



Brookdale Village Older Adult Center
(718) 471-3200
131 Beach 19th Street, Far Rockaway, NY 11691
February 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <ul style="list-style-type: none"> • 10:00am - (In Person) Movie Matinee- Dining Rm; • 10am – (In Person) - Billiards - Pool Rm; • 12:00pm (In Person)- Computer LAB; • 2:00pm- (In Person) - Library; <p>Calendar is subject to change</p>	<p>3</p> <ul style="list-style-type: none"> • 10:40am - BOWLING TRIP • 10:00am- (In Person) Billiards -Pool Room; • 1:00pm- (In Person) - CHAIR YOGA WITH CYNTHIA– Dining room; • 2:00pm- (In Person) Library; • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Pool Room; • 2:15pm-3:30pm (In Person)- OATS Technology- Spanish - Exploring Smartphone Apps - Computer Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class 	<p>4</p> <ul style="list-style-type: none"> • 8:30am - TRIP to DMV; • 10:00am - (In Person)- Get your blood pressure checked – Dining room; • 10:00am-4:00pm (In Person) Billiards -Pool Room; • 12:00pm - (In Person) Art Movie- Dining Rm; • 12:00pm (In Person)- Computer LAB; • 1:00pm- (In Person) - ZUMBA GOLD WITH CYNTHIA – Dining room; • 2:00pm- (In Person) Library; 	<p>5</p> <ul style="list-style-type: none"> • 9:30am - TRIP to TRADER JOES; • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10am – (In Person) Billiards- Pool Rm; • 12:00pm (In Person)- Computer LAB; • 12:00pm- (In Person) Boardwalk Talks with Robbie - OHEL Engagement Group- Dining Room; • 1:00pm- (In Person) - CHAKRA DANCE WITH CYNTHIA– Dining room; • 2:00pm- (In Person) Library; • 2:15pm-3:30pm (In Person)- OATS Technology- Spanish - Exploring Smartphone Apps - Computer Room; 	<p>6</p> <ul style="list-style-type: none"> • 10:30am - BANK TRIP; • 9:30am- (In Person) - WALKING CLUB WITH RACHEL- Dining room; • 10:00am - (In Person) ESL CLASS with Evelyn - Dining Rm; • 10:00am-11:00am (In Person)- Technology Lab Computers with Seva- Computer Room; • 11:00am-12:00pm (In Person)- Technology Lab Computers with Seva- Computer Room; • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY • 12:00pm-2:00pm (In Person)- OATS Technology- Spanish - Exploring Smartphone Apps - Computer Room; • 2:00pm- (In Person) Library;

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- 10:00am - (In Person) **Movie Matinee**- Dining Rm;
- 10am – (In Person) - **Billiards** - Pool Rm;
- **11:00am-Health Presentation “Cancer”**- (In Person)-Dining Room
- 12:00pm (In Person)- **Computer LAB**;
- 2:00pm- (In Person) - **Library**;

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- 10:30am - **TRIP to Movies**;
- 10:00am- (In Person) **Billiards** -Pool Room;
- 1:00pm- (In Person) - **CHAIR YOGA WITH CYNTHIA**– Dining room;
- 2:00pm- (In Person) **Library**;
- 2:00pm- (In Person)- **Art Class**;
- 2:00pm- (In Person) – **LINE DANCE WITH ANATOLY**- Pool Room;
- 2:15pm-3:30pm (In Person)- **OATS Technology- Spanish - Exploring Smartphone Apps** - Computer Room;
- 3:00pm- (In Person) – **Computer class Intermediate level**;
- 3:45pm-- (In Person) – **Technology Class**

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- 9:30am - **TRIP to Stop & Shop Five Towns**;
- 10:00am-4:00pm (In Person) **Billiards -Pool Room**;
- 12:00pm - (In Person) **Art Movie**- Dining Rm;
- 12:00pm (In Person)- **Computer LAB**;
- 1:00pm- (In Person) - **ZUMBA GOLD WITH CYNTHIA** – Dining room;
- 2:00pm- (In Person) **Library**;

