




**BROOKDALE OLDER ADULT CENTER**  
**131 BEACH 19 STREET FAR ROCKAWAY, NY, 11691 \* Tel 718-471-3200**  
**DECEMBER 2022 ACTIVITIES**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*Calendar is subject to change</b></p>  <p><b>NYC Aging</b></p>	<p><b>*Additional funding with generous grants from Councilwoman Selvena Brooks-Powers &amp; Queens BP Donovan Richards</b></p>		<p><b>1</b></p> <ul style="list-style-type: none"> <li>• <b>9:30am -</b> TRIP to Green Acres Mall;</li> <li>• <b>10:00am (In Person)</b> Crocheting class with Joyce;</li> <li>• <b>10:30am - (ZOOM)</b> “Prevent Elder Abuse” event with JASA LEAP- Dining Rm;</li> <li>• <b>11:00am - (In Person)</b> <b>MEDICARE</b> Presentation- Dining Rm;</li> <li>• <b>12pm – (In Person)</b> Billiards- Pool Rm;</li> <li>• <b>1:00pm- (In Person)-</b> CHAKRA DANCE WITH CYNTHIA- Dining Room;</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>• <b>10am- (In Person)</b> Billiards- Pool Rm;</li> <li>• <b>10:00am-11:30 (In Person)-</b>Computer 101</li> <li>• <b>10:00am – (In Person)-</b> ESL- English as a Second Language- Dining Rm</li> <li>• <b>11:00am- (In Person)-</b> Health Discussions- Dining Room;</li> </ul>
<p><b>5</b></p> <ul style="list-style-type: none"> <li>• <b>10:00am- (In Person-)</b> Computer Lab</li> <li>• <b>11:00am - (In Person)-</b> Get your blood pressure checked – Dining room</li> <li>• <b>12pm – (In Person) -</b> Billiards Pool Rm;</li> <li>• <b>1:00pm- (In Person) -</b> ZUMBA GOLD WITH CYNTHIA;</li> <li>• <b>2:00pm- (In Person)-</b> Art Class;</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• <b>9:30am -</b> TRIP to DMV;</li> <li>• <b>10:00am-11:30 (In Person)-</b>Computer 101</li> <li>• <b>11:00am - (In Person)</b> Movie Matinee- Dining Rm;</li> <li>• <b>12:00pm – (In Person) -</b> Billiards Pool Rm;</li> <li>• <b>1:00pm– (In Person) -</b> YOGA WITH CYNTHIA;</li> <li>• <b>2:00pm- (In Person) –</b></li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>• <b>10:00am (In Person)</b> Crocheting class with Joyce;</li> <li>• <b>10:00am- (In Person)</b> Billiards -Pool Room;</li> <li>• <b>12:00pm-(ZOOM)-</b> Concerts in Motion BROADWAY;</li> <li>• <b>4:30pm -</b> TRIP to Dyker Heights Holiday lights;</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>• <b>10:00am (In Person)</b> Crocheting class with Joyce;</li> <li>• <b>11:00am - (In Person)</b> <b>CAPTIONCALL</b> Tabling event- Dining Rm;</li> <li>• <b>12pm – (In Person)</b> Billiards- Pool Rm;</li> <li>• <b>1:00pm- (In Person)</b> CHAKRA DANCE WITH CYNTHIA- Dining Room;</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>• <b>9:30am -</b> TRIP to Stop&amp;Shop, LOWES and NATIONWIDE;</li> <li>• <b>10am- (In Person)</b> Billiards- Pool Rm;</li> <li>• <b>10:00am-11:30 (In Person)-</b>Computer 101</li> <li>• <b>10:00am – (In Person)-</b> ESL- English as a Second Language- Dining Rm</li> <li>• <b>11:00am- (In Person)-</b> Health Discussions- Dining</li> </ul>


