





Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Calendar is subject to change*</p>  	<p>*Additional funding with generous grants from Councilwoman Selvena Brooks-Powers & Queens BP Donovan Richards*</p>	<p>ATTENTION!</p> <p>NEW CLASSES!</p> <p>EVERY TUESDAY STARTING ON JULY 12TH</p> <ul style="list-style-type: none"> • 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>ATTENTION!</p> <p>WHERE: DINING ROOM TIME: 1:00PM-3:45PM WHEN: TUESDAY, JULY19 AND JULY 26.</p> <p>(In Person) – NEW NOTARY PUBLIC SERVICE</p>	<p>1</p> <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 10:00am- (In Person-) Computer Lab • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 11:00am- (In Person-) Health Discussions- Dining Room;
<p>4</p> <p align="center">JASA IS CLOSED FOR INDEPENDENCE DAY</p>	<p>5</p> <ul style="list-style-type: none"> • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm – (In Person) - Billiards Pool Rm; • 1:00pm– (In Person) - ZUMBA GOLD WITH CYNTHIA 	<p>6</p> <ul style="list-style-type: none"> • 10:00am (In Person) Crocheting class with Joyce; • 10:00am- (In Person) Billiards -Pool Room; • 12:00pm- (In Person) Library 	<p>7</p> <ul style="list-style-type: none"> • 10:00am - TRIP to CAPITAL ONE BANK • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12pm – (In Person) Billiards- Pool Rm; • 1:00pm- (In Person) Dining Rm – Walk with Ease with Rachel- Evidence Based 	<p>8</p> <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 10:00am- (In Person-) Computer Lab • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 11:00am- (In Person-) Health Discussions- Dining Room;

<p>11</p> <ul style="list-style-type: none"> • 10:00am - TRIP to BRIGHTON BEACH • 11:00am - (In Person)- Get your blood pressure checked – Dining room • 12pm – (In Person) - Billiards Pool Rm; • 1:00pm - (In Person)- OATS COMPUTER BASICS; • 1:00pm- (In Person) - YOGA WITH CYNTHIA; • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) - Library; 	<p>12</p> <ul style="list-style-type: none"> • 9:30am- TRIP to DMV • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm – (In Person) - Billiards Pool Rm; • 1:00pm– (In Person) - ZUMBA GOLD WITH CYNTHIA • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class 	<p>13</p> <ul style="list-style-type: none"> • 10:00am (In Person) Crocheting class with Joyce; • 10:00am- (In Person) Billiards -Pool Room; • 12:00pm- (In Person) Library • 12:00pm-(ZOOM)- Concerts in Motion BROADWAY; • 1:00pm - (In Person)- OATS COMPUTER BASICS; 	<p>14</p> <ul style="list-style-type: none"> • 9:45am - TRIP to COSTCO • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12pm – (In Person) Billiards- Pool Rm; • 1:00pm- (In Person) Dining Rm – Walk with Ease with Rachel- Evidence Based 	<p>15</p> <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 10:00am- (In Person-) Computer Lab • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 11:00am- (In Person-) Health Discussions- Dining Room;
<p>18</p> <ul style="list-style-type: none"> • 10:45am - TRIP to LONGHORN STEAKHOUSE; • 12pm – (In Person) - Billiards Pool Rm; • 1:00pm - (In Person)- OATS COMPUTER BASICS; • 1:00pm- (In Person) - YOGA WITH CYNTHIA; • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) - Library; 	<p>19</p> <ul style="list-style-type: none"> • 9:30am - TRIP to TRADER JOE'S • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm – (In Person) - Billiards Pool Rm; • 1:00pm– (In Person) – NEW NOTARY PUBLIC SERVICE; • 1:00pm– (In Person) - ZUMBA GOLD WITH CYNTHIA; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY; • 3:00pm- (In Person) – Computer class Intermediate level; 	<p>20</p> <ul style="list-style-type: none"> • 10:00am (In Person) Crocheting class with Joyce; • 10:00am- (In Person) Billiards -Pool Room; • 12:00pm- (In Person) Library • 12:00pm-(ZOOM)- Concerts in Motion BROADWAY; • 12:00pm- (In Person) FASHION SHOW- GRADUATION DAY • 1:00pm - (In Person)- OATS COMPUTER BASICS; 	<p>21</p> <ul style="list-style-type: none"> • 9:45am- TRIP TO IKEA; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12pm – (In Person) Billiards- Pool Rm; • 12:00pm (In Person)- OHEL Boardwalk Talks-- DINING ROOM • 1:00pm- (In Person) Dining Rm – Walk with Ease with Rachel- Evidence Based 	<p>22</p> <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 10:00am- (In Person-) Computer Lab • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 11:00am- (In Person-) Health Discussions- Dining Room;

