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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 • 10:00am- (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 1:00pm-2:00pm- (In Person) CHAIR YOGA • 2:00pm- (In Person)- Ceramics 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	2 • 08:30 am DMV • 09:00 am Farmer Market • 10:00am-4:00pm (In Person) Billiards -Pool Room; • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am - (In Person)- Get your blood pressure checked – Dining room; • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm (In Person) - ZUMBA GOLD	3 • 10:00 am Johnny's Reef Restaurant • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10am – (In Person) Billiards- Pool Rm; • 12:00pm (In Person)- Computer LAB; • 1:00pm- (In Person) - CHAIR YOGA	4 • 10:00 am - (in person) IKEA • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 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-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY • 12:00pm-1:00pm (In Person)- JASA Talent CLUB with Seva- TV Room; • 12:00pm- (In Person-) KOSHER RULES- Educational Presentation • 1:00pm- (In Person) - Mindfulness exercises WITH

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				ARGENIS
7 JASA CLOSED	8 • 10:00am- (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:30 am Movies & Lunch (In Person) • 1:00pm-2:00pm- (In Person) CHAIR YOGA • 2:00pm- (In Person)- Ceramics Class; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Pool Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) –	9 • 09:00 am Farmer Market • 10:00am-4:00pm (In Person) Billiards -Pool Room; • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 11:00am-12:30pm (In Person) - BIRTHDAY CLUB- Dining Room; • 12:30pm-2:30pm (In Person)-BINGO- Dining Room • 12:00pm (In Person)- Computer LAB;	10 • 09:45 am Costco (In Person) • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10am – (In Person) Billiards- Pool Rm; • 12:00pm (In Person)- Computer LAB; • 12:00pm- (In Person) Boardwalk Talks with Robbie " EMPTY NEST BUT FULL LIFE "- OHEL • 3:00pm-4:00pm- (In Person)- Russian Social Club • 1:00pm- (In Person) - CHAIR YOGA	11 • 9:00am-9:45am (In Person) – Computer class- Tech support with Anatoly- Dining room; • 9:45am-10:30am (In Person) – Fall Prevention Presentation with Anatoly- Dining room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am-11:00am (In Person)- Technology Lab

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	Technology Class	• 1:00pm-2:00pm (In Person) - ZUMBA GOLD • 2:00pm- (In Person) Library;	• 3:00pm-4:00pm- (In Person)- Russian Social Club	Computers with Seva- Computer Room; • 10:30 am Bank (In Person) • 11:00am-12:00pm (In Person)- Technology Lab Computers with Seva- Computer Room; • 10:00am-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY • 12:00pm-1:00pm (In Person)- JASA Talent CLUB with Seva- TV Room; • 1:00pm- (In Person) - Mindfulness exercises WITH ARGENIS
14 • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am- 11:15am- (In Person)- OATS Spanish Explore Tech Lectures • 10:00am - (In Person) ESL CLASS with Evelyn - Dining Rm; • 10am – (In Person) - Billiards - Pool Rm; • 10:30 am Grand Lux	15 • 10:00am- (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:40 am Bowling (In Person) • 1:00pm-2:00pm- (In Person) CHAIR YOGA • 2:00pm- (In Person)- Ceramics Class; • 2:00pm- (In Person) –	16 • 09:00 am Farmer Market (In Person) • 10am-3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am - (In Person)- Get your blood pressure checked – Dining room; • 10:00am-4:00pm (In Person) Billiards -Pool Room;	17 • 09:30 Stop & Shop (In Person) • 10:00am - (In Person) Art Movie- Dining Rm; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10am – (In Person) Billiards- Pool Rm; • 11:00am- (In Person-) Health Discussions-	18 • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am-11:00am (In Person)- Technology Lab Computers with Seva- Computer Room; • 10:30 am Burlington (In Person)