<ul style="list-style-type: none"> <li>• <b>2:00pm- (In Person)</b> - Library;</li> </ul>	<p>LINE DANCE WITH ANATOLY- Dining Room;</p> <ul style="list-style-type: none"> <li>• <b>3:00pm- (In Person)</b> – Computer class Intermediate level;</li> <li>• <b>3:45pm-- (In Person)</b> – Technology Class</li> </ul>			<p>Room;</p> <ul style="list-style-type: none"> <li>• <b>12:00pm- (In Person)</b> Library</li> </ul>
<p><b>12</b></p> <ul style="list-style-type: none"> <li>• <b>10:00am</b> - TRIP to ROOSEVELT FIELD MALL;</li> <li>• <b>10:00am- (In Person-)</b> Computer Lab</li> <li>• <b>12pm – (In Person)</b> - Billiards Pool Rm;</li> <li>• <b>1:00pm- (In Person)</b> - ZUMBA GOLD WITH CYNTHIA;</li> <li>• <b>2:00pm- (In Person)-</b> Art Class;</li> <li>• <b>2:00pm- (In Person)</b> - Library;</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>• <b>10:00am</b> - TRIP to BENS DELI &amp; BIG LOTS;</li> <li>• <b>10:00am-11:30 (In Person)-</b>Computer 101</li> <li>• <b>11:00am - (In Person) DOH Booster shots educational Presentation-Tabling event-</b> Dining Rm;</li> <li>• <b>12:00pm – (In Person)</b> - Billiards Pool Rm;</li> <li>• <b>1:00pm– (In Person)</b> - YOGA WITH CYNTHIA;</li> <li>• <b>2:00pm- (In Person)</b> – LINE DANCE WITH ANATOLY- Pool Room;</li> <li>• <b>3:00pm- (In Person)</b> – Computer class Intermediate level;</li> <li>• <b>3:45pm-- (In Person)</b> – Technology Class;</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>• <b>10:00am (In Person)</b> Crocheting class with Joyce;</li> <li>• <b>10:00am- (In Person)</b> Billiards -Pool Room;</li> <li>• <b>12:00pm-(ZOOM)-</b> Concerts in Motion BROADWAY;</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• <b>10:00am (In Person)</b> Crocheting class with Joyce;</li> <li>• <b>10:00am- (In Person-) MUFFIN MORNINGS WITH STEPHANIE-OHEL-</b>Dining room;</li> <li>• <b>12pm – (In Person) - Kosher Rules-</b> Educational Presentation - Dining room;</li> <li>• <b>12pm – (In Person)</b> Billiards- Pool Rm;</li> <li>• <b>1:00pm- (In Person)</b> CHAKRA DANCE WITH CYNTHIA- Dining Room</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• <b>10:00am</b> - TRIP to CAPITAL ONE BANK;</li> <li>• <b>10am- (In Person)</b> Billiards- Pool Rm;</li> <li>• <b>10:00am-11:30 (In Person)-</b>Computer 101</li> <li>• <b>10:00am – (In Person)-</b> ESL- English as a Second Language- Dining Rm</li> <li>• <b>11:00am- (In Person-)</b> Health Discussions;</li> <li>• <b>12:00pm- (In Person)</b> Library</li> </ul>
<p><b>19</b></p> <ul style="list-style-type: none"> <li>• <b>10:00am- (In Person-)</b> Computer Lab</li> <li>• <b>11:00am - (In Person)-</b> Get your blood pressure checked – Dining room;</li> <li>• <b>12pm – (In Person)</b> - Billiards Pool Rm;</li> <li>• <b>1:00pm- (In Person)</b> - ZUMBA GOLD WITH</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• <b>10:00am-11:30 (In Person)-</b>Computer 101;</li> <li>• <b>11:00am - (In Person)</b> Movie Matinee- Dining Rm;</li> <li>• <b>12:00pm – (In Person)</b> - Billiards Pool Rm;</li> <li>• <b>1:00pm– (In Person)</b> - YOGA WITH CYNTHIA;</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• <b>10:00am (In Person)</b> Crocheting class with Joyce;</li> <li>• <b>10:00am- (In Person)</b> Billiards -Pool Room;</li> <li>• <b>11:00am- (In Person)-</b> Nutrition Lecture;</li> <li>• <b>12:00pm-(ZOOM)-</b> Concerts in Motion</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>• <b>9:45am</b> - TRIP to COSTCO;</li> <li>• <b>10:00am (In Person)</b> Crocheting class with Joyce;</li> <li>• <b>11:00am - (In Person) “Prevent Elder Abuse” event with JCC-</b> Dining Rm;</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>• <b>10am- (In Person)</b> Billiards- Pool Rm;</li> <li>• <b>10:00am-11:30 (In Person)-</b>Computer 101</li> <li>• <b>10:00am – (In Person)-</b> ESL- English as a Second Language- Dining Rm</li> <li>• <b>11:00am- (In Person-)</b> Health Discussions- Dining</li> </ul>

