



JASA at the HES Older Adult Center

Phone Number 718-251-3700

9502 Seaview Avenue, Brooklyn, NY, 11236

February 2026 Activities Calendar

Calendar is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <ul style="list-style-type: none"> • 10am-11am Tai Chi (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-12:45pm Afternoon Tea Time (in-person) • 12:45pm-1:30pm SAIL (hybrid) • 1:30pm Leisure Bingo (in-person) 	<p>3</p> <ul style="list-style-type: none"> • 10am-11am Yoga (in-person) • 11am-12pm Zumba Gold (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:30pm-1:30pm Library Time (in-person) • 1:30pm Leisure Bingo (in-person) 	<p>4</p> <ul style="list-style-type: none"> • 10am-11am Chakra Yoga Dance (in-person) • 11am-1:30pm Macrame (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:15pm-1pm SAIL (hybrid) • 1:05pm-1:50pm Rhythmic Thunder (in-person) • 1:50pm Leisure Bingo (in-person) 	<p>5</p> <ul style="list-style-type: none"> • 10am-10:45am Walk- A- Thon (in-person) • 11:15am-12:15pm Line Dance (in-person) • 11:30am-1pm Hot Congregate Lunch • 1pm-2pm Let us sing (in-person) • 1:45pm Leisure Bingo (in-person) 	<p>6</p> <ul style="list-style-type: none"> • 9:30am-11am Computer Lab (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-1pm Zumba with Maria (in-person) • 1pm-1:45pm Meditation (in-person) • 1:45pm-2:30pm Creation Time (in-person) • 1:45pm Leisure Bingo (in-person)

Partially funded by: Councilwoman Mercedes Narcisse

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9</p> <ul style="list-style-type: none"> • 10am-11am Tai Chi (in-person) • 11:30am-1pm Hot Congregate Lunch • 11:45am-12:45pm Paint & Sip with Oak St.Health (in-person) • 12:45pm-1:30pm SAIL (hybrid) • 1:30pm Leisure Bingo (in-person) 	<p>10</p> <ul style="list-style-type: none"> • 10am-11am Yoga (in-person) • 11am-12pm Zumba Gold (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:30pm-1:15pm Health Lecture (in-person) • 1:15pm Leisure Bingo (in-person) 	<p>11</p> <ul style="list-style-type: none"> • 10am-11am Chakra Yoga Dance (in-person) • 11am-1:30pm Macrame (in-person) • 11am-12:15pm Blood Pressure Monitoring (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:15pm-1pm SAIL (hybrid) • 1:05pm-1:50pm Rhythmic Thunder (in-person) • 1:50pm Leisure Bingo (in-person) 	<p>12</p> <ul style="list-style-type: none"> • 10am-2:30pm Valentine's Day Party (in-person) • 11:15am-12:15pm Line Dance (in-person) • 11:30am-1pm Hot Congregate Lunch 	<p>13</p> <ul style="list-style-type: none"> • 9:30am-11am Computer Lab (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-1pm Zumba with Maria (in-person) • 1pm-1:45pm Meditation (in-person) • 1:45pm-2:30pm Creation Time (in-person) • 1:45pm Leisure Bingo (in-person)

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p>JASA IS CLOSED</p> <p>Presidents' Day</p>	<p>17</p> <ul style="list-style-type: none"> • 10am-11am Yoga (in-person) • 11am-12pm Zumba Gold (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:45pm-1:45pm Black History Month: Legacy, Community, Leadership (in-person) • 1:45pm Leisure Bingo (in-person) <p>Happy Lunar New Year!</p>	<p>18</p> <ul style="list-style-type: none"> • 9am-10am Black History Month: Art Class - African Masks making (in-person) • 10am-11am Chakra Yoga Dance (in-person) • 11am-1:30pm Macrame (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:15pm-1pm SAIL (hybrid) • 1:05pm-1:50pm Rhythmic Thunder (in-person) • 1:50pm Leisure Bingo (in-person) 	<p>19</p> <ul style="list-style-type: none"> • 10am-10:45am Walk- A- Thon (in-person) • 11:15am-12:15pm Line Dance (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:30pm-2:45pm Black History Month: Movie "The Six Triple Eight True Story" (in-person) 	<p>20</p> <ul style="list-style-type: none"> • 9:30am-11am Computer Lab (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-1pm Zumba with Maria (in-person) • 1pm-1:45pm Black History Month: African Meditation and Discussion (in-person) • 1:45pm-2:30pm Creation Time (in-person) • 1:45pm Leisure Bingo (in-person)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>23</p> <ul style="list-style-type: none"> • 10am-11am Tai Chi (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-12:45pm Afternoon Tea Time (in-person) • 12:45pm-1:30pm SAIL (hybrid) • 1:30pm Leisure Bingo (in-person) 	<p>24</p> <ul style="list-style-type: none"> • 10am-11am Yoga (in-person) • 11am-12pm Zumba Gold (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:45pm-1:30pm Nutrition Presentation with Tamar Elkin (hybrid) • 1:30pm Leisure Bingo (in-person) 	<p>25</p> <ul style="list-style-type: none"> • 8:30am-3pm Trip to SUMMIT One Vanderbilt (in-person) • 10am-11am Chakra Yoga Dance (in-person) • 11am-1:30pm Macrame (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:15pm-1pm SAIL (hybrid) • 1:05pm-1:50pm Rhythmic Thunder (in-person) • 1:50pm Leisure Bingo (in-person) 	<p>26</p> <ul style="list-style-type: none"> • 10am-10:45am Walk- A- Thon (in-person) • 11:15am-12:15pm Line Dance (in-person) • 11:30am-1pm Hot Congregate Lunch • 1pm-2pm Let us sing (in-person) • 2pm Leisure Bingo (in-person) 	<p>27</p> <ul style="list-style-type: none"> • 9:30am-11am Computer Lab(in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-1pm Zumba with Maria (in-person) • 1pm-1:45pm Meditation (in-person) • 1:45pm-2:30pm Creation Time (in-person) • 1:45pm Leisure Bingo (in-person)