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restaurant & Shopping (In Person) • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm- (In Person)-BodyBreathFlow • 2:00pm- (In Person) Art Class	LINE DANCE WITH ANATOLY- Pool Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class	• 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm (In Person) - ZUMBA GOLD	Dining Room; • 12:00pm (In Person)- Computer LAB; • 12:00pm- (In Person) Boardwalk Talks with Robbie"SUICIDE PREVENTION" - OHEL • 1:00pm- (In Person) - CHAIR YOGA	• 11:00am-12:00pm (In Person)- Technology Lab Computers with Seva- Computer Room; • 10:00am-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY • 12:00pm-1:00pm (In Person)- JASA Talent CLUB with Seva- TV Room; • 1:00pm- (In Person) - Mindfulness exercises WITH ARGENIS
21 JASA CLOSED	22 • 10:00am- (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 1:00pm-2:00pm- (In Person) CHAIR YOGA • 2:00pm- (In Person)- Ceramics Class; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY- Pool Room; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) –	23 • 09:30 am Trader Joes (In Person) • 10:00am-4:00pm (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:30am-11:30am (In Person) – National Fall Prevention Awareness Month Presentation with Arnold- Dining room; • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm (In	24 • 09:00 am Ferry Trip (In Person) • 10:00am - (In Person) Art Movie- Dining Rm; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10am – (In Person) Billiards- Pool Rm; • 11:00am- (In Person-) Health Discussions- Dining Room; • 12:00pm (In Person)- Computer LAB; • 12:00pm- (In Person)	25 • 9:00am-9:45am (In Person) – Computer class- Tech support with Anatoly- Dining room; • 9:45am-10:30am (In Person) – Fall Prevention Presentation with Anatoly- Dining room; • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am-11:00am (In

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	Technology Class	Person) - ZUMBA GOLD	"Senior Safety" Lecture- with 101st Precinct Crime Prevention Officer- New York City Police Department-Dining; • 1:00pm- (In Person) - CHAIR YOGA	Person)- Technology Lab Computers with Seva- Computer Room; • 11:00am-12:00pm (In Person)- Technology Lab Computers with Seva- Computer Room; • 10:00am-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY • 12:00pm-1:00pm (In Person)- JASA Talent CLUB with Seva- TV Room; • 1:00pm- (In Person) - Mindfulness exercises WITH ARGENIS

28 • 10:00 am - (In Person) Green Acres Mall trip • 10:00am - (In Person) Movie Matinee- Dining Rm; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:00am - (In Person) ESL CLASS with Evelyn - Dining Rm; • 10am – (In Person) - Billiards - Pool Rm; • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm- (In Person) - BodyBreathFlow • 2:00pm- (In Person) Art Class	**29** • 10:00am- (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 10:40 am Bowling (In Person) • 1:00pm-2:00pm- (In Person) CHAIR YOGA • 2:00pm- (In Person)- Ceramics 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	**30** • 10:00am-4:00pm (In Person) Billiards -Pool Room; • 10:00am- 3:30pm- (In Person)- Puzzle Time - Dining Room • 11:00am-12:00pm- (In Person)- Nutrition Lecture- "Food Safety" • 12:00pm (In Person)- Computer LAB; • 1:00pm-2:00pm (In Person) - ZUMBA GOLD		

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September 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 • Whole Wheat Bean Burrito • Brown Rice • Tossed Salad • Whole Wheat Bread • Fruit • Low Fat Milk • Tuna Salad	2 • Stuffed Cabbage • Steamed Carrots • Whole Wheat Bread • Fruit • Low Fat Milk • Egg Salad	3 • Shepherd Pie • Tossed Salad • Whole Wheat Bread • Fruit • Low Fat Milk • Chickpea of the Sea Tuna Salad	4 • Baked Breaded Chicken Cutlet • Pasta Primavera Salad • Heath Slaw • Whole Wheat Bread • Fruit • Low Fat Milk • Salmon Salad
7 JASA CLOSED	8 • Chicken Shawarma • Spiced Majadra • Carrot Salad • Whole Wheat Bread • Fruit • Low Fat Milk • Tuna Salad	9 • Baked Salmon • Rice Pilaf • Israeli Salad • Whole Wheat Bread • Fruit • Low Fat Milk • Salmon Salad	10 • Meaty Vegetarian Moussaka • Beet Salad • Whole Wheat Bread • Fruit • Low Fat Milk • Chickpea of the Sea Tuna Salad	11 • No Noodle Chicken Chow Mein • Springtime Fried Brown Rice • Vegetable Mix • Whole Wheat Bread • Fruit • Low Fat Milk • Egg Salad

