JASA at the HES Older Adult Center

Phone Number 718-251-3700

9502 Seaview Avenue, Brooklyn, NY,11236

Calendar is subject to change

September 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 • 10am-11am Yoga (in-person) • 11am-12pm Breathe Body Flow (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:30pm-1:30pm Library Time (in-person) • 1:30pm Leisure Games (in-person)	**2** • 10am-11am Zumba with Maria (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 Games (in-person)	**3** • 10am-11am Yoga (in-person) • 11am-12pm Cardio Dance Party (in-person) • 11:30am-1pm Hot Congregate Lunch • 1pm-2pm Let us sing (in-person) • 2pm Leisure Games (in-person)	**4** • 9:30am-11am Computer Lab (in-person) • 10am-11am Chair Exercises (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-1pm Zumba with Maria (in-person) • 1pm-1:45pm Meditation (in-person) • 1:45pm Leisure Games (in-person)

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Monday	Tuesday	Wednesday	Thursday	Friday
7 **JASA IS CLOSED** **Happy Labor Day**	**8** • 10am-11am Yoga (in-person) • 11am-12pm Breathe Body Flow (in-person) • 11:30am-1pm Hot Congregate Lunch • 1pm-2pm Breast Cancer Screening Saves Lives- Presentation by NYC Department of Health (in-person) • 2pm Leisure Games (in-person)	**9** • 10am-11am Zumba with Maria (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 Games (in-person)	**10** • 10am-10:45am Walk- A- Thon (in-person) • 11am-12pm Cardio Dance Party (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:45pm-1:45pm Head of the Year/Challah Making event (in-person) • 1:45pm Leisure Games (in-person)	**11** • 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 Leisure Games (in-person) **Happy Rosh Hashanah**

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14	15	16	17	18
• 9:30am-11am Computer Lab (in-person) • 10am-11am Tai Chi (in-person) • 11:30am-1pm Hot Congregate Lunch • 11:45am-12:45pm Nutrition Presentation by GrowNYC (in-person) • 12:45pm-1:30pm SAIL (hybrid) • 1:30pm BINGO (in-person)	• 10am-11am Yoga (in-person) • 11am-12pm Breathe Body Flow (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:45pm-1:45pm The Elderly Pharmaceutical Insurance Coverage Program Presentation by NYS Department of Health (in-person) • 1:45pm Leisure Games (in-person) • 8am- 1:30pm Trip: Style is Ageless Fashion Show by Fashion Institute of Technology (waiting for bus confirmation)	• 10am-11am Zumba with Maria (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 Games (in-person)	• 8am-1:30pm Trip to Healthy Aging Fair at Asphalt Green in Manhattan (in-person) (waiting for bus confirmation) • 10am-10:45am Walk- A- Thon (in-person) • 11am-12pm Cardio Dance Party (in-person) • 11:30am-1pm Hot Congregate Lunch • 1pm-2pm Let us sing (in-person) • 2pm Leisure Games (in-person)	• 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 Leisure Games (in-person)

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Monday	Tuesday	Wednesday	Thursday	Friday
21 **JASA IS CLOSED** **Happy Yom Kippur**	**22** • 10am-11am Yoga (in-person) • 11am-12pm Breathe Body Flow (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:45pm-1:30pm Elder Abuse Presentation by MET Council (in-person) • 1:30pm-2:30pm Falls Prevention Awareness Month Observation: Fall Prevention Trivia (in-person)	**23** • 10am-11am Zumba with Maria (in-person) • 11am-1:30pm Macrame (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:30pm-1:30pm Advisory Board Meeting (in-person) • 12:15pm-1pm SAIL (hybrid) • 1:05pm-1:50pm Rhythmic Thunder (in-person) • 1:50pm Leisure Games (in-person)	**24** • 10am-10:45am Walk- A- Thon (in-person) • 11am-12pm Cardio Dance Party (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:45pm-1:45pm Falls Prevention Awareness Month Observation: Fall Prevention Games (in-person) • 1:45pm Leisure Games (in-person)	**25** • 9:30am-11am Computer Lab (in-person) • 11:30am-1pm Hot Congregate Lunch • 12pm-1pm Zumba with Maria (in-person) • 1pm-1:45pm Falls Prevention Awareness Month Observation: Physical Stability and Grounding Meditation (in-person) • 1:45pm Leisure Games (in-person) **Happy Sukkot**

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Monday	Tuesday	Wednesday	Thursday	Friday
28 • 9:30am-11am Computer Lab (in-person) • 10am-11am Tai Chi (in-person) • 12pm-1pm Hot Congregate Lunch • 12pm-12:45pm Afternoon Tea Time (in-person) • 12:45pm-1:30pm SAIL (hybrid) • 1:30pm Leisure Games (in-person)	**29** • 10am-11am Yoga (in-person) • 11am-12pm Breathe Body Flow (in-person) • 11:30am-1pm Hot Congregate Lunch • 12:45pm-1:45pm New NYC Garbage Bin Rules Presentation by NYC Department of Sanitation (in-person) • 1:45pm Leisure Games (in-person)	**30** • 10am-11am Zumba with Maria (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 Games (in-person)		

