



Brookdale Village Older Adult Center
 (718) 471-3200
 131 Beach 19th Street, Far Rockaway, NY 11691
 June 2024 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <ul style="list-style-type: none"> • 9:30am – 10:45am (In Person) OATS RUSSIAN Computer Basics- Computer Room; • 11:00am – 12:15am (In Person) OATS RUSSIAN EXPLORE TECH- Computer Room; • 10:00am - (In Person)- Get your blood pressure checked – Dining room; • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 10:00am-11:30am (In Person)-Computer LAB; • 10am – (In Person) - Billiards Pool Rm; • 11:30am - (In Person) Art Movie- Dining Rm; • 1:00pm- (In Person) - ZUMBA GOLD WITH CYNTHIA – Dining room; • 2:00pm- (In Person) - Library; 	<p>4</p> <ul style="list-style-type: none"> • 10:00am (In Person) Crocheting class with Joyce – Beginners-Dining room; • 10:00am-11:30am (In Person)-Computer LAB- Computer Room; • 10:00am- (In Person) Billiards -Pool Room; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person) Library; • 1:00pm– (In Person) - YOGA WITH CYNTHIA – Dining room; • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Dining Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class 	<p>5</p> <ul style="list-style-type: none"> • 9:30am - TRIP to DMV; • 10:00am (In Person) AILEY DANCE CLASS- Pool Room • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am- (In Person) Billiards -Pool Room; • 11:30am - (In Person) Art Movie- Dining Rm; • 11:30am (In Person)- Computer LAB; • 1:00pm-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY; • 2:00pm- (In Person) Library; 	<p>6</p> <ul style="list-style-type: none"> • 9:45am - TRIP to COSTCO; • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am - (In Person) Art Movie- Dining Rm; • 10am – (In Person) Billiards- Pool Rm; • 11:30am (In Person)- Computer LAB; • 12:00pm-(ZOOM)- Coffeehouse Thursdays - Concerts in Motion— Dining room; • 1:00pm- (In Person)- CHAKRA DANCE WITH CYNTHIA- Dining Room 	<p>7</p> <ul style="list-style-type: none"> • 10:00am (In Person) AILEY DANCE CLASS- Pool Room • 10:00am- (In Person-) Health Discussions- Dining Room; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person) Boardwalk Talks with Alena- “Gratitude”- OHEL Engagement Group- Dining Room; • 12:00pm- (In Person) Library; • 1:00pm-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY


Partially funded by: Councilwoman Selvena Brooks-Powers & Queens BP Donovan Richards

