



JASA Senior Alliance Older Adult Center

(718) 646-4100

161 Corbin Place, Brooklyn, NY 11235

MARCH 2024 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
*Calendar is subject to change"				<p>1 9:30am-10:30am Chair exercise with Mike 10:00am -11:00am Current Events Discussion Club 10:30am-11:15am Dance Class with Angela 11:00am-12:30pmHybrid Technology with Marina 11:45am-12:45pm Exercise Class with Iouri 12:30pm-2:00pm ESL Class with Yelena advanced 1:00pm-2:00pm Spirituality Hour</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 9:30am-10:30am Silver Sneaker with Mike 10:00am -11:00am Current Events Discussion 10:00am - 4:00pm Tablets Free Time Library 10:30am-11:15am Dance Class with Angela 12:00pm-1:30pm ESL – Elementary with Lana 2:00pm -4:00pm Classic Art Class with Tatiana</p>	<p>5 9:00am-9:45am Hybrid SAIL EB with Anatoly 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computer with Anatoly 10:00am - 4:00pm Tablets Free Time Library 11:00am-12:30pm “Ladies Pearl Club” 12:00pm-1:00pm Crochet Club 11:00am-12:00pm Blood Pressure 12:00pm-2:00pm “Dance with Us” with Irina 1:30pm- 2:30pm ESL for Beginners</p>	<p>6 9:15am -10:45am Hybrid Yoga with Lena 10:00am - 4:00pm Tablets Free Time Library 10:30am-11:30am Exercise Class with Iouri 11:30am DOT Pedestrian Safety 12:00pm-1:00pm Concert in motion. Live Music. 12:30pm -2:00pm ESL Class with Irina 12:00pm-1:00pm Blood Pressure 2:15pm-3:45pm ESL – Elementary with Lana</p>	<p>7 9:00am-9:45am Hybrid SAIL EB 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computers with Anatoly 10:00am - 4:00pm Tablets Free Time Library 10:00am-12:00pm Book Club 11:00am-11:45am Hybrid Line dancing with Anatoly 12:00pm- 2:00pm “Dance with Us” Irina 12:00pm-1:30pm ESL-MID with Lyuba 2:00pm-3:00pm Virtual World City Tours</p>	<p>8 9:30am-10:30am Chair exercise with Mike 10:00am -11:00am Current Events Discussion Club 10:30am-11:15am Dance Class with Angela 11:00am-12:30pm Hybrid Technology with Marina 11:15am-12:00pm Happy Women's Day. Ice – Cream Party 11:45am-12:45pm Exercise Class with Iouri 12:30pm-2:00pm ESL Class with Yelena advanced 1:00pm-2:00pm Spirituality Hour</p>

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<p>11 9:30am-10:30am Silver Sneaker with Mike 10:00am -11:00am Current Events Discussion 10:00am - 4:00pm Tablets Free Time Library 10:30am-11:15am Dance Class with Angela 12:00pm-1:30pm ESL – Elementary with Lana 2:00pm -4:00pm Classic Art Class with Tatiana</p>	<p>12 8:15am TRIP to NYBG Botanical Garden- Orchid Show 9:00am-9:45am Hybrid SAIL EB with Anatoly 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computer with Anatoly 10:00am - 4:00pm Tablets Free Time Library 11:00am-12:30pm “Ladies Pearl Club” 12:00pm-1:00pm Crochet Club 11:00am-12:00pm Blood Pressure 12:00pm-2:00pm “Dance with Us” with Irina 1:30pm- 2:30pm ESL for Beginners</p>	<p>13 9:15am -10:45am Hybrid Yoga with Lena 10:00am - 4:00pm Tablets Free Time Library 10:30am-11:30am Exercise Class with Iouri 11:00am Fire Safety Education 12:30pm -2:00pm ESL Class with Irina 12:00pm-1:00pm Blood Pressure 2:15pm-3:45pm ESL – Elementary with Lana</p>	<p>14 9:00am-9:45am Hybrid SAIL EB 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computers with Anatoly 10:00am - 4:00pm Tablets Free Time Library 10:00am-12:00pm Book Club 11:00am-11:45am Hybrid Line dancing with Anatoly 12:00pm- 2:00pm “Dance with Us” Irina 12:00pm-1:30pm ESL-MID with Lyuba 2:00pm-3:00pm Virtual World City Tours</p>	<p>15 9:30am-10:30am Chair exercise with Mike 10:00am -11:00am Current Events Discussion Club 10:30am-11:15am Dance Class with Angela 11:00am-12:30pm Hybrid Technology with Marina 11:45am-12:45pm Exercise Class with Iouri 12:30pm-2:00pm ESL Class with Yelena advanced 1:00pm-2:00pm Spirituality Hour</p>