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September 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Traditional Whole Wheat Bean Burrito Brown Rice Tossed Salad with Dressing Whole Wheat Bread Pear 1% Low Fat Milk	**2** Stuffed Cabbage with Beef Steamed Carrots Whole Wheat Bread Apple 1% Low Fat Milk	**3** Shepherd Pie with Turkey Tossed Salad with Chickpeas and Dressing Whole Wheat Bread Banana 1% Low Fat Milk	**4** Baked Breaded Chicken Cutlet Pasta Primavera Salad Health Slaw Whole Wheat Bread Applesauce 1% Low Fat Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
7 **JASA IS CLOSED** **Happy Labor Day**	**8** Chicken Shawarma Spiced Majadra Carrot Salad Whole Wheat Bread Kiwis (2) 1% Low Fat Milk	**9** Baked Salmon Rice Pilaf Israeli Salad Whole Wheat Bread Applesauce 1% Low Fat Milk	**10** Meaty Vegetarian Moussaka Beet Salad Whole Wheat Bread Banana 1% Low Fat Milk	**11** No Noodle Chicken Chow Mein Springtime Fried Brown Rice Vegetable Mix Whole Wheat Bread Orange 1% Low Fat Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
14 Turkey Meatballs with Tomato Sauce Pasta Sauteed Spinach Whole Wheat Bread Kiwis (2) 1% Low Fat Milk	**15** Baked Breaded Fish Fillets Rice Pilaf Broccoli Souffle Whole Wheat Bread Applesauce 1% Low Fat Milk	**16** Vegetarian Bean Chili Brown Rice Steamed Green Beans Whole Grain Yellow Corn Tortillas Pear 1% Low Fat Milk	**17** Individual Chicken Pot Pie Tossed Salad with Chickpeas and Dressing Whole Wheat Bread Banana 1% Low Fat Milk	**18** Peppers and Onions Turkey Burger Mashed Sweet Potatoes Whole Wheat Bread Apple 1% Low Fat Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
21 **JASA IS CLOSED** **Happy Yom Kippur**	**22** Shepherd Pie with Turkey Corn, Black Bean and Pepper Salad Tomato and Cucumber Salad with Dressing Whole Wheat Bread Applesauce 1% Low Fat Milk	**23** Baked Asian Style Honey Chicken Springtime Fried Brown Rice California Blend Vegetables Whole Wheat Bread Orange 1% Low Fat Milk	**24** Curry Chickpea Stew Brown Rice Tossed Salad with Dressing Whole Wheat Bread Banana 1% Low Fat Milk	**25** Dill Lemon Sauce Salmon Cakes Cous Cous Cucumber Salad Whole Wheat Bread Kiwis (2) 1% Low Fat Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
28 Turkey Chili con Carne Brown Rice Steamed Carrots Whole Grain Yellow Corn Tortillas Kiwis (2) 1% Low Fat Milk	29 Kasha Knish Israeli Salad with Chickpeas Whole Wheat Bread Apple 1% Low Fat Milk	30 Baked Breaded Fish Fillets Tartar Sauce Rice A Roni Creamy Spinach Applesauce 1% Low Fat Milk		

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Proud to be the go-to agency serving older New Yorkers

JASA at the HES Older Adult Center

9502 Seaview Avenue, Brooklyn, NY, 11236
Phone number: 718-251-3700
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: Lashmi Hinds email: lhinds@jasa.org

Case manager: Katleen Ortega email: kortega.jasa.org

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September 2026 Special Activities:

Tuesday, September 01, 2026

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

Tuesday, September 8, 2026

1pm-2pm Breast Cancer Screening Saves Lives- Presentation by NYC Department of Health Expert (in-person)

Thursday, September 10, 2026

12:45pm-1:45pm Head of the Year/Challah Making event (in-person)

Monday, September 14, 2026

11:45am-12:45pm Nutrition Presentation by GrowNYC (in-person)

Tuesday. September 15, 2026

12:45pm-1:45pm The Elderly Pharmaceutical Insurance Coverage (EPIC) Program Presentation by NYS Department of Health (in-person)

8am- 1:30pm Trip: Style is Ageless Fashion Show by Fashion Institute of Technology (on hold)

Wednesday, September 16, 2026

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

Thursday, September 17, 2026

8am-1:30pm Trip to Healthy Aging Fair at Asphalt Green in Manhattan (in-person)(on hold)

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Tuesday, September 22, 2026

12:45pm-1:30pm Elder Abuse Presentation by MET Council (in-person)

Tuesday, September 22, 2026

1:30pm-2:30pm Falls Prevention Awareness Month Observation: Fall Prevention Trivia (in-person)

Wednesday, September 23, 2026

12:30pm-1:30pm Advisory Board Meeting (in-person)

Thursday, September 24, 2026

12:45pm-1:45pm Falls Prevention Awareness Month Observation: Fall Prevention Games (in-person)

Friday, September 25, 2026

1pm-1:45pm Falls Prevention Awareness Month Observation: Physical Stability and Grounding Meditation (in-person)

Tuesday, September 29, 2026

12:45pm-1:45pm New NYC Garbage Bin Rules Presentation by NYC Department of Sanitation (in-person)

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Links to join virtual classes/presentations:

SAIL with Anatoly

Mondays 12:45pm-1:30pm

Wednesdays 12:15pm-1pm

Join Zoom Meeting:

https://us06web.zoom.us/j/87533309740?pwd=XkbU9XqLhWnP1c9nI8xTrbHj6JPp06.1

Meeting ID: 875 3330 9740

Passcode: 877640

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