

September 2019 ACTIVITES



Monday	Tuesday	Wednesday	Thursday	Friday
2 CENTER IS CLOSED FOR LABOR DAY	3 9:30 LIBRARY 10:00 SAMMY'S TRIP 11:00 Basic Computer 11:00 KOT Blood Pressure 1:00 Oil Painting 1:00 Advanced Computer 1:00 WALK WITH EASE 2:30 COMPUTER LAB	4 9:00 Yoga 9:00 NY BOTANICAL GARDEN TRIP 9:30 LIBRARY 9:30 STOP & SHOP 9:30 OATS ENGLISH 10:45 OATS RUSSIAN 10:45 JEWELRY MAKING 1:15 NIA STRETCHING	5 10:00 BANK TRIP 10:00 Library 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB	6 9:30 COMPUTER LAB 9:30 Tai Chi for Arthritis 10:00 ART STUDIO/ CERAMICS 10:00 HEALTH DISCUSSIONS 12:00 LEISURE BILLIARDS 1:00 MOVIE CLUB
9 9:30 OATS ENGLISH 10:00 SHERWOOD DINER and DOLLAR TREE TRIP 10:45 OATS RUSSIAN 1:00 WALKING CLUB 1:45 Yoga 2:00 Library	10 8:30 EMPIRE CASINO 9:30 LIBRARY 11:00 Basic Computer 12:00 ASSEMBLYWOMAN <u>Pheffer Amato mobile office</u> <u>visit</u> 1:00 Oil Painting 1:00 Advanced Computer 1:00 WALK WITH EASE 2:30 COMPUTER LA	11 9:00 Yoga 9:30 LIBRARY 9:30 STOP & SHOP 9:30 OATS ENGLISH 10:45 OATS RUSSIAN 10:45 JEWELRY MAKING 11:30 NUTRITION LECTURE 1:15 NIA STRETCHING	12 9:45 COSTCO 10:00 Library 10:30 VINCENT'S AND MOVIES TRIP 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB	13 9:30 COMPUTER LAB 9:30 Tai Chi for Arthritis 10:00 GREEN ACRES MALL TRIP 10:00 ART STUDIO/ CERAMICS 11:30 "PREVENT ELDER ABUSE" PRESENTATION 12:00 LEISURE BILLIARDS 1:00 MOVIE CLUB
16 9:30 TRADER JOE'S TRIP 1:00 WALKING CLUB 1:45 Yoga 2:00 Library	17 9:30 LIBRARY 11:00 Basic Computer 11:00 KOT Blood Pressure 1:00 Oil Painting 1:00 Advanced Computer 1:00 WALK WITH EASE 2:30 COMPUTER LAB	18 9:00 Yoga 9:30 LIBRARY 9:30 STOP & SHOP 10:45 JEWELRY MAKING 1:15 NIA STRETCHING	19 10:00 BRIGHTON TRIP 10:00 Library 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB	20 9:15 JCCRP FOOD PANTRY TRIP 9:30 COMPUTER LAB 9:30 Tai Chi for Arthritis 10:00 ART STUDIO/ CERAMICS 12:00 LEISURE BILLIARDS 1:00 MOVIE CLUB 1:15 METRO BUS @ 711
23 9:00 IKEA TRIP 1:00 WALKING CLUB 1:00 NOTARY PUBLIC SERVICE 1:45 Yoga 2:00 Library	24 9:30 LIBRARY 10:00 FAMOUS BRANDS TRIP 11:00 Basic Computer 1:00 Oil Painting 1:00 Advanced Computer 1:00 WALK WITH EASE 2:30 COMPUTER LAB	25 9:00 Yoga 9:30 LIBRARY 9:30 STOP & SHOP 10:30 FARMERS MARKET TRIP 10:45 JEWELRY MAKING 1:15 NIA STRETCHING	26 9:45 DMV TRIP 10:00 Library 10:00 BEN'S DELI TRIP 11:00 Basic Computer 1:00 Advanced Computer 2:30 COMPUTER LAB	27 9:30 COMPUTER LAB 9:30 Tai Chi for Arthritis 9:45 COSTCO 10:00 ART STUDIO/ CERAMICS 12:00 FOOD DEMO WITH CHEF LEE 12:00 LEISURE BILLIARDS 1:00 MOVIE CLUB
30 CENTER IS CLOSED FOR ROSH HASHAHA	Calendar is subject to change*	FOOD DEMO WITH CHEF LEE PRESENTATION FRIDAY, SEPTEMBER 27TH 12:00 PM DINING ROOM	PREVENT ELDER ABUSE PRESENTATION FRIDAY, SEPTEMBER 13TH 11:30 AM DINING ROOM	ASSEMBLYWOMAN <u>Pheffer Amato mobile office visit</u> TUESDAY, SEPTEMBER 10TH 12:00 PM-1:00PM



SEPTEMBER 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CENTER IS CLOSED FOR LABOR DAY</p>	<p>3</p> <p>Sweet and Sour Meatballs Kasha Green Beans Or Salmon Salad</p>	<p>4</p> <p>Chicken Fajitas Pita Halves Garden Salad Or Tuna Salad with Eggs</p>	<p>5</p> <p>Breaded Pollock Fish Fillet Corn and Red Peppers Coleslaw Or Chicken Salad</p>	<p>6</p> <p>Hawaiian Chicken Legs California Blend Vegetables Mashed Potatoes Or Gefilte Fish</p>
<p>9</p> <p>BBQ Sauce Turkey Burger Spiced Sweet Potatoes Green Beans Or Tuna Salad</p>	<p>10</p> <p>Chicken Francaise Orzo with Vegetables California Blend Vegetables Or Egg Salad</p>	<p>11</p> <p>Beef Lasagna Tossed Salad with dressing Or Salmon Salad</p>	<p>12</p> <p>Hot Baked Salmon with Horseradish Sauce Hot Pearl Barley with Mushrooms Cucumber Salad Or Turkey Salad</p>	<p>13</p> <p>Rosemary Chicken Noodle Kugel Steamed Carrots Or Gefilte Fish</p>
<p>16</p> <p>California Turkey Meatloaf Homemade Mashed Potatoes Steamed Carrots and Green Beans Or Tuna Salad</p>	<p>17</p> <p>Chicken Shawarma Pita Halves Israeli Salad Or Baked Falafel</p>	<p>18</p> <p>Stuffed Cabbage with Beef Pasta California Blend Vegetables Or Salmon Salad</p>	<p>19</p> <p>Salmon Burger Home Fries with Peppers and Onions Cucumber Dill Sauce Or Curried Chicken Salad</p>	<p>20</p> <p>Roasted Chicken Potato Kugel Creamy Spinach Or Gefilte Fish</p>
<p>23</p> <p>Pepper Steak Chinese Style Spaghetti Cabbage with shredded carrots Or Tuna Egg Salad</p>	<p>24</p> <p>Spanish Style Roast Chicken Brown Rice with Black Beans Green Beans Or Salmon Salad</p>	<p>25</p> <p>Shepherd Pie Tossed Salad w/ dressing Or Egg Salad</p>	<p>26</p> <p>Breaded Sole Fish Fillet Bulgar Salad Creamy Spinach Or Turkey Salad</p>	<p>27</p> <p>Grilled Caribbean Chicken Breast Noodle Kugel Beet Salad Or Gefilte Fish</p>
<p>30</p> <p>CENTER IS CLOSED FOR ROSH HASHAHA</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
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