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<p>18 9:30am-10:30am Silver Sneaker with Mike 10:00am -11:00am Current Events Discussion 10:00am - 4:00pm Tablets Free Time Library 10:30am-11:15am Dance Class with Angela 12:00pm-1:30pm ESL – Elementary with Lana 2:00pm -4:00pm Classic Art Class with Tatiana</p>	<p>19 9:00am-9:45am Hybrid SAIL EB with Anatoly 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computer with Anatoly 10:00am - 4:00pm Tablets Free Time Library 11:00am-12:30pm “Ladies Pearl Club” 12:00pm-1:00pm Crochet Club 11:00am-12:00pm Blood Pressure 12:00pm- 2:00pm “Dance with Us” Irina 1:30pm- 2:30pm ESL for Beginners</p>	<p>20 9:15am -10:45am Hybrid Yoga with Lena 10:00am - 4:00pm Tablets Free Time Library 10:30am-11:30am Exercise Class with Iouri 12:00pm-1:00pm Concert in Motion. Live music. 12:30pm -2:00pm ESL Class with Irina 12:00pm-1:00pm Blood Pressure 2:15pm-3:45pm ESL – Elementary with Lana</p>	<p>21 9:00am-9:45am Hybrid SAIL EB 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computers with Anatoly 10:00am - 4:00pm Tablets Free Time Library 10:00am-12:00pm Book Club 11:00am-11:45am Hybrid Line dancing with Anatoly 12:00pm- 2:00pm “Dance with Us” Irina 12:00pm-1:30pm ESL-MID with Lyuba 2:00pm-3:00pm Virtual World City Tours</p>	<p>22 9:30am-10:30am Chair exercise with Mike 10:00am -11:00am Current Events Discussion Club 10:30am-11:15am Dance Class with Angela 11:00am-12:30pm Hybrid Technology with Marina 11:45am-12:45pm Exercise Class with Iouri 12:30pm-2:00pm ESL Class with Yelena advanced 1:00pm-2:00pm Purim Celebration Spirituality Hour with Rabbi Barry Melman. Reading of the megillah. Refreshments.</p>

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<p>25 9:30am-10:30am Silver Sneaker with Mike 10:00am -11:00am Current Events Discussion 10:00am - 4:00pm Tablets Free Time Library 10:30am-11:15am Dance Class with Angela 12:00pm-1:30pm ESL – Elementary with Lana 2:00pm -4:00pm Classic Art Class with Tatiana</p>	<p>26 9:00am-9:45am Hybrid SAIL EB with Anatoly 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computer with Anatoly 10:00am - 4:00pm Tablets Free Time Library 11:00am-12:30pm “Ladies Pearl Club” 12:00pm-1:00pm Crochet Club 11:00am-12:00pm Blood Pressure 12:00pm-2:00pm “Dance with Us” with Irina 1:30pm- 2:30pm ESL for Beginners</p>	<p>27 9:15am -10:45am Hybrid Yoga with Lena 10:00am - 4:00pm Tablets Free Time Library 10:30am-11:30am Exercise Class with Iouri 12:30pm -2:00pm ESL Class with Irina 12:00pm-1:00pm Blood Pressure 2:15pm-3:45pm ESL – Elementary with Lana</p>	<p>28 8:30am TRIP to MUSEUM at ELDRIDGE STREET 9:00am-9:45am Hybrid SAIL EB 10:00am-10:45am Zumba with Lisa 10:00am-11:00am Hybrid Computers with Anatoly 10:00am - 4:00pm Tablets Free Time Library 10:00am-12:00pm Book Club 11:00am-11:45am Hybrid Line dancing with Anatoly 12:00pm- 2:00pm “Dance with Us” Irina 12:00pm-1:30pm ESL-MID with Lyuba 2:00pm-3:00pm Virtual World City Tours</p>	<p>29 9:30am-10:30am Chair exercise with Mike 10:00am -11:00am Current Events Discussion Club 10:30am-11:15am Dance Class with Angela 11:00am-12:30pm Hybrid Technology with Marina 11:45am-12:45pm Exercise Class with Iouri 12:30pm-2:00pm ESL Class with Yelena advanced 1:00pm-2:00pm Spirituality Hour</p>