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February 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Marsala White Rice Steamed Broccoli Whole Wheat Bread Apple 1% Low Fat Milk	3 Meaty Vegetarian Moussaka Tossed Salad with Dressing Whole Wheat Bread Orange 1% Low Fat Milk	4 Sweet and Sour Beef Meatballs Egg Barley Spinach Souffle Whole Wheat Bread Kiwis (2) 1% Low Fat Milk	5 Gefilte Fish, from frozen (pre-prepared) Orzo Beets and Onion Salad Whole Wheat Bread Pear 1% Low Fat Milk	6 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Applesauce 1% Low Fat Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>9 Sauteed Onions and Peppers Turkey Burger Roasted Sweet Potato Slices California Blend Vegetables Whole Wheat Pita Apple 1% Low Fat Milk</p>	<p>10 Basic Shepherd's Pie Tossed Salad with Dressing Whole Wheat Bread Orange 1% Low Fat Milk</p>	<p>11 Baked Breaded Fish Tartar Sauce Rice A Roni Cucumber Dill Salad Whole Wheat Bread Kiwis (2) 1% Low Fat Milk</p>	<p>12 Classic Minestrone Soup Whole Wheat Bread Pear 1% Low Fat Milk</p>	<p>13 Cranberry Chicken Sweet Noodle Kugel Zucchini Provencal Challah Bread Applesauce 1% Low Fat Milk</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p>JASA IS CLOSED</p> <p>Presidents' Day</p>	<p>17</p> <p>Individual Chicken Pot Pie Tomato Salad with Basil Whole Wheat Bread Orange 1% Low Fat Milk</p>	<p>18</p> <p>Dill Lemon Sauce Salmon Cakes Cous Cous Cucumber Dill Salad Whole Wheat Bread Kiwis (2) 1% Low Fat Milk</p>	<p>19</p> <p>Traditional Whole Wheat Bean Burrito Brown Rice Garden Salad (no dressing) Pear 1% Low Fat Milk</p>	<p>20</p> <p>Baked Asian Style Honey Chicken Springtime Fried Brown Rice Oriental Blend Vegetables Challah Bread Applesauce 1% Low Fat Milk</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>23 Classic Chicken Cacciatore Pasta Steamed Green Beans Whole Wheat Bread Apple 1% Low Fat Milk</p>	<p>24 Ten Vegetable Soup (pre- prepared) Whole Wheat Bread Orange 1% Low Fat Milk</p>	<p>25 Grilled Homemade Hamburger with Sauteed Onions Red Roast Potatoes Broccoli Souffle Whole Wheat Bun Kiwis (2) 1% Low Fat Milk</p>	<p>26 Salmon Salad Bowtie Pasta Salad Red Cabbage Salad Mini Whole Wheat Pita Pear 1% Low Fat Milk</p>	<p>27 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Applesauce 1% Low Fat Milk</p>



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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

Assistant Director: Nataliya Stefanyshyn email: nstefanyshyn@jasa.org

Program Coordinator: Kelly Cuess email: kcuess@jasa.org

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February's 2026 Special Activities:

Tuesday, February 3, 2026

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

Monday, February 9, 2026

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

Wednesday, February 11, 2026

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

Thursday, February 12, 2026

10am-2:30pm Valentine's Day Party (in-person)

Tuesday, February 17, 2026

12:45pm-1:45pm Black History Month: Legacy, Community, Leadership (in-person)

Wednesday, February 18, 2026

9am-10am Black History Month: Art Class - African Masks making (in-person)

Thursday, February 19, 2026

12:30pm-2:45pm Black History Month: Movie "The Six Triple Eight True Story" (in-person)

Friday, February 20, 2026

1pm-1:45pm Black History Month: African Meditation and Discussion (in-person)

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Tuesday, February 24, 2026

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

Wednesday, February 25, 2026

8:30am-3pm Trip to SUMMIT One Vanderbilt (in-person)

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

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