



JASA at the HES Older Adult Center
Phone Number: 718-251-3700
9502 Seaview Avenue, Brooklyn, NY,11236
June 2024 Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 <ul style="list-style-type: none"> 9am-10:30am ESL class with Irina (virtual) 10am-11am Chakra Yoga Dance (in-person) 11:30am-1pm Hot Congregate Lunch 12pm-12:45pm Afternoon Tea Time (in-person) 12:45pm-1:30pm SAIL (in-person) 	4 <ul style="list-style-type: none"> 10am-11am Yoga (in-person) 11am-12pm Zumba Gold (in-person) 10:30am-11:30 am Exercise with Mikhail (virtual) 11:30am-1pm Hot Congregate Lunch 12:30pm-2pm Library Time(in-person) 	5 <ul style="list-style-type: none"> 10am-11am Yoga (in-person) 11:30am-1pm Hot Congregate Lunch 12:15pm-1pm SAIL (in-person) 1:05pm-1:50pm Rhythmic Thunder (in-person) 2pm-2:45pm Leisure Games (in-person) 	6 <ul style="list-style-type: none"> 10am-10:45am Walk- A- Thon (in-person) 10:30am-11:30am Exercise with Mikhail (virtual) 11am-12pm Line Dance (in-person) 11:30am-1pm Hot Congregate Lunch 12:45pm-2:15pm Su-Casa Dancing Together (in-person) 	7 <ul style="list-style-type: none"> 9:30am-11am Su-Casa Dancing Together (in-person) 10am-11:30am Computer Lab (in-person) 11:30am-12:15pm Meditation (in-person) 11:30am-1pm Hot Congregate Lunch 12:30pm-1:30pm Elder Abuse and Advocacy Presentation (in-person) 	8

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10 <ul style="list-style-type: none"> 9am-10:30am ESL class with Irina (virtual) 10am-11am Chakra Yoga Dance (in-person) 11:30am-1pm Hot Congregate Lunch 11:30am-12:30pm Nutrition Education by NYC Grown (in-person) 12:45pm-1:30pm SAIL (in-person) 	11 <ul style="list-style-type: none"> 10am-11am Yoga (in-person) 11am-12pm Zumba Gold (in-person) 10:30am-11:30am Exercise with Mikhail (virtual) 11:30am-1pm Hot Congregate Lunch 12:30pm-1:15pm Health Lecture (in-person) 1:30pm-2:15pm Discussion Group (in-person) 	12 <p>Building Closed</p> <p>Celebrating Father's Day- Trip to Rise NY 9am-5pm</p>	13 <p>Building Closed</p> <p>Celebrating Juneteenth Day- Trip to the National Jazz Museum in Harlem 9:30am-5:30pm</p>	14 <ul style="list-style-type: none"> 9:30am-11am Su-Casa Dancing Together (in-person) 10am-11:30am Computer Lab (in-person) 11:30am-12:15pm Meditation (in-person) 11:30am-1pm Hot Congregate Lunch 12:30pm-2pm Creation Time (in-person) 	15

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 Happy Father's Day	17 <ul style="list-style-type: none"> 9am-10:30am ESL class with Irina (virtual) 10am-11am Chakra Yoga Dance (in-person) 11:30am-1pm Hot Congregate Lunch 12pm-12:45pm Afternoon Tea Time: What Does PRIDE Stand For? (in-person) 12:45pm-1:30pm SAIL (in-person) 	18 <ul style="list-style-type: none"> 10am-11am Yoga (in-person) 11am-12pm Zumba Gold (in-person) 10:30am-11:30am Exercise with Mikhail (virtual) 11:30am-1pm Hot Congregate Lunch 1:00pm-2:30pm Teatro Sea: The Colors of Frida (in-person) 	19 JASA Closed Juneteenth Day	20 <ul style="list-style-type: none"> 10:30am-11:30am Exercise with Mikhail (virtual) 11am-12pm Line Dance (in-person) 11:30am-1pm Hot Congregate Lunch 12:45pm-2:15pm Su-Casa Dancing Together (in-person) 	21 <ul style="list-style-type: none"> 10am-10:45am Walk- A- Thon (in-person) 11am-3pm Juneteenth Party (in-person) 11:30am-1pm Hot Congregate Lunch 	22