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- 10:30am - **TRIP to BENS DELI and Shopping**;
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10am – (In Person) **Billiards**- Pool Rm;
- 12:00pm (In Person)- **Computer LAB**;
- 1:00pm- (In Person) - **CHAKRA DANCE WITH CYNTHIA**– Dining room;
- 2:00pm- (In Person) **Library**;
- 2:15pm-3:30pm (In Person)- **OATS Technology- Spanish - Exploring Smartphone Apps** - Computer Room;

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- 9:30am- (In Person) - **WALKING CLUB WITH RACHEL**- Dining room;
- 10:00am - (In Person) **ESL CLASS with Evelyn** - Dining Rm;
- 10:00am-11:00am (In Person)- **Technology Lab Computers with Seva**- Computer Room;
- 11:00am-12:00pm (In Person)- **Technology Lab Computers with Seva**- Computer Room;
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10:00am-4:00pm (In Person) **Billiards -Pool Room- LADIES ONLY**
- 11:00am – **VALENTINES DAY PARTY WITH Premier Nursing and Rehab Center of Far Rockaway**- (In Person) - Dining room
- 12:00pm-2:00pm (In Person)- **OATS Technology- Spanish - Exploring Smartphone Apps** - Computer Room;
- 2:00pm- (In Person) **Library**;

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**JASA IS
CLOSED
FOR
PRESIDENTS DAY!**

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- 10:40am - **BOWLING TRIP**
- 10:00am- (In Person) **Billiards** -Pool Room;
- 1:00pm-2:15pm (In Person)- **OATS Technology- Spanish - Exploring Smartphone Apps** - Computer Room;
- 1:00pm- (In Person) - **CHAIR YOGA WITH CYNTHIA**– Dining room;
- 2:00pm- (In Person) **Library;**
- 2:00pm- (In Person)- **Art Class;**
- 2:00pm- (In Person) – **LINE DANCE WITH ANATOLY**- Pool Room;
- 3:00pm- (In Person) – **Computer class Intermediate level;**
- 3:45pm-- (In Person) – **Technology Class**

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- 10:00am - **TRIP to IKEA;**
- 10:00am - (In Person)- **Get your blood pressure checked** – Dining room;
- 10:00am-4:00pm (In Person) **Billiards -Pool Room;**
- 12:00pm (In Person)- **Computer LAB;**
- 1:00pm- (In Person) - **ZUMBA GOLD WITH CYNTHIA** – Dining room
- 2:00pm- (In Person) **Library;**

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- 10:00am - **TRIP to GOLDEN CORRAL and Shopping;**
- 10:00am - (In Person) **Art Movie**- Dining Rm;
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10am – (In Person) **Billiards**- Pool Rm;
- 11:00am- (In Person)- **Health Discussions**- Dining Room;
- 12:00pm (In Person)- **Computer LAB;**
- 1:00pm-2:15pm (In Person)- **OATS Technology- Spanish - Exploring Smartphone Apps** - Computer Room;
- 1:00pm- (In Person) - **CHAKRA DANCE WITH CYNTHIA**– Dining room;
- 2:00pm- (In Person) **Library;**

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- 10:30am - **TRIP to Burlington and Target**
- 9:30am- (In Person) - **WALKING CLUB WITH RACHEL**- Dining room;
- 10:00am - (In Person) **ESL CLASS with Evelyn** - Dining Rm;
- 10:00am-11:00am (In Person)- **Technology Lab Computers with Seva**- Computer Room;
- 11:00am-12:00pm (In Person)- **Technology Lab Computers with Seva**- Computer Room;
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10:00am-4:00pm (In Person) **Billiards -Pool Room- LADIES ONLY**
- 12:00pm- (In Person)- **KOSHER RULES**- Educational Presentation
- 12:00pm-2:00pm (In Person)- **OATS Technology- Spanish - Exploring Smartphone Apps** - Computer Room;
- 2:00pm- (In Person) **Library;**

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- 10:00am - **TRIP to GREEN ACRES MALL;**
- 10:00am - (In Person) **Movie Matinee-** Dining Rm;
- 10am – (In Person) - **Billiards** - Pool Rm;
- 12:00pm (In Person)- **Computer LAB;**
- 2:00pm- (In Person) - **Library;**