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10</p> <ul style="list-style-type: none"> • 9:30am - TRIP to IKEA; • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 10:00am-11:30am (In Person)-Computer LAB; • 10am – (In Person) - Billiards Pool Rm; • 11:30am - (In Person) Art Movie- Dining Rm; • 1:00pm – 2:15pm (IN Person) OATS RUSSIAN Computer Basics- Computer Room; • 2:30pm – 3:45pm (IN Person) OATS RUSSIAN EXPLORE TECH- Computer Room; • 1:00pm- (In Person) - ZUMBA GOLD WITH CYNTHIA – Dining room; • 2:00pm- (In Person) - Library; 	<p>11</p> <ul style="list-style-type: none"> • 10:30am - TRIP to TGI Fridays and Movies; • 10:00am (In Person)- Crocheting class with Joyce – Beginners-Dining room; • 10:00am-11:30am (In Person)-Computer LAB- Computer Room; • 10:00am- (In Person) Billiards -Pool Room; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person) Library; • 1:00pm– (In Person) - YOGA WITH CYNTHIA – Dining room; • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Dining Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class 	<p>12</p> <ul style="list-style-type: none"> • 10:00am (In Person) AILEY DANCE CLASS- Pool Room • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am- (In Person) Billiards -Pool Room; • 11:30am - (In Person) Art Movie- Dining Rm; • 11:30am (In Person)- Computer LAB; • 1:00pm-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY; • 2:00pm- (In Person) Library; 	<p>13</p> <ul style="list-style-type: none"> • 11:30am - TRIP to BAYHOUSE RESTAURANT; • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 10:00am - (In Person) Art Movie- Dining Rm; • 10am – (In Person) Billiards- Pool Rm; • 11:30am (In Person)- Computer LAB; • 12:00pm-(ZOOM)- Coffeehouse Thursdays - Concerts in Motion— Dining room; • 1:00pm- (In Person)- CHAKRA DANCE WITH CYNTHIA- Dining Room 	<p>14</p> <ul style="list-style-type: none"> • 10:00am (In Person) AILEY DANCE CLASS- Pool Room • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 10:00am- (In Person)- Health Discussions- Dining Room; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person) Library; • 12:30pm- (In Person)- KOSHER RULES- Educational Presentation • 1:00pm-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>17</p> <ul style="list-style-type: none"> • 10:00am - (In Person)- Get your blood pressure checked – Dining room; • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 10:00am-11:30am (In Person)-Computer LAB; • 10am – (In Person) - Billiards Pool Rm; • 12:00pm - (In Person) “PREVENT ELDER ABUSE”- PRESENTATION FROM JAMAICA HOSPITAL- Dining Rm; • 1:00pm – 2:15pm (IN Person) OATS RUSSIAN Computer Basics- Computer Room; • 2:30pm – 3:45pm (IN Person) OATS RUSSIAN EXPLORE TECH- Computer Room; • 1:00pm- (In Person) - ZUMBA GOLD WITH CYNTHIA – Dining room; • 2:00pm- (In Person) - Library; 	<p>18</p> <ul style="list-style-type: none"> • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am-11:30am (In Person)-Computer LAB- Computer Room; • 10:00am- (In Person) Billiards -Pool Room; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person) Library; • 1:00pm– (In Person) - YOGA WITH CYNTHIA – Dining room; • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Dining Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class 	<p>19</p> <p style="text-align: center;">JASA IS CLOSED FOR JUNETEENTH! HAPPY HOLIDAYS!</p>	<p>20</p> <ul style="list-style-type: none"> • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 10:00am - (In Person) Art Movie- Dining Rm; • 10am – (In Person) Billiards- Pool Rm; • 11:30am (In Person)- Computer LAB; • 12:00pm-(ZOOM)- Coffeehouse Thursdays - Concerts in Motion— Dining room; • 1:00pm- (In Person)- CHAKRA DANCE WITH CYNTHIA- Dining Room 	<p>21</p> <ul style="list-style-type: none"> • 10:00am (In Person) AILEY DANCE CLASS- Pool Room • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 10:00am- (In Person-) Health Discussions- Dining Room; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 11:00am – JUNETEENTH CELEBRATION! HAPPY HOLIDAYS! - LIVE CONCERT (In Person) -Concerts in Motion - Dining room; • 12:00pm- (In Person) Library; • 1:00pm-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>24</p> <ul style="list-style-type: none"> • 9:30am - TRIP to GREEN ACRES; • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 10:00am-11:30am (In Person)-Computer LAB; • 10am – (In Person) - Billiards Pool Rm; • 11:30am - (In Person) Art Movie- Dining Rm; • 1:00pm – 2:15pm (IN Person) OATS RUSSIAN Computer Basics- Computer Room; • 2:30pm – 3:45pm (IN Person) OATS RUSSIAN EXPLORE TECH- Computer Room; • 1:00pm- (In Person) - ZUMBA GOLD WITH CYNTHIA – Dining room; • 2:00pm- (In Person) - Library; 	<p>25</p>  <p>Primary Election – vote here</p> <ul style="list-style-type: none"> • 10:00am-11:30am (In Person)-Computer LAB- Computer Room; • 10:00am- (In Person) Billiards -Pool Room; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person) Library; • 1:00pm– (In Person) - YOGA WITH CYNTHIA – Dining room; • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Dining Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class 	<p>26</p> <ul style="list-style-type: none"> • 10:00am (In Person) AILEY DANCE CLASS- Pool Room • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am- (In Person) Billiards -Pool Room; • 11:30am - (In Person) Art Movie- Dining Rm; • 11:30am (In Person)- Computer LAB; • 11:00am- (In Person) Nutrition Lecture- NUTRITION AND MEN’S HEALTH; • 11:30am - TRIP to SAMMY’S RESTAURANT; • 1:00pm-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY; • 2:00pm- (In Person) Library; 	<p>27</p> <ul style="list-style-type: none"> • 9:30am - TRIP to Trader Joes; • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 10:00am - (In Person) Art Movie- Dining Rm; • 10am – (In Person) Billiards- Pool Rm; • 11:30am (In Person)- Computer LAB; • 12:00pm-(ZOOM)- Coffeehouse Thursdays - Concerts in Motion— Dining room; • 1:00pm- (In Person)- CHAKRA DANCE WITH CYNTHIA- Dining Room 	<p>28</p> <ul style="list-style-type: none"> • 10:00am (In Person) AILEY DANCE CLASS- Pool Room • 10:00am- (In Person) - WALK WITH EASE WITH RACHEL- Dining room; • 10:00am- (In Person)- Health Discussions- Dining Room; • 11:45am – 12:30pm (In Person) AILEY DANCE CULMINATING PRESENTATION- Dining Rm; • 12:00pm- (In Person) Library; • 1:00pm-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY

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Brookdale Village Older Adult Center

Phone Number (718) 471-3200

131 Beach 19th Street, Far Rockaway, NY 11691

June 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <ul style="list-style-type: none">• Classic Chicken Cacciatore• Pasta• Steamed Green• Beans• Whole Wheat Bread• Fruit• Milk	<p>4</p> <ul style="list-style-type: none">• Crispy Oven Baked Falafel Patties• Hummus• Rice Pilaf• Whole Wheat Pita• Fruit• Milk	<p>5</p> <ul style="list-style-type: none">• Shepherd Pie with Turkey• Tossed Salad with Dressing• Whole Wheat Bread• Fruit• Milk	<p>6</p> <ul style="list-style-type: none">• Salmon Salad• Bowtie Pasta Salad• Red Cabbage Salad• Plain Pita• Fruit• Milk	<p>7</p> <ul style="list-style-type: none">• Roasted Chicken• Carrot Tzimmes• Potato Kugel• Challah Bread• Applesauce• Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>10</p> <ul style="list-style-type: none"> • Swedish Meatballs with Turkey • Egg Noodles • Steamed Sliced Carrots • Whole Wheat Bread • Fruit • Milk 	<p>11</p> <ul style="list-style-type: none"> • Dairy Free Eggplant Rollatini • Italian Blend • Vegetables • Whole Wheat Bread • Fruit • Milk 	<p>12</p> <ul style="list-style-type: none"> • Beef Pot Roast Sauteed Onions and Peppers • Broccoli Kugel • Roasted Sweet Potato Slices • Whole Wheat Bread • Fruit • Milk 	<p>13</p> <ul style="list-style-type: none"> • Teriyaki Baked Fish • White Rice • Steamed Green Beans • Whole Wheat Bread • Fruit • Milk 	<p>14</p> <ul style="list-style-type: none"> • Chicken Shawarma • Roasted Beets • Jeera Rice • Challah Bread • Applesauce • Milk
<p>17</p> <ul style="list-style-type: none"> • Homemade Tomato Sauce Turkey Meatballs • Garlic Bread • Italian Blend Vegetables • Fruit • Milk 	<p>18</p> <ul style="list-style-type: none"> • Hummus • Kasha Knish • Chickpeas • Israeli Salad • Whole Wheat Bread • Fruit • Milk 	<p>JASA IS CLOSED FOR JUNETEENTH! HAPPY HOLIDAYS!</p>	<p>20</p> <ul style="list-style-type: none"> • Fish Francaise • Mashed Potatoes • Spinach Souffle • Whole Wheat Bread • Fruit • Milk 	<p>21</p> <ul style="list-style-type: none"> • Hawaiian Chicken • Capri Blend Vegetables • Roasted Sweet • Potato Slices • Challah Bread • Applesauce • Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>24</p> <ul style="list-style-type: none"> • Chicken Marsala • White Rice • Italian Blend Vegetables • Whole Wheat Bread • Fruit • Milk 	<p>25</p> <ul style="list-style-type: none"> • Shepherd Pie with Turkey • Garden Salad • Whole Wheat Bread • Fruit • Milk 	<p>26</p> <ul style="list-style-type: none"> • Sweet and Sour Beef Meatballs • Egg Barley • Spinach Souffle • Whole Wheat Bread • Fruit • Milk 	<p>27</p> <ul style="list-style-type: none"> • Vegan Stuffed Bell Peppers • Brown Rice • Steamed Green Beans • Whole Wheat Bread • Fruit • Milk 	<p>28</p> <ul style="list-style-type: none"> • Roasted Chicken • Carrot Tzimmes • Potato Kugel • Challah Bread • Applesauce • Milk

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(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

Assistant Program Director: Rachel Fields

Transportation Coordinator: Gregorio Vera

NEW JUNE 2024 Activities/Programming

OPEN SUNDAY- JUNE 2- Center is open for lunch and activities

Boardwalk Talks with Alena- "Gratitude"- OHEL Engagement Group- June 7@12:00pm

"PREVENT ELDER ABUSE"- PRESENTATION FROM JAMAICA HOSPITAL - June 17@12:00pm

JUNETEENTH CELEBRATION! HAPPY HOLIDAYS! "Concerts in Motion" - LIVE CONCERT (In Person) - June 21@11:00am

Nutrition Lecture- "NUTRITION AND MEN'S HEALTH"- June 26th@11:00am

AILEY DANCE CULMINATING PRESENTATION- June 28 @11:45am

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