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MARCH 2024 Hot Kosher Lunch Menu (11:00am-2:00pm)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CHICKEN FRANCAISE RICE A RONI SAUTEED ZUCCHINI CHALLAH BREAD FRUIT MILK
4 TOMATO SAUCE TURKEY MEATBALLS PASTA BLEND VEGETABLES GARLIC BREAD FRUIT MILK	5 LENTIL STEW WITH CARROTS BROWN RICE BRAISED RED CABBAGE BREAD FRUIT MILK	6 STUFFED CABBAGE WITH BEEF KASHA VARNISHKES BLEND VEGETABLES BREAD FRUIT MILK	7 FISH FRANCAISE ROASTED BUTTERNUT SQUASH CREAMY SPINACH BREAD FRUIT MILK	8 HAWAIIAN CHICKEN WHITE RICE STEAMED CARROTS CHALLAH BREAD FRUIT MILK
11 CHICKEN MARSALA WHITE RICE BLEND VEGETABLES BREAD FRUIT MILK	12 SHEPHERD PIE WITH BEEF AND TURKEY MASHED SWEET POTATOES GARDEN SALAD BREAD FRUIT MILK	13 SWEET AND SOUR MEATBALLS EGG NOODLES CREAMY SPINACH BREAD FRUIT MILK	14 CLASIC BLACK BEAN STEW BROWN RICE STEAMED GREEN BEANS BREAD FRUIT MILK	15 ROASTED CHICKEN POTATO KUGEL CARROT TZIMMES CHALLAH BREAD FRUIT MILK

Monday	Tuesday	Wednesday	Thursday	Friday
18 SAUTEED ONIONS AND PEPPERS TURKEY BURGER ROASTED POTATOES BLEND VEGETABLES WHOLE WHEAT PITA FRUIT MILK	19 BEEF MEATLOAF WITH MUSHROOM GRAVY CREAMY SPINACH MASHED SWEET POTATOES BREAD FRUIT MILK	20 FISH FRANCAISE RICE A RONI STEAMED ZUCCINI BREAD FRUIT MILK	21 EGGPLANT ROLLATINI FUSILLI PASTA WITH PARSLEY STEAMED CARROTS GARLIC BREAD FRUIT MILK	22 CRANBERRY CHICKEN SWEET NOODLE KUGEL VEGETABLE MIX CHALLAH BREAD FRUIT MILK
25 CHINESE STYLE PEPPER STEAK VEGETABLE LO MEIN ORIENTAL BLEND VEGETABLES FRUIT BREAD MILK	26 TURKEY MEATLOAF MASHED SWEET POTATOES ITALIAN BLEND VEGETABLES FRUIT BREAD MILK	27 SALMON CAKE ROASTED BUTTERNUT SQUASH STEAMED ZUCCHINI BREAD FRUIT MILK	28 WHOLE WHEAT BEAN BURRITO BROWN RICE TOSSED SALAD WITH DRESSING FRUIT MILK	29 BAKED ASIAN STYLE CHICKEN WHITE RICE STEAMED CARROTS CHALLAH BREAD FRUIT MILK



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www.jasa.org

Hours

Mondays - Fridays 9:00am - 5:00pm

Closed for Federal and Jewish Holidays

JASA Senior Alliance Older Adult Center Staff

Anna Bella, Program Director abella@jasa.org (718) 646-4100 press 4

Diana Vinnitsky , Assistant Director (718) 646-4100 press 3

Natalya Koverzneva, Social Worker (718)646-4100 press 2

Jolanta Tomaszewski, Program Coordinator (718)646-4100 press 1

Oksana Anistratenko, Program Coordinator (718)646-4100 press 1

NEW March 2024 Activities/Programming

March 6, DOT Pedestrian Safety Lecture 11:30am

March 6 Concert in Motion. Live Music 12:00pm

March 7, Classical Art Class Trip to Manhattan to ART Exhibition

March 8, Happy International Women's Day! Ice-Cream Party 11:15am

March 12, Trip to NYBG Botanical Garden Orchid Show 8:15am

March 13, Fire Safety Education 11:00am

March 20 Concert in Motion. Live Music 12:00pm

March 22, Happy Purim Celebration 1:00pm

March 28, Trip to Museum at Eldridge Street Manhattan 8:30am