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- 10:00am- (In Person) **Billiards** -Pool Room;
- 1:00pm-2:15pm (In Person)- **OATS Technology- Spanish - Exploring Smartphone Apps** - Computer Room;
- 1:00pm- (In Person) - **CHAIR YOGA WITH CYNTHIA**– Dining room;
- 2:00pm- (In Person) **Library;**
- 2:00pm- (In Person)- **Art Class;**
- 2:00pm- (In Person) – **LINE DANCE WITH ANATOLY**- Pool Room;
- 3:00pm- (In Person) – **Computer class Intermediate level;**
- 3:45pm-- (In Person) – **Technology Class**

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- 10:00am-4:00pm (In Person) **Billiards -Pool Room;**
- 11:00am- (In Person) **Nutrition Lecture- “NUTRITION AND HEART HEALTH”**-Dining Room;
- 12:00pm (In Person)- **Computer LAB;**
- 1:00pm- (In Person) - **ZUMBA GOLD WITH CYNTHIA** – Dining room
- 2:00pm- (In Person) **Library;**

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- 9:45am - **TRIP to COSTCO;**
- 10:00am - (In Person) **Art Movie-** Dining Rm;
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10am – (In Person) **Billiards-** Pool Rm;
- 11:00am- (In Person)- **Health Discussions-** Dining Room;
- 12:00pm- (In Person) **“Senior Safety” Lecture- with 101st Precinct Crime Prevention Officer- New York City Police** Department-Dining;
- 12:00pm (In Person)- **Computer LAB;**
- 1:00pm-2:15pm (In Person)- **OATS Technology- Spanish - Exploring Smartphone Apps** - Computer Room;
- 1:00pm- (In Person) - **CHAKRA DANCE WITH CYNTHIA**– Dining room;
- 2:00pm- (In Person) **Library;**

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- 9:00am - **TRIP to Brighton Beach;**
- 9:30am- (In Person) - **WALKING CLUB WITH RACHEL-** Dining room;
- 10:00am - (In Person) **ESL CLASS with Evelyn** - Dining Rm;
- 10:00am-11:00am (In Person)- **Technology Lab Computers with Seva-** Computer Room;
- 11:00am-1:00pm (In Person)- **Senior Tax Update tabling event with Healthfirst Medicare Support.**
- 11:00am-12:00pm (In Person)- **Technology Lab Computers with Seva-** Computer Room;
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10:00am-4:00pm (In Person) **Billiards -Pool Room- LADIES ONLY**
- 12:00pm-2:00pm (In Person)- **OATS Technology- Spanish - Exploring Smartphone Apps** - Computer Room;
- 2:00pm- (In Person) **Library;**

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Brookdale Village Older Adult Center
Phone Number (718) 471-3200
131 Beach 19th Street, Far Rockaway, NY 11691
February 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <ul style="list-style-type: none"> • Chicken Marsala • White Rice • Steamed Broccoli • Milk • Fruit <p>Calendar is subject to change</p>	<p>3</p> <ul style="list-style-type: none"> • Vegetarian Moussaka • Tossed Salad with Dressing • Milk • Fruit 	<p>4</p> <ul style="list-style-type: none"> • Sweet & Sour Meatballs • Egg Barley • Spinach Souffle • Milk • Fruit 	<p>5</p> <ul style="list-style-type: none"> • Gefilte Fish • Orzo • Beets & Onion Salad • Milk • Fruit 	<p>6</p> <ul style="list-style-type: none"> • Roasted Chicken • Potato Kugel • Carrot Tzimmes • Milk • Fruit
<p>9</p> <ul style="list-style-type: none"> • Turkey Burger • Sweet Potatoes • California Blend Vegetables • Milk • Fruit 	<p>10</p> <ul style="list-style-type: none"> • Shepherd's Pie • Tossed Salad with Dressing • Milk • Fruit 	<p>11</p> <ul style="list-style-type: none"> • Baked Breaded Fish • Rice A Roni • Cucumber Dill Salad • Milk • Fruit 	<p>12</p> <ul style="list-style-type: none"> • Vegetarian Minestrone soup • Eggplant Rollatini • Pasta • Green Bean Salad • Milk • Fruit 	<p>13</p> <ul style="list-style-type: none"> • Cranberry Chicken • Sweet Noodle Kugel • Zucchini Provencal • Milk • Fruit • SPECIAL DESSERT

