



# JASA at the HES Older Adult Center

Phone Number 718-251-3700

9502 Seaview Avenue, Brooklyn, NY, 11236

## April 2026 Activities Calendar

Calendar is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <ul style="list-style-type: none"> <li>• 10am-11am Chakra Yoga Dance (in-person)</li> <li>• 11am-1:30pm Macrame (in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 12:15pm-1pm SAIL (hybrid)</li> <li>• 1:05pm-1:50pm Rhythmic Thunder (in-person)</li> <li>• 1:50pm Leisure Bingo (in-person)</li> </ul>	<p>2</p> <p><b>JASA is Closed</b></p> <p><b>Happy Passover!</b></p>	<p>3</p> <p><b>HES Building is Closed</b></p> <p><b>Happy Passover!</b></p>

Partially funded by: Councilwoman Mercedes Narcisse

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>6</b></p> <ul style="list-style-type: none"> <li>• 10am-11am Tai Chi (in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 12pm-12:45pm Afternoon Tea Time (in-person)</li> <li>• 12:45pm-1:30pm SAIL (hybrid)</li> <li>• 1:30pm Leisure Bingo (in-person)</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>• 9:30am-11am Art Class by SU-CASA (in-person)</li> <li>• 10am-11am Yoga (in-person)</li> <li>• 11am-12pm Zumba Gold (in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 12:30pm-1:30pm Library Time (in-person)</li> <li>• 1:30pm Leisure Bingo (in-person)</li> </ul>	<p><b>8</b></p> <p><b>6:30am-7pm</b></p> <p><b>Trip to Sight &amp; Sound Theater</b></p> <p><b>“JOSHUA”</b></p>	<p><b>9</b></p> <p><b>HES Building is Closed</b></p> <p><b>Happy Passover!</b></p>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• 9:30am-11am Computer Lab(in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 12pm-1pm Zumba with Maria (in-person)</li> <li>• 1pm-1:45pm Meditation (in-person)</li> <li>• 1:45pm Leisure Bingo (in-person)</li> </ul> <p><b>Sunday, April 12, 2026</b></p> <p><b>Open Sunday</b></p> <p><b>8am-4pm</b></p> <p><b>Come to enjoy a beautiful choir performance, poetry readings and fun activities</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>13</b></p> <ul style="list-style-type: none"> <li>• 10am-11am Tai Chi (in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 11:45am-12:45pm Paint &amp; Sip with Oak St.Health (in-person)</li> <li>• 12:45pm-1:30pm SAIL (hybrid)</li> <li>• 1:30pm Leisure Bingo (in-person)</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>• 9:30am-11am Art Class by SU-CASA (in-person)</li> <li>• 10am-11am Yoga (in-person)</li> <li>• 11am-12pm Zumba Gold (in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 12:30pm-1:15pm Health Lecture (in-person)</li> <li>• 1:15pm Leisure Bingo (in-person)</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• 10am-11am Chakra Yoga Dance (in-person)</li> <li>• 11am-1:30pm Macrame (in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 12:15pm-1pm SAIL (hybrid)</li> <li>• 1:05pm-1:50pm Rhythmic Thunder (in-person)</li> <li>• 1:50pm Leisure Bingo (in-person)</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• 10am-10:45am Walk- A- Thon (in-person)</li> <li>• 11:15am-12:15pm Line Dance (in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 1pm-2pm Let us sing (in-person)</li> <li>• 2pm Leisure Bingo (in-person)</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• 9:30am-11am Computer Lab (in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 12pm-1pm Zumba with Maria (in-person)</li> <li>• 1pm-1:45pm Meditation (in-person)</li> <li>• 1:45pm Leisure Bingo (in-person)</li> </ul>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>20</b></p> <ul style="list-style-type: none"> <li>• 10am-11am Tai Chi (in-person)</li> <li>• 12pm-1pm Hot Congregate Lunch</li> <li>• 11pm-12:00pm Afternoon Tea Time: Back Line Matter Show(in-person)</li> <li>• 12:45pm-1:30pm SAIL (hybrid)</li> <li>• 1:30pm Leisure Bingo (in-person)</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• 10am-11am Yoga (in-person)</li> <li>• 11am-12pm Zumba Gold (in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 12:45pm-1:30pm Nutrition Presentation by Tiana Rainford (in-person)</li> <li>• 1:30pm Leisure Bingo (in-person)</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>• 10am-11am Chakra Yoga Dance (in-person)</li> <li>• 11am-1:30pm Macrame (in-person)</li> <li>• 11am-12:15pm Blood Pressure Monitoring (in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 12:15pm-1pm SAIL (hybrid)</li> <li>• 1:05pm-1:50pm Rhythmic Thunder (in-person)</li> <li>• 1:50pm Leisure Bingo (in-person)</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>• 10am-10:45am Walk- A- Thon (in-person)</li> <li>• 11:15am-12:15pm Line Dance (in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 12:45pm-2:15pm Belly Dance by SU-CASA (in-person)</li> <li>• 12:45pm Leisure Bingo (in-person)</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>• 9:30am-11am Computer Lab(in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 12pm-1pm Zumba with Maria (in-person)</li> <li>• 1pm-1:45pm Meditation (in-person)</li> <li>• 1:45pm Leisure Bingo (in-person)</li> </ul>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>27</b></p> <ul style="list-style-type: none"> <li>• 10am-3pm Trip to Green Acres Mall (in-person)</li> <li>• 10am-11am Tai Chi (in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 12pm-12:45pm Afternoon Tea Time (in-person)</li> <li>• 12:45pm-1:30pm SAIL (hybrid)</li> <li>• 1:30pm Leisure Bingo (in-person)</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• 10am-11am Yoga (in-person)</li> <li>• 11am-12pm Zumba Gold (in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 12:45pm-1:30pm Nutrition Presentation by Tamar Elkin (hybrid)</li> <li>• 1:15pm Leisure Bingo (in-person)</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>• 10am-11am Chakra Yoga Dance (in-person)</li> <li>• 11am-1:30pm Macrame (in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 12:15pm-1pm SAIL (hybrid)</li> <li>• 1:05pm-1:50pm Rhythmic Thunder (in-person)</li> <li>• 1:50pm Leisure Bingo (in-person)</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• 10am-10:45am Walk- A- Thon (in-person)</li> <li>• 11:15am-12:15pm Line Dance (in-person)</li> <li>• 11:30am-1pm Hot Congregate Lunch</li> <li>• 12:45pm-2:15pm Belly Dance by SU-CASA (in-person)</li> <li>• 12:45pm Leisure Bingo (in-person)</li> </ul>	