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24 <ul style="list-style-type: none"> 9am-10:30am ESL class with Irina (virtual) 10am-11am Chakra Yoga Dance (in-person) 11:30am-1pm Hot Congregate Lunch 12pm-12:45pm Afternoon Tea Time (in-person) 12:45pm-1:30pm SAIL (in-person) 	25 <ul style="list-style-type: none"> 10am-11am Yoga (in-person) 11am-12pm Tackling General Health, Prostate Cancer, E.D., For Men & Women In Their Lives Presentation (hybrid) 11am-12pm Zumba Gold (in-person) 10:30am-11:30am Exercise with Mikhail (virtual) 11:30am-1pm Hot Congregate Lunch 12:30pm-2:30pm Su-Casa Final Concert Performance (in-person) 	26 <ul style="list-style-type: none"> 10am-11am Yoga (in-person) 11am-1pm Macrame (in-person) 11:30am-1pm Hot Congregate Lunch 12pm-1pm Advisory Board Meeting (in-person) 12:15pm-1pm SAIL (in-person) 1:05pm-1:50pm Rhythmic Thunder (in-person) 2pm-2:45pm Leisure Games (in-person) 	27 <ul style="list-style-type: none"> 9:15am-10am Walk- A- Thon (in-person) 10am-11am Headaches and Migraines 101 Presentation (hybrid) 10:30am-11:30am Exercise with Mikhail (virtual) 11am-12pm Line Dance (in-person) 11:30am-1pm Hot Congregate Lunch 1pm-2pm Let us sing (in-person) 	28 <ul style="list-style-type: none"> 10am-11:30am Computer Lab (in-person) 11:30am-12:15pm Meditation (in-person) 11:30am-1pm Hot Congregate Lunch 12:30pm-2pm Creation Time (in-person) 	29

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June 2024 Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 	3 Classic Chicken Cacciatore Pasta (½ cup) Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk	4 Crispy Oven Baked Falafel Patties Hummus (¼ cup) Rice Pilaf Za'atar Spiced Israeli Salad Whole Wheat Pita Fruit 1% Low Fat Milk	5 Shepherd Pie with Turkey Tossed Salad with Dressing Whole Wheat Bread Fruit 1% Low Fat Milk	6 Salmon Salad Bowtie Pasta Salad Red Cabbage Salad Plain Pita Fruit 1% Low Fat Milk	7 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Fruit 1% Low Fat Milk	8

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10 Swedish Meatballs with Turkey (Dairy-Free) Egg Noodles Steamed Sliced Carrots Whole Wheat Bread Fruit 1% Low Fat Milk	11 Dairy Free Eggplant Rollatini Pasta (½ cup) Italian Blend Vegetables Whole Wheat Bread Fruit 1% Low Fat Milk	12 Beef Pot Roast Sauteed Onions and Peppers Roasted Sweet Potato Slices Broccoli Kugel Whole Wheat Bread Fruit 1% Low Fat Milk	13 Teriyaki Baked Fish White Rice (½ cup) Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk	14 Chicken Shawarma Jeera Rice (Cumin Spiced Rice) Roasted Beets Challah Bread Fruit 1% Low Fat Milk	15
16	17 Homemade Tomato Sauce (½ cup) Turkey Meatballs Pasta (½ cup) Italian Blend Vegetables Garlic Bread Fruit 1% Low Fat Milk	18 Hummus (¼ cup) Kasha Knish Chickpeas (½ cup) Israeli Salad Whole Wheat Bread Fruit 1% Low Fat Milk	19 Stuffed Cabbage with Beef Kasha Varnishkes Steamed Carrots Whole Wheat Bread Fruit 1% Low Fat Milk	20 Fish Francaise Mashed Potatoes (4 oz) Spinach Souffle Whole Wheat Bread Fruit 1% Low Fat Milk	21 Hawaiian Chicken Roasted Sweet Potato Slices Capri Blend Vegetables Challah Bread Fruit 1% Low Fat Milk	22