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14 • Turkey Meatballs • Pasta • Sauteed Spinach • Whole Wheat Bread • Fruit • Low Fat Milk • Egg Salad	**15** • Baked Breaded Fish Filets • Rice Pilaf • Broccoli Souffle • Whole Wheat Bread • Fruit • Low Fat Milk • Tuna Salad	**16** • Vegetarian Bean Chili • Brown Rice • Steamed Green Beans • Whole Grain Yellow Tortillas • Fruit • Low Fat Milk • Salmon Salad	**17** • Chicken Pot Pie • Tossed Salad • Whole Wheat Bread • Fruit • Low Fat Milk • Chickpea of the Sea Tuna Salad	**18** • Turkey Burger • Mashed Sweet Potatoes • Whole Wheat Bread • Fruit • Low Fat Milk • Egg Salad
21 JASA CLOSED	**22** • Shepherd Pie • Corn, Black Bean, Pepper Salad • Tomato & Cucumber Salad • Whole Wheat Bread • Fruit • Low Fat Milk • Tuna Salad	**23** • Baked Asian Style Honey Chicken • Springtime Fried Brown Rice • California Blend Vegetables • Whole Wheat Bread • Fruit • Low Fat Milk • Salmon Salad	**24** • Curry Chickpea Stew • Brown Rice • Tossed Salad • Whole Wheat Bread • Fruit • Low Fat Milk • Chickpea of the Sea Tuna Salad	**25** • Salmon Cakes • Cous Cous • Cucumber Salad • Whole Wheat Bread • Fruit • Low Fat Milk • Egg Salad

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28 • Turkey Chili con Carne • Brown Rice • Steamed Carrots • Whole Grain Yellow Corn Tortillas • Fruit • Low Fat Milk • Egg Salad	**29** • Kasha Knish • Israeli Salad • Whole Wheat Bread • Fruit • Low Fat Milk • Tuna Salad	**30** • Baked Breaded Fish Filets • Rice A Roni • Creamy Spinach • Whole Wheat Bread • Fruit • Low Fat Milk • Salmon Salad		

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

Brookdale Village Older Adult Center
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
Program Coordinator: Patricia Shenton - pshenton@jasa.org
Transportation Coordinator: Gregorio Vera - gvera@jasa.org

NEW September 2026 Activities/Programming

Get your blood pressure checked – Dining room- Wednesday, September 2 and September 16 @10:00am - (In Person);
Boardwalk Talks with Robbie - OHEL Engagement Group -Thursday, September 10 and September 17 @12:00pm;
"Senior Safety" Lecture- with 101st Precinct Crime Prevention Officer- New York City Police-Thursday,September 24th@12:00pm
Nutrition Lecture - "Food Safety"- Wednesday, September 30th@11:00am
BODYBREATHFLOW- every Monday@1pm, CHAIR YOGA - Every Tuesday and Thursday@1pm,ZUMBA GOLD -Every Wednesday @1pm, Mindfulness WITH ARGENIS - Every Friday @1pm
Technology Lab Computers with Seva- Computer Room- every Friday@ 10:00am-12:00pm (In Person)
ESL CLASS with Evelyn - Dining Rm- every Monday@10:00am - (In Person)
OATS- Spanish - Explore Tech Lectures @ 10:00am - 11:15am **-Mondays & Wednesdays (07/06/2026 - 09/14/2026)**
National Fall Prevention Awareness Month Presentation -September 11 and September 25@9:45am and September 23@10:30am- Dining Room
12:00pm-1:00pm (In Person)- JASA Talent CLUB with Seva-Friday@12pm- TV Room;
11:00am-12:30pm (In Person) - BIRTHDAY CLUB-Wednesday, September 9@11am- Dining Room;

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