## JASA at the HES Older Adult Center

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### April 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1  <b>Passover Menu:</b>  Salmon Croquette  Alternate: Chicken	2  <b>JASA is Closed</b>  <b>Happy Passover!</b>	3  <b>HES Building is Closed</b>  <b>Happy Passover!</b>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>6</b></p> <p><b>Passover Menu:</b></p> <p>Omelet</p> <p>Alternate: Fish</p>	<p><b>7</b></p> <p><b>Passover Menu:</b></p> <p>Baked Fish</p> <p>Alternate: Chicken</p>	<p><b>8</b></p> <p><b>Passover Menu:</b></p> <p>Turkey Burger</p> <p>Alternate: Fish</p>	<p><b>9</b></p> <p><b>HES Building is Closed</b></p> <p><b>Happy Passover!</b></p>	<p><b>10</b></p> <p><b>Passover Menu:</b></p> <p>Chicken Breast</p> <p>Alternate: Fish</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>13</b>            Swedish Meatballs with Turkey            (Dairy-Free)            Egg Noodles            Steamed Sliced Carrots            Whole Wheat Bread            Apple            1% Low Fat Milk</p>	<p><b>14</b>            Curry Chickpea Stew            (pre-prepared)            Roasted Butternut Squash            Yellow Rice            Braised Red Cabbage            Whole Wheat Bread            Orange            1% Low Fat Milk</p>	<p><b>15</b>            Basic Shepherd's Pie            Tossed Salad with Dressing            Whole Wheat Bread            Kiwis (2)            1% Low Fat Milk</p>	<p><b>16</b>            Teriyaki Baked Fish            Springtime Fried Brown Rice            Steamed Green Beans            Whole Wheat Bread            Pear            1% Low Fat Milk</p>	<p><b>17</b>            Chicken Shawarma            Jeera Rice            (Cumin Spiced Rice)            Beets and Onion Salad            Challah Bread            Applesauce            1% Low Fat Milk</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>20</b>  Chicken Spaghetti Casserole  Tossed Salad with Dressing  Whole Wheat Bread  Apple  1% Low Fat Milk</p>	<p><b>21</b>  Split Pea Soup  Chickpeas  Israeli Salad  Classic Garlic Bread  Whole Wheat Bread  Orange  1% Low Fat Milk</p>	<p><b>22</b>  Stuffed Cabbage with Beef  Kasha Varnishkes  Steamed Carrots  Whole Wheat Bread  Kiwis (2)  1% Low Fat Milk</p>	<p><b>23</b>  Dill Lemon Sauce  Fish Francaise  Mashed Potatoes  Cucumber Dill Salad  Whole Wheat Bread  Pear  1% Low Fat Milk</p>	<p><b>24</b>  Hawaiian Chicken  Roasted Sweet Potato Slices  Capri Blend Vegetables  Challah Bread  Applesauce  1% Low Fat Milk</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>27</b>            Chicken Marsala            White Rice            Steamed Broccoli            Whole Wheat Bread            Apple            1% Low Fat Milk</p>	<p><b>28</b>            Meaty Vegetarian Moussaka            Tossed Salad with Dressing            Whole Wheat Bread            Orange            1% Low Fat Milk</p>	<p><b>29</b>            Sweet and Sour            Beef Meatballs            Egg Barley            Spinach Souffle            Whole Wheat Bread            Kiwis (2)            1% Low Fat Milk</p>	<p><b>30</b>            Gefilte Fish, from frozen            (pre-prepared)            Orzo            Beets and Onion Salad            Whole Wheat Bread            Pear            1% Low Fat Milk</p>	



## **JASA at the HES Older Adult Center**

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[www.jasa.org](http://www.jasa.org)

### **Hours**

**Mondays - Fridays 8:00am - 4:00pm**

**\*Closed for Federal and Jewish Holidays\***

### **Daily Lunch**

**Mondays - Fridays**

**11:30am - 1:00pm - Lunch Room**

### **JASA at the HES OAC Older Adult Center Staff:**

Program Director: Olha Medytska    email: [omedytska@jasa.org](mailto:omedytska@jasa.org)

Assistant Director: Nataliya Stefanyshyn    email: [nstefanyshyn@jasa.org](mailto:nstefanyshyn@jasa.org)

Program Coordinator: Kelly Cuess    email: [kcuess@jasa.org](mailto:kcuess@jasa.org)

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**April 2026 Special Activities:**

**Tuesday, April 7, 2026**

**12:30pm-1:30pm Library Time (in-person)**

**Wednesday, April 8, 2026**

**6:30am-7pm Trip to Sight & Sound Theater “Joshua”**

**Open Sunday, April 12, 2026**

**8am-4pm**

**Come to enjoy Boys’ Choir Performance, Poetry Reading and Fun Activities**

**Monday, April 13, 2026**

**11:45am-12:45pm Paint & Sip with Oak St.Health (in-person)**

**Tuesday, April 21, 2026**

**12:45pm-1:30pm Nutrition Presentation by Tiana Rainford (in-person)**

**Wednesday, April 22, 2026**

**11am-12:15pm Blood Pressure Monitoring (in-person)**

**Monday, April 27, 2026**

**10am-3pm Trip to Green Acres Mall (in-person)**

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Tuesday, April 28, 2026

12:45pm-1:30pm Nutrition Presentation by Tamar Elkin (hybrid)

Links to join virtual classes/presentations:

SAIL with Anatoly

Mondays 12:45pm-1:30pm

Wednesdays 12:15pm-1pm

<https://us06web.zoom.us/j/87533309740?pwd=XkbU9XqLhWnP1c9nl8xTrbHj6JPp06.1>

Meeting ID: 875 3330 9740

Passcode: 877640

Partially funded by: Councilwoman Mercedes Narcisse