	<ul style="list-style-type: none"> • 3:45pm-- (In Person) – Technology Class 			
25 <ul style="list-style-type: none"> • 10:00am- TRIP TO GREEN ACRES MALL AND WALMART; • 11:00am - (In Person)- Get your blood pressure checked – Dining room • 12pm – (In Person) - Billiards Pool Rm; • 1:00pm - (In Person)- OATS COMPUTER BASICS; • 1:00pm- (In Person) - YOGA WITH CYNTHIA; • 2:00pm- (In Person)- Art Class; • 2:00pm- (In Person) - Library; 	26 <ul style="list-style-type: none"> • 10:30am- TRIP TO VINCENT'S RESTAURANT AND MOVIES • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm – (In Person) - Billiards Pool Rm; • 1:00pm– (In Person) – NEW NOTARY PUBLIC SERVICE; • 1:00pm– (In Person) - ZUMBA GOLD WITH CYNTHIA; • 2:00pm- (In Person) – LINE DANCE WITH ANATOLY; • 3:00pm- (In Person) – Computer class Intermediate level; • 3:45pm-- (In Person) – Technology Class 	27 <ul style="list-style-type: none"> • 10:00am (In Person) Crocheting class with Joyce; • 10:00am- (In Person) Billiards -Pool Room; • 10:30am- TRIP TO CHEESECAKE FACTORY AND TARGET • 11:00pm- (In Person)- Nutrition Lecture- Food Safety • 12:00pm- (In Person) Library • 12:00pm-(ZOOM)- Concerts in Motion BROADWAY; • 1:00pm - (In Person)- OATS COMPUTER BASICS; 	28 <ul style="list-style-type: none"> • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12pm – (In Person) Billiards- Pool Rm; • 1:00pm- (In Person) Dining Rm – Walk with Ease with Rachel- Evidence Based 	29 <ul style="list-style-type: none"> • 10am- (In Person) Billiards- Pool Rm; • 10:00am- (In Person-) Computer Lab • 10:00am – (In Person)- ESL- English as a Second Language- Dining Rm • 11:00am- (In Person-) Health Discussions- Dining Room;

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Daily Lunch Daily Hot Kosher Lunch- (Monday-Friday) 11:00 AM-1:00 PM DINING ROOM PLEASE CALL TO REGISTER 718-471-3200</p>	<p align="center">*Additional funding with generous grants from Councilwoman Selvena Brooks-Powers & Queens BP Donovan Richards*</p>	<p align="center">*Menu is subject to change*</p>  		<p>1</p> <ul style="list-style-type: none"> • Gefilte Fish • Potato Salad • Coleslaw • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah Bread
<p>4</p> <p align="center">JASA IS CLOSED FOR INDEPENDENCE DAY</p>	<p>5</p> <ul style="list-style-type: none"> • Beef Hamburger • Hamburger Bun • Cole Slaw • Red Bliss Potato Salad • Juice • Milk, low fat, 1% • Fruit • Margarine 	<p>6</p> <ul style="list-style-type: none"> • Chinese Style Chicken Patty • Smashed Red Potatoes • Roasted Beets • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>7</p> <ul style="list-style-type: none"> • Hawaiian Chicken with Vegetables • Toasted Barley and Onion • Steamed Carrots • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>8</p> <ul style="list-style-type: none"> • Salmon Salad • Tricolor Pasta Salad • Beet Salad • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah Bread
<p>11</p> <ul style="list-style-type: none"> • Turkey Meat Sauce • Pasta • Sautéed Zucchini • Yellow Squash • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>12</p> <ul style="list-style-type: none"> • Chicken Marsala • Roasted Beets • Smashed Red Potatoes • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>13</p> <ul style="list-style-type: none"> • Turkey Meat Sauce • Pasta • Italian Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>14</p> <ul style="list-style-type: none"> • Brown Gravy Roasted Chicken • Potato Kugel • Carrot Tzimmes • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>15</p> <ul style="list-style-type: none"> • Gefilte Fish • Roasted Red Potatoes • Health Salad • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah Bread

<p>18</p> <ul style="list-style-type: none"> • Fish Francaise • Rice A Roni • Steamed Carrots • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>19</p> <ul style="list-style-type: none"> • Baked Turkey Breast • Brown Gravy • Mashed Sweet Potatoes • Whole Grain Stuffing • Vegetable Mix • Juice • Milk, low fat, 1% • Fruit • Margarine 	<p>20</p> <ul style="list-style-type: none"> • BBQ Sauce Turkey Burger • Spiced Sweet Potatoes • Creamy Spinach • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>21</p> <ul style="list-style-type: none"> • Cranberry Chicken • Noodle Kugel • Green Beans • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>22</p> <ul style="list-style-type: none"> • Egg Salad • Bowtie Pasta • Three Bean Salad • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah Bread
<p>25</p> <ul style="list-style-type: none"> • Chinese Style Pepper Steak • Chow Fun Noodles • Oriental Blend Vegetables • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>26</p> <ul style="list-style-type: none"> • Black Beans and Mushrooms Vegan Burger • Hamburger Bun, plain • Homemade Mashed Potatoes • Green Bean Salad • Juice • Milk, low fat, 1% • Fruit • Margarine 	<p>27</p> <ul style="list-style-type: none"> • Chinese Style Chicken Patty • Smashed Red Potatoes • Roasted Beets • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>28</p> <ul style="list-style-type: none"> • Chicken Shawarma • Lentils with Spiced Rice and Caramelized Onions (Majadra) • Israeli Salad • Juice • Milk, low fat, 1% • Fruit • Margarine • Whole Wheat Bread 	<p>29</p> <ul style="list-style-type: none"> • Gefilte Fish • Macaroni and Pea Salad • Russian Coleslaw • Juice • Milk, low fat, 1% • Fruit • Margarine • Challah Bread



BROOKDALE OLDER ADULT CENTER
131 BEACH 19 STREET, FAR ROCKAWAY, NY 11691
Tel 718-471-3200
www.jasa.org

Open Daily Monday thru Friday 8:30 am-4:30 pm

Staff:

Program Director: Viktoriya Krugolets
Assistant Program Director: Rachel Fields
Transportation Coordinator: Gregorio Vera

Daily Lunch

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

Other Important Information

Associate Director Care and Case Management/Nutrition Services: Tania Collazo
Social Service Supervisor: Dawn Macklin
Advisory Board President: Raymond Daughtry

Contact Information

Senior Center Phone # 718-471-3200
Transportation Phone # 718-471-3200 Ex. 0202
Social Service Phone # 718-471-6677

Additional funding with generous grants from Councilwoman Selvena Brooks-Powers &
Queens BP Donovan Richards