<p>CYNTHIA;</p> <ul style="list-style-type: none"> <li>• <b>2:00pm- (In Person)-</b> Art Class;</li> <li>• <b>2:00pm- (In Person) -</b> Library;</li> </ul>	<ul style="list-style-type: none"> <li>• <b>2:00pm- (In Person) –</b> LINE DANCE WITH ANATOLY- Pool Room;</li> <li>• <b>3:00pm- (In Person) –</b> Computer class Intermediate level;</li> <li>• <b>3:45pm-- (In Person) –</b> Technology Class</li> </ul>	<p>BROADWAY;</p>	<ul style="list-style-type: none"> <li>• <b>12pm – (In Person)</b> Billiards- Pool Rm;</li> <li>• <b>1:00pm- (In Person)-</b> CHAKRA DANCE WITH CYNTHIA- Dining Room;</li> </ul>	<p>Room;</p> <ul style="list-style-type: none"> <li>• <b>12:00pm- (In Person)</b> Library;</li> <li>• <b>12:00pm – LIVE CONCERT (In Person) -Concerts in Motion- Dining room;</b></li> </ul>
<p><b>26</b></p> <p style="text-align: center;"><b>JASA IS CLOSED FOR CHRISTMAS DAY! HAPPY HOLIDAYS!</b></p>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• <b>10:00am-11:30 (In Person)-</b>Computer 101</li> <li>• <b>11:00am - (In Person)</b> Movie Matinee- Dining Rm;</li> <li>• <b>12:00pm – (In Person) -</b> Billiards Pool Rm;</li> <li>• <b>1:00pm– (In Person) -</b> YOGA WITH CYNTHIA;</li> <li>• <b>2:00pm- (In Person) –</b> LINE DANCE WITH ANATOLY- Pool Room;</li> <li>• <b>3:00pm- (In Person) –</b> Computer class Intermediate level;</li> <li>• <b>3:45pm-- (In Person) –</b> Technology Class</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• <b>10:00am (In Person)</b> Crocheting class with Joyce;</li> <li>• <b>10:00am- (In Person)</b> Billiards -Pool Room;</li> <li>• <b>12pm – (In Person) - HOLIDAY PARTY-</b> Dining Room;</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>• <b>9:30am -</b> TRIP to TRADER JOES;</li> <li>• <b>10:00am (In Person)</b> Crocheting class with Joyce;</li> <li>• <b>11:00am - (In Person)</b> Movie Matinee- Dining Rm;</li> <li>• <b>12pm – (In Person)</b> Billiards- Pool Rm;</li> <li>• <b>1:00pm- (In Person)-</b> CHAKRA DANCE WITH CYNTHIA- Dining Room;</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• <b>10am- (In Person)</b> Billiards- Pool Rm;</li> <li>• <b>10:00am-11:30 (In Person)-</b>Computer 101</li> <li>• <b>10:00am – (In Person)-</b> ESL- English as a Second Language- Dining Rm</li> <li>• <b>11:00am- (In Person-)</b> Health Discussions- Dining Room;</li> <li>• <b>12:00pm- (In Person)</b> Library</li> </ul>



**BROOKDALE OLDER ADULT CENTER**  
**131 BEACH 19 STREET FAR ROCKAWAY, NY, 11691 \* Tel 718-471-3200**  
**DECEMBER 2022 MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b>Daily Lunch</b>  <b>Daily Hot Kosher Lunch-</b>  <b>(Monday-Friday)</b>  <b>11:00 AM-1:00 PM</b>  <b>DINING ROOM</b>  <b>PLEASE CALL TO REGISTER</b>  <b>718-471-3200</b></p>	<p align="center"><b>*Additional funding with generous grants from Councilwoman Selvena Brooks-Powers &amp; Queens BP Donovan Richards*</b></p>	<p align="center"><b>*Menu is subject to change*</b></p>  <p align="center"><b>NYC Aging</b></p>	<p align="center"><b>1</b></p> <ul style="list-style-type: none"> <li>Homemade Breaded Fish</li> <li>Brown Rice and Black Beans</li> <li>Steamed Sliced Carrots</li> <li>Juice</li> <li>Milk, low fat, 1%</li> <li>Fruit</li> <li>Margarine</li> <li>Whole Wheat Bread</li> </ul>	<p align="center"><b>2</b></p> <ul style="list-style-type: none"> <li>Chicken Shawarma</li> <li>Cucumber Dill Salad</li> <li>Lentils with Spiced Rice and Caramelized Onions (Majadra)</li> <li>Juice</li> <li>Milk, low fat, 1%</li> <li>Fruit</li> <li>Margarine</li> <li>Challah Bread</li> </ul>
<p align="center"><b>5</b></p> <ul style="list-style-type: none"> <li>Stuffed Cabbage with Beef</li> <li>Toasted Barley with Onions</li> <li>Capri Blend Vegetables</li> <li>Juice</li> <li>Milk, low fat, 1%</li> <li>Fruit</li> <li>Margarine</li> <li>Whole Wheat Bread</li> </ul>	<p align="center"><b>6</b></p> <ul style="list-style-type: none"> <li>Baked Falafel Patties</li> <li>Hummus</li> <li>Whole Wheat Pita</li> <li>Za'atar Spiced Israeli Salad</li> <li>Juice</li> <li>Milk, low fat, 1%</li> <li>Fruit</li> <li>Margarine</li> <li>Whole Wheat Bread</li> </ul>	<p align="center"><b>7</b></p> <ul style="list-style-type: none"> <li>Turkey with Gravy</li> <li>Homemade Mashed Potatoes</li> <li>Whole Grain Stuffing</li> <li>Green Beans</li> <li>Juice</li> <li>Milk, low fat, 1%</li> <li>Fruit</li> <li>Margarine</li> </ul>	<p align="center"><b>8</b></p> <ul style="list-style-type: none"> <li>Teriyaki Baked Fish</li> <li>Yellow Rice</li> <li>Oriental Blend Vegetables</li> <li>Juice</li> <li>Milk, low fat, 1%</li> <li>Fruit</li> <li>Margarine</li> <li>Whole Wheat Bread</li> </ul>	<p align="center"><b>9</b></p> <ul style="list-style-type: none"> <li>Roasted Chicken</li> <li>Potato Kugel</li> <li>Carrot Tzimmes</li> <li>Juice</li> <li>Milk, low fat, 1%</li> <li>Fruit</li> <li>Margarine</li> <li>Challah Bread</li> </ul>
<p align="center"><b>12</b></p> <ul style="list-style-type: none"> <li>Swedish Meatballs with Beef and Turkey</li> <li>Egg Noodles</li> <li>Green Beans</li> <li>Steamed Sliced Carrots</li> <li>Juice</li> </ul>	<p align="center"><b>13</b></p> <ul style="list-style-type: none"> <li>Breaded Eggplant Cutlets</li> <li>Homemade Tomato Sauce</li> <li>Fusilli Pasta with Parsley</li> <li>Garlic Bread</li> </ul>	<p align="center"><b>14</b></p> <ul style="list-style-type: none"> <li>Beef Pot Roast</li> <li>Homemade Mashed Potatoes</li> <li>Creamy Spinach</li> <li>Juice</li> <li>Milk, low fat, 1%</li> </ul>	<p align="center"><b>15</b></p> <ul style="list-style-type: none"> <li>Dill Lemon Sauce Salmon Cakes</li> <li>Roasted Potatoes</li> <li>Winter Blend Vegetables</li> <li>Juice</li> <li>Milk, low fat, 1%</li> </ul>	<p align="center"><b>16</b></p> <ul style="list-style-type: none"> <li>Spanish Style Roast Chicken</li> <li>Rice A Roni</li> <li>Sauteed Zucchini</li> <li>Juice</li> <li>Milk, low fat, 1%</li> </ul>