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24 Chicken Marsala White Rice (½ cup) Italian Blend Vegetables Whole Wheat Bread Fruit 1% Low Fat Milk	25 Shepherd Pie with Turkey Garden Salad Whole Wheat Bread Fruit 1% Low Fat Milk	26 Sweet and Sour Beef Meatballs Egg Barley Spinach Souffle Whole Wheat Bread Fruit 1% Low Fat Milk	27 Vegan Stuffed Bell Peppers Brown Rice (½ cup) Steamed Green Beans Whole Wheat Bread Fruit 1% Low Fat Milk	28 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Fruit 1% Low Fat Milk	29

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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

JASA at the HES Older Adult Center Staff:

Program Director: Olha Medytska email: omedytska@jasa.org

Assistant Director: Nataliya Stefanyshyn email: nstefanyshyn@jasa.org

Program Coordinator: Lillian McPhaul email: lmcphaul@jasa.org

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June 2024 Special Activities:

Tuesday, June 4 2024

12:30pm-2pm Library Time (in-person)

Friday, June 7 2024

12:30pm-1:30pm Elder Abuse and Advocacy Presentation (in-person)

Monday, June 10 2024

11:30am-12:30pm Nutrition Education by NYC Grown (in-person)

Wednesday, June 12 2024

9am-5pm Celebrating Father's Day- Trip to Rise NY (in-person)

Thursday, June 13 2024

9:30am-5:30pm Celebrating Juneteenth Day- Trip to the National Jazz Museum in Harlem (in-person)

Monday, June 17 2024

12pm-12:45pm Afternoon Tea Time Presentation: What Does PRIDE Stand For? (in-person)

Tuesday, June 18 2024

1:00pm-2:30pm Teatro Sea: The Colors of Frida (in-person)

Friday, June 21 2024

11am-3pm Juneteenth Party (in-person)

Tuesday, June 25 2024

11am-12pm Tackling General Health, Prostate Cancer, E,D., For Men & Women In Their Lives Presentation by NYC Aging and Mount Sinai Hospital (hybrid)

12:30pm-2:30pm Su-Casa Final Performance (in-person)

Tuesday, June 27 2024

10am-11am Headaches and Migraines 101 Presentation by NYC Aging and ST. John's University (hybrid)

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Links to join virtual classes/presentations:

Exercise with Mikhail (virtual)

Tuesday and Thursday
(10:30am-11:30am)

<https://us06web.zoom.us/j/88406667009?pwd=UWRJeFdneU9tOEhtSEdnMCSyWXpwUT09>

Meeting ID: 884 0666 7009

Passcode: 793070

ESL with IRINA (virtual)

Mondays 9:00am-10:30am

<https://us06web.zoom.us/j/83345946594?pwd=S1NHOUFuaXhBZ1dhaHc4NXpkVIIQUT09>

Meeting ID: 833 4594 6594

Passcode: 843764

Tuesday, June 25 2024

11am-12pm Tackling General Health, Prostate Cancer, E.D., For Men & Women In Their Lives Presentation by NYC Aging and Mount Sinai Hospital (hybrid)

<https://us02web.zoom.us/j/85412341929?pwd=TE44YWRpWllrbkFycXhCTlg5Y1ppdz09>

Meeting ID: 854 1234 1929

Call:1-929-436-2866

Passcode:778886

Tuesday, June 27 2024

10am-11am Headaches and Migraines 101 Presentation by NYC Aging and ST. John's University (hybrid)

<HTTPS://US02WEB.ZOOM.US/J/84527028458 PWD=AWLXTGNBM1L6DVPVT1ZNQK1MM1ZDDZ09>

Meeting ID: 845 2702 8458

Passcode: 152161

Call:1- 646-893-7101

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