


November 2018 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Thanksgiving Canned Food Drive & Holiday Bazaar All Month Long!!!!</p>	<p>Daily Games of Mahjong & Rummy-O Enjoy Our Puzzle Table</p>		<p>1 9:30 Day at the opera (DVD) 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 1:30-2:30 Jewelry Making Class with Annette</p>	<p>2 Trip- Food Shopping 10:00 Knitting class with Gloria 11:00 Tai-Chi for Better Balance Evidence Based with Joe 1:00 Popcorn & movies at JASA</p>
<p>5 Blood Pressure Screening 9:00-10:00 Walk with ease Evidence Based 10:00 Day at the Opera with Jeff (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>6 Election Day Get out and vote 9:30 Stretch & Step 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>7 Lecture on Stress relief with Dr.Mandel Advisory Board Meeting 9:00 Day at The Opera 10:00-11:00 Computer Lab with Larry 11:00 Yoga with Christine 11:00 Leisure Games 1:00 Fun with Trivia</p>	<p>8 Volunteer Recognition Day 9:30 Day at the opera (DVD) 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 1:30-2:30 Jewelry Making Class with Annette</p>	<p>9 10:00 Knitting class with Gloria 11:00 Tai-Chi for Better Balance Evidence Based with Joe 1:00 Popcorn & movies at JASA</p>
<p>12 Lecture on Alzheimer's with Fay Veterans Day Party 9:00-10:00 Walk with ease Evidence Based 10:00 Day at the Opera with Jeff (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>13 Presentation On Scams targeting Seniors 9:30 Stretch & Step 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>14 Nutrition Lecture With Stephanie Cordaro 9:00 Day at The Opera 10:00-11:00 Computer Lab with Larry 11:00 Yoga with Christine 11:00 Leisure Games 1:00 Fun with Trivia</p>	<p>15 9:30 Day at the opera (DVD) 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 1:30-2:30 Jewelry Making Class with Annette</p>	<p>16 Trip -Sammy's Fish Box 10:00 Knitting class with Gloria 11:00 Tai-Chi for Better Balance Evidence Based with Joe 1:00 Popcorn & movies at JASA</p>
<p>19 9:00-10:00 Walk with ease Evidence Based 10:00 Day at the Opera with Jeff (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>20 9:30 Stretch & Step 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>21 Thanksgiving Day Party with Charles Henry 9:00 Day at The Opera 10:00-11:00 Computer Lab with Larry 11:00 Yoga with Christine 11:00 Leisure Games 1:00 Fun with Trivia</p>	<p>22 Thanksgiving JASA is closed</p>	<p>23 10:00 Knitting class with Gloria 11:00 Tai-Chi for Better Balance Evidence Based with Joe 1:00 Popcorn & movies at JASA</p>
<p>26 9:00-10:00 Walk with ease Evidence Based 10:00 Day at the Opera with Jeff (DVD) 11:00 Aerobics with Jomayra 1:00 Quilting with Gloria</p>	<p>27 9:30 Stretch & Step with Jeff 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 2:00 Leisure Games</p>	<p>28 9:00 Day at The Opera with Jeff 10:00-11:00 Computer Lab with Larry 11:00 Yoga with Christine 11:00 Leisure Games 1:00 Fun with Trivia</p>	<p>29 9:30 Day at the opera (DVD) 10:30-11:30 Aerobics with Jomayra 1:00 Bingo for Candy 1:30-2:30 Jewelry Making Class with Annette</p>	<p>30 10:00 Knitting class with Gloria 11:00 Tai-Chi for Better Balance Evidence Based with Joe 1:00 Popcorn & movies at JASA</p>

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Imitation Crab (Kani) Cakes Rice with Vegetables Russian Coleslaw Or Turkey Salad</p>	<p>2 Roasted Chicken Noodle Kugel Broccoli and Red Peppers Or Gefilte Fish</p>
<p>5 California Turkey Meatloaf Homemade Mashed Potatoes Steamed Carrots Or Tuna Salad</p>	<p>6 Chicken Cacciatore Pasta Zucchini Or Vegetarian Chopped Liver</p>	<p>7 Stuffed Cabbage Kasha Varnishkes California Blend Vegetables Or Salmon Salad</p>	<p>8 Salmon Burger Yellow Rice Cucumber Dill Salad Or Curried Chicken Salad</p>	<p>9 Roasted Chicken Boiled Potatoes and Carrots Green Beans Or Gefilte Fish</p>
<p>12 Pepper Steak Chinese Style Spaghetti Cabbage with Shredded Carrots Or Tuna Salad</p>	<p>13 Chicken Shawarma Pita Halves Israeli Salad Or Baked Falafel Patties</p>	<p>14 Turkey Burger Potato Salad Tossed Salad with Dressing Or Egg Salad</p>	<p>15 Breaded Sole Fish Fillet Bulgur Salad Creamy Spinach Or Turkey Salad</p>	<p>16 Spanish Style Roast Chicken Brown Rice and Black Beans Beet Salad Or Gefilte Fish</p>
<p>19 Beef Moussaka Garden Salad Or Tuna Nicoise Salad</p>	<p>20 Garlic Chicken Meatballs Pasta Winter Blend Vegetables Or Salmon Salad</p>	<p>21 Turkey Drumsticks Green Beans Mashed Sweet Potatoes Or Egg Salad</p>	<p>22 Thanksgiving JASA is closed</p>	<p>23 Honey-Apricot Glazed Chicken Spinach Noodle Pudding Steamed Broccoli Or Gefilte Fish</p>
<p>26 Salisbury Steak with Gravy Roasted Vegetable Couscous Winter Blend Vegetables Or Tuna Fish Salad</p>	<p>27 Shake & Bake Chicken Mashed Sweet Potatoes Mixed Green Salad Or Egg Salad</p>	<p>28 Beef Hamburger Red Bliss Potatoes Cole Slaw Or Salmon Salad</p>	<p>29 Breaded Tilapia Fish Fillet Orzo California Blend Vegetables Or Turkey Salad</p>	<p>30 Roasted Chicken Kasha Varnishkes Baby Carrots with Parsley Or Gefilte Fish</p>



JASA-Brookdale Village Senior Center

106-20 Shore Front Parkway

Rockaway Park, New York 11694

Phone # 718-634-3044

jasa.org

Open Daily Monday thru Friday 8:00 am-4:00 pm

Staff:

Project Director: Fay Schwimmer

Case assistant: Christina Rivera

Food Tech: Evelyn Bryant- Batton

Daily Lunch

- Daily Hot Kosher Lunch-(Monday-Friday) ☞☞ 12:00 PM-1:00 PM

Contact Information

Senior Center Phone # 718-634-3044

Transportation Phone # 718-471-3200 Ex. 4402

Social Service Phone # 718-471-6677

ACTIVITIES OFFERED

- Exercise Classes (Yoga, Tai Chi, Aerobics, Walking Club)
 - Arts & Crafts/ Beading
 - Computer Program
 - Reading Center
 - Movies & Operas
 - Trips & Lectures
 - Volunteer Opportunities

**Additional funding with generous grants from Councilman Eric Ulric
Assemblywoman Stacy Pheffer Amatto & Queens BP Melinda Katz**