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<p>16</p> <p>JASA IS CLOSED FOR PRESIDENTS DAY!</p>	<p>17</p> <ul style="list-style-type: none"> • Chicken Pot Pie • Tomato Salad with Basil • Milk • Fruit 	<p>18</p> <ul style="list-style-type: none"> • Salmon Cakes • Cous Cous • Cucumber Dill Salad • Milk • Fruit 	<p>19</p> <ul style="list-style-type: none"> • Whole Wheat Bean Burrito • Brown Rice • Garden Salad • Fruit • Low Fat Milk 	<p>20</p> <ul style="list-style-type: none"> • Baked Asian Style Honey Chicken • Fried Brown Rice • Oriental Blend Vegetables • Milk • Fruit
<p>23</p> <ul style="list-style-type: none"> • Classic Chicken Cacciatore • Pasta • Steamed Green Beans • Fruit • Whole Wheat Bread • Low Fat Milk 	<p>24</p> <ul style="list-style-type: none"> • Hearty Vegetable soup • Black Bean and Mushroom Burger • Hummus • Rice Pilaf • Whole Wheat Pita • Israeli Salad • Fruit • Low Fat Milk 	<p>25</p> <ul style="list-style-type: none"> • Beef Pot Roast • Sauteed Onions and Peppers • Broccoli Kugel • Mashed Sweet Potatoes • Fruit • Whole Wheat Bread • Low Fat Milk 	<p>26</p> <ul style="list-style-type: none"> • Salmon Salad • Bowtie Pasta Salad • Plain Pita • Red Cabbage Salad • Fruit • Whole Wheat Bread • Low Fat Milk 	<p>27</p> <ul style="list-style-type: none"> • Roasted Chicken • Carrot Tzimmes • Potato Kugel • Challah Bread • Applesauce • 1% Low Fat Milk • SPECIAL DESSERT

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131 Beach 19th Street, Far Rockaway, NY 11691
(718) 471-3200
www.jasa.org

Hours

Mondays - Fridays 8:30am - 4:30pm
Closed for Federal and Jewish Holidays

Daily Lunch

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

Brookdale Village Older Adult Center Staff

Program Director: Viktoriya Krugolets - vkrugolets@jasa.org
Assistant Program Director: Rachel Fields - rfields2@jasa.org
Transportation Coordinator: Gregorio Vera - gvera@jasa.org

NEW February 2026 Activities/Programming

OATS Technology- Spanish - Exploring Smartphone Apps - every Tuesday and Thursday and Friday from 01/06-03/11

Get your blood pressure checked – Dining room- Wednesday, February 4 and February 18@10:00am - (In Person);

VALENTINES DAY PARTY WITH Premier Nursing and Rehab Center of Far Rockaway -Friday, February 13@11am

Boardwalk Talks with Robbie - **OHEL Engagement Group** -Thursday, February 5@12:00pm;

Health Presentation “Cancer”- Monday, February 9@11am

ZUMBA GOLD WITH CYNTHIA- every Wednesday @1:00pm-2:00pm-Dining Room

“Senior Safety” Lecture- with 101st Precinct Crime Prevention Officer- New York City Police-Thursday, February 26@12:00pm

Technology Lab Computers with Seva- Computer Room- every Friday@ 10:00am-12:00pm (In Person)

ESL CLASS with Evelyn - Dining Rm- every Friday@10:00am - (In Person)

CHAKRA DANCE WITH CYNTHIA– Dining room every Thursday@1:00pm;

Nutrition Lecture - **“Nutrition and Heart Health”**- Wednesday, February 25@11:00am

Senior Tax Update tabling event with Healthfirst Medicare Support-Friday, February 27@11:00am-1:00pm

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