<ul style="list-style-type: none"> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>Whole Wheat Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Italian Blend Vegetables</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>Margarine</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit</li> <li>• Margarine</li> <li>Challah Bread</li> </ul>
<p><b>19</b></p> <ul style="list-style-type: none"> <li>• Italian Meatballs with Beef and Turkey</li> <li>• Pasta</li> <li>• Green Beans</li> <li>• Garlic Bread</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>Margarine</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• Veggie Burgers</li> <li>• Homemade Mashed Potatoes</li> <li>• Braised Red Cabbage</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• Stuffed Cabbage with Beef</li> <li>• Kasha Varnishkes</li> <li>• Capri Blend Vegetables</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>Whole Wheat Bread</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>• Dill Lemon Sauce Fish Francaise</li> <li>• Yellow Rice</li> <li>• Creamy Spinach</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>• Hawaiian Chicken with Vegetables</li> <li>• Mauzone Toasted Barley and Onion</li> <li>• Steamed Carrots</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>Challah Bread</li> </ul>
<p><b>26</b></p> <p style="text-align: center;"><b>JASA IS CLOSED FOR CHRISTMAS DAY! HAPPY HOLIDAYS!</b></p>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>• Chicken Marsala</li> <li>• Yellow Rice</li> <li>• Roasted Beets</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>• Vegan Stuffed Peppers</li> <li>• Roasted Potatoes</li> <li>• Green Beans</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>• Sweet and Sour Meatballs</li> <li>• Toasted Barley and Onion</li> <li>• Creamy Spinach</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Whole Wheat Bread</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• Roasted Chicken</li> <li>• Potato Kugel</li> <li>• Carrot Tzimmes</li> <li>• Juice</li> <li>• Milk, low fat, 1%</li> <li>• Fruit</li> <li>• Margarine</li> <li>• Challah Bread</li> </ul>



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**Tel 718-471-3200**  
**[www.jasa.org](http://www.jasa.org)**

**Open Daily Monday thru Friday 8:30 am-4:30 pm**

**Staff:**

Program Director: Viktoriya Krugolets  
Assistant Program Director: Rachel Fields  
Transportation Coordinator: Gregorio Vera

**Daily Lunch**

Daily Hot Kosher Lunch-(Monday-Friday)  
11:00 AM-1:00 PM- DINING ROOM

**Other Important Information**

Associate Director Care and Case Management/Nutrition Services: Tania Collazo  
Social Service Supervisor: Dawn Macklin  
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

Additional funding with generous grants from Councilwoman Selvena Brooks-Powers &  
Queens BP Donovan Richards



**NYC Aging**