

March 2020 ACTIVITIES



Monday		Tuesday		Wednesday		Thursday		Friday	
2	9:00 Basic Computer 10:00 Advanced Computer 11:00 COMPUTER LAB 11:00 NIA STRETCHING 11:30 "PREVENT ELDER ABUSE" PRESENTATION 1:00 OATS ENGLISH 2:00 Library 2:15 OATS RUSSIAN	3	8:30 EMPIRE CASINO 9:30 LIBRARY 10:00 WALKING CLUB 10:00 ART STUDIO/ CERAMICS 1:00 Oil Painting 2:00 RUSSIAN MOVIE CLUB	4	9:00 Basic Computer 9:30 STOP & SHOP 10:00 INDOOR BAZAAR 10:00 Advanced Computer 10:00 LIBRARY 10:45 CROCHETING WITH JOYCE 11:00 COMPUTER LAB 1:00 OATS ENGLISH 1:15 NIA STRETCHING 2:15 OATS RUSSIAN	5	10:00 SAMMY'S TRIP 10:00 Library 11:00 VNS PRESENTATION - BELLY DANCING 1:00 WALK WITH EASE 2:30 LEISURE TABLE GAMES	6	9:30 Tai Chi for ARTHRITIS 9:45 COSTCO 10:00 HEALTH DISCUSSIONS 10:00 NNORC Intergenerational Art Class 12:00 LEISURE BILLIARDS 1:00 MOVIE CLUB
9	9:00 Basic Computer 10:00 Advanced Computer 10:30 VINCENT'S AND MOVIES TRIP 11:00 COMPUTER LAB 11:00 NIA STRETCHING 1:00 OATS ENGLISH 2:00 Library 2:15 OATS RUSSIAN	10	9:30 LIBRARY 9:45 DMV TRIP 10:00 WALKING CLUB 10:00 ART STUDIO/ CERAMICS 11:00 KOT Blood Pressure 1:00 Oil Painting 2:00 RUSSIAN MOVIE CLUB	11	9:00 Basic Computer 9:30 STOP & SHOP 10:00 Advanced Computer 10:00 LIBRARY 10:30 BEN'S DELI TRIP 10:45 CROCHETING WITH JOYCE 11:00 COMPUTER LAB 1:00 OATS ENGLISH 1:15 NIA STRETCHING 2:15 OATS RUSSIAN	12	10:00 Library 1:00 WALK WITH EASE 2:30 LEISURE TABLE GAMES	13	9:30 Tai Chi for ARTHRITIS 9:45 TRADER JOE'S TRIP 10:00 NNORC Intergenerational Art Class 12:00 LEISURE BILLIARDS 1:00 MOVIE CLUB
16	9:00 Basic Computer 10:00 BANK TRIP 10:00 Advanced Computer 11:00 COMPUTER LAB 11:00 NIA STRETCHING 1:00 OATS ENGLISH 2:00 Library 2:15 OATS RUSSIAN	17	9:30 LIBRARY 10:00 WALKING CLUB 10:00 ART STUDIO/ CERAMICS 1:00 Oil Painting 2:00 RUSSIAN MOVIE CLUB	18	9:00 Basic Computer 9:30 STOP & SHOP 10:00 Advanced Computer 10:00 LIBRARY 10:45 CROCHETING WITH JOYCE 11:00 COMPUTER LAB 1:00 OATS ENGLISH 1:15 NIA STRETCHING 2:15 OATS RUSSIAN	19	10:00 BRIGHTON TRIP 10:00 Library 1:00 WALK WITH EASE 2:30 LEISURE TABLE GAMES	20	9:30 Tai Chi for ARTHRITIS 9:45 COSTCO 10:00 NNORC Intergenerational Art Class 12:00 LEISURE BILLIARDS 1:00 MOVIE CLUB
23	9:00 IKEA TRIP 9:00 Basic Computer 10:00 Advanced Computer 11:00 COMPUTER LAB 11:00 NIA STRETCHING 2:00 Library	24	9:30 LIBRARY 10:00 WALKING CLUB 10:00 ART STUDIO/ CERAMICS 10:45 INTERNATIONAL BUFFET TRIP 11:00 KOT Blood Pressure 1:00 Oil Painting 2:00 RUSSIAN MOVIE CLUB	25	9:00 Basic Computer 9:30 STOP & SHOP 10:00 Advanced Computer 10:00 LIBRARY 10:45 CROCHETING WITH JOYCE 11:00 COMPUTER LAB 11:00 FV EVENT: DANCING WITH LISA WISEL 11:00 AGEWELL PRESENTATION 11:30 NUTRITION LECTURE 1:15 NIA STRETCHING	26	10:00 Library 1:00 WALK WITH EASE 2:30 LEISURE TABLE GAMES	27	9:15 JCCRP FOOD PANTRY TRIP 9:30 Tai Chi for ARTHRITIS 10:00 NNORC Intergenerational Art Class 12:00 LEISURE BILLIARDS 1:00 MOVIE CLUB
30	9:00 Basic Computer 9:30 WALMART AND GREEN ACRES 10:00 Advanced Computer 11:00 COMPUTER LAB 11:00 NIA STRETCHING 2:00 Library	31	9:30 LIBRARY 10:00 BANK TRIP 10:00 WALKING CLUB 10:00 ART STUDIO/ CERAMICS 10:30 CHEESECAKE FACTORY TRIP 1:00 Oil Painting 2:00 RUSSIAN MOVIE CLUB	<p>AGEWELL FOOT CARE PRESENTATION WEDNESDAY, MARCH 25TH 11:00 AM DINING ROOM</p> <hr/> <p>NUTRITION EDUCATION FRUITS VEGETABLES AND GRAINS WEDNESDAY, MARCH 25TH 11:30 AM DINING ROOM</p>		<p>VNS PRESENTATION BELLY DANCE THURSDAY, MARCH 5TH 11:00 AM DINING ROOM</p> <hr/> <p>FRIENDLY VISITORS PROGRAM PRESENTS DANCING WITH LISA WISEL WEDNESDAY, MARCH 25TH 11:00 AM DINING ROOM</p>		Calendar is subject to change*	

*Funding for this program is provided by the Jeannette Solomon Cultural Arts Fund

March 2020 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Baked Turkey Breast Baked Sweet Potato California Blend Vegetables Or Egg Salad</p>	<p>3 Sweet and Sour Meatballs Noodles and Cabbage Carrots Or Salmon Salad</p>	<p>4 Chicken Stir Fry with Vegetables White Rice Broccoli with Toasted Garlic Or Tuna Salad</p>	<p>5 Baked Salmon Moroccan Style Sauce Lentils with Spiced Rice and Caramelized Onions Or Chicken Salad</p>	<p>6 Hawaiian Chicken Legs Mashed Potatoes Sautéed Zucchini Or Gefilte Fish</p>
<p>9 Turkey Meat Sauce Pasta Green Beans Wax Beans Or Tuna Salad</p>	<p>10 Chicken Francaise Orzo with Vegetables California Blend Vegetables Or Egg Salad</p>	<p>11 Pepper Steak Perfect White Rice Steamed Broccoli Or Salmon Salad</p>	<p>12 Breaded Pollock Fish Fillet Barley with Lima Beans Beat Salad Or Turkey Salad</p>	<p>13 BBQ Chicken Legs Noodle Kugel Steamed Carrots Or Gefilte Fish</p>
<p>16 California Turkey Meatloaf Homemade Mashed Potatoes Steamed Carrots and Green Beans Or Egg Salad</p>	<p>17 CORNEBEEF STEAMED CABBAGE BOILED POTATOES Or Tuna Salad</p>	<p>18 Salmon Burger Home Fries with Peppers and Onions Cucumber Dill Sauce Or Curried Chicken Salad</p>	<p>19 Stuffed Cabbage with Beef Toasted Barley with Onions California Blend Vegetables Or Salmon Salad</p>	<p>20 Roasted Chicken Kasha Varnishkes Spinach Soufflé Or Gefilte Fish</p>
<p>23 Hungarian Goulash with Beef Egg Barley with Mushrooms Braised Red Cabbage Or Salmon Salad</p>	<p>24 Spanish Style Roast Chicken Dominican Moro Green Beans Wax Beans Or Tuna Salad</p>	<p>25 Shepherd Pie with Beef and Turkey Tossed Salad Or Baked Falafel Patties</p>	<p>26 Breaded Sole Fish Fillet Bulgur Salad Baby Carrots with Parsley Or Chopped Chicken Liver</p>	<p>27 BBQ Chicken Breasts Noodle Kugel Health Salad Or Gefilte Fish</p>
<p>30 California Turkey Meatloaf Homemade Mashed Potatoes Steamed Carrots and Green Beans Or Egg Salad</p>	<p>31 Chicken Shawarma Pita Halves Israeli Salad Or Tuna Salad</p>	<p>AGEWELL FOOT CARE PRESENTATION WEDNESDAY, MARCH 25TH 11:00 AM DINING ROOM</p> <hr/> <p>NUTRITION EDUCATION FRUITS VEGETABLES AND GRAINS WEDNESDAY, MARCH 25TH 11:30 AM DINING ROOM</p>	<p>Shakira Taylor-Social Worker EVERY Monday She can help you with: Housing, SCRIE, Medicaid, Homecare, Arthritis fund, Community neediest case, Social Security, Bills</p>	<p>Calendar is subject to change*</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: Gregorio Vera
Administrative Assistant: 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 Project Director: 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
 - Library Program & Movies
 - Trips & Lectures
 - Volunteer Opportunities
- Medical Transportation is available

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

