





JASA BROOKDALE VILLAGE OLDER ADULT CENTER
131 BEACH 19 STREET FAR ROCKAWAY, NY, 11691 * Tel 718-471-3200
MARCH 2024 ACTIVITIES





Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Calendar is subject to change</p>  				<p>1</p> <ul style="list-style-type: none"> • 9:00am-10:30am (In Person)- Computer with Rasul- Computer Room; • 10:00am- (In Person-) Health Discussions- Dining Room; • 10:30am-12:00 (In Person)- Technology class with Rasul- Computer Room; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person) Library • 1:00pm-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY
<p>4</p> <ul style="list-style-type: none"> • 10:00am-11:30am (In Person)-Computer LAB; • 10am – (In Person) - Billiards Pool Rm; • 10:30am - TRIP to DALLAS BBQ; • 11:00am - (In Person)- Get your blood pressure checked – Dining room; • 11:30am - (In Person) Art Movie- Dining Rm; • 1:00pm- (In Person) - 	<p>5</p> <ul style="list-style-type: none"> • 9:30am - TRIP to DMV; • 10:00am-11:30am (In Person)-Computer LAB- Computer Room; • 10:00am – (In Person) - Billiards Pool Rm; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person) Library; 	<p>6</p> <ul style="list-style-type: none"> • 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- 	<p>7</p> <ul style="list-style-type: none"> • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am - (In Person) Art Movie- Dining Rm; • 10:00am- (In Person) - WALKING CLUB WITH RACHEL- Dining room; • 10am – (In Person) Billiards- Pool Rm; • 11:30am (In Person)- Computer LAB; 	<p>8</p> <ul style="list-style-type: none"> • 9:00am-10:30am (In Person)- Computer with Rasul- Computer Room; • 9:30am - TRIP to Trader Joes; • 10:00am- (In Person-) Health Discussions- Dining Room; • 10:30am-12:00pm (In Person)- Technology class with Rasul- Computer Room;

<p>ZUMBA GOLD WITH CYNTHIA – Dining room;</p> <ul style="list-style-type: none"> • 2:00pm- (In Person) - Library; 	<ul style="list-style-type: none"> • 1:00pm– (In Person) - YOGA WITH CYNTHIA – Dining room; • 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 	<p>LADIES ONLY;</p> <ul style="list-style-type: none"> • 2:00pm- (In Person) Library 	<ul style="list-style-type: none"> • 12:00pm- (In Person) Boardwalk Talks with Alena- “How to be More Mindful in Spring”.” - OHEL Engagement Group- Dining Room; • 1:00pm- (In Person)- CHAKRA DANCE WITH CYNTHIA- Dining Room 	<ul style="list-style-type: none"> • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person)- KOSHER RULES- Educational Presentation • 12:00pm- (In Person) Library; • 1:00pm-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY
<p>11</p> <ul style="list-style-type: none"> • 9:30am - TRIP to Roosevelt Field Mall; • 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>12</p> <ul style="list-style-type: none"> • 10:00am-11:30am (In Person)-Computer LAB-Computer Room; • 10:00am – (In Person) - Billiards Pool Rm; • 10:45am - TRIP