9:30 STOP & SHOP 10:45 JEWELRY MAKING 11:30 <u>PREVENT ELDER ABUSE PRESENTATION</u> 1:15 NIA STRETCHING</p>	<p>10 10:00 Library 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>11 9:30 Tai Chi for Arthritis 9:45 <u>COSTCO</u> 10:00 Art Class 1:00 MOVIE CLUB 3:00 ESL</p>
<p>14 9:30 OATS ENG 9:30 <u>TRADER'S JOE</u> 10:00 <u>INDOOR BAZAAR</u> 10:45 OATS RUSSIAN 10:45 Yoga 1:00 WALKING CLUB 2:00 Library</p>	<p>15 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>16 9:00 ESL 9:45 <u>DMV TRIP</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 NIA STRETCHING</p>	<p>17 10:00 Library 10:45 Yoga 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>18 9:30 <u>GREEN ACRES MALL</u> 9:30 Tai Chi for Arthritis 10:00 Art Class 1:00 MOVIE CLUB 3:00 ESL</p>
<p>21 JASA IS CLOSED FOR MARTIN LUTHER KING DAY</p>	<p>22 9:30 LIBRARY 8:30 <u>IKEA TRIP</u> 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>23 9:00 ESL 10:00 <u>BRIGHTON TRIP</u> 9:30 LIBRARY 9:30 STOP & SHOP 9:30 OATS ENG 10:45 OATS RUSSIAN 10:45 JEWELRY MAKING 1:15 NIA STRETCHING</p>	<p>24 9:00 <u>PANERA BREAD & BURLINGTON</u> 10:00 Library 10:45 Yoga 11:00 Basic Computer 12:45 <u>SWINGING NICK AND PEARL</u> 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>25 9:30 Tai Chi for Arthritis 9:45 <u>COSTCO</u> 10:00 Art Class 1:00 MOVIE CLUB 3:00 ESL</p>
<p>28 9:30 OATS ENG 10:45 OATS RUSSIAN 10:45 Yoga 11:30 <u>WOODRO'S & AMAZING SAVINGS</u> 1:00 WALKING CLUB 1:00 <u>NOTARY PUBLIC SERVICE</u> 2:00 Library</p>	<p>29 9:30 LIBRARY 8:30 <u>EMPIRE CASINO</u> 10:00 Ceramics 11:00 Basic Computer 11:30 Blood Pressure 12:45 <u>SWINGING NICK AND PEARL</u> 1:00 Oil Painting 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	<p>30 9:00 ESL 9:30 LIBRARY 9:30 STOP & SHOP 9:30 OATS ENG 10:45 OATS RUSSIAN 10:45 JEWELRY MAKING 1:15 NIA STRETCHING</p>	<p>31 10:00 Library 10:45 Yoga 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB</p>	

JANUARY 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>JASA IS CLOSED NEW YEAR'S DAY</p>	<p>2</p> <p>Beef Moussaka Garden salad Or Tuna Salad</p>	<p>3</p> <p>Baked Salmon Dill Lemon Sauce Rice A Roni Red Cabbage Salad Or Chicken Salad</p>	<p>4</p> <p>Honey-Apricot Glazed Chicken Spinach Noodle Pudding Steamed Broccoli Or Gefilte Fish</p>
<p>7</p> <p>Turkey stuffed peppers Roasted Vegetable Couscous Winter Blend Vegetables Or Tuna Fish Salad</p>	<p>8</p> <p>Shake & Bake Chicken Mashed Sweet Potatoes Mixed Green Salad Or Egg Salad</p>	<p>9</p> <p>Beef Hamburger Red Bliss Potatoes Cole Slaw Or Salmon Salad</p>	<p>10</p> <p>Breaded Tilapia Fish Fillet Orzo California Blend Vegetables Or Turkey Salad</p>	<p>11</p> <p>Roasted Chicken Kasha Varnishkes Baby Carrots with Parsley Or Gefilte Fish</p>
<p>14</p> <p>Turkey with Gravy Baked Potato in Skin Steamed Broccoli Or Salmon Salad</p>	<p>15</p> <p>Chicken Cacciatore Garlic Bread and Pasta Green Beans Or Egg Salad</p>	<p>16</p> <p>Sweet and Sour Meatballs Mauzone Toasted Barley California Blend Vegetables Or Tuna Salad</p>	<p>17</p> <p>Breaded Pollock Fish Fillet Corn and Red Peppers Coleslaw Or Chicken Salad</p>	<p>18</p> <p>Hawaiian Chicken Legs White Rice Spinach Soufflé Or Gefilte Fish</p>
<p>21</p> <p>JASA IS CLOSED FOR MARTIN LUTHER KING DAY</p>	<p>22</p> <p>Chicken Francaise Orzo w/ vegetables California Blend Vegetables Or Egg Salad</p>	<p>23</p> <p>Turkey Drumsticks Mashed Sweet Potatoes Green Beans w/ tomatoes Or Salmon Salad</p>	<p>24</p> <p>Kani Cakes, Rice with vegetables Russian coleslaw Or Turkey Salad</p>	<p>25</p> <p>Roasted Chicken Noodle Kugel Broccoli & Red Peppers Or Gefilte Fish</p>
<p>28</p> <p>Turkey Meatloaf Mashed Potatoes Steamed Carrots Or Tuna Salad</p>	<p>29</p> <p>Chicken Cacciatore Pasta Sauté Zucchini Or Ovo-vegetarian Chopped Liver</p>	<p>30</p> <p>Stuffed Cabbage with beef California Vegetables Kasha Varnishkes Or Salmon Salad</p>	<p>31</p> <p>Salmon Burger Yellow Rice Cucumber Salad Or Chicken Salad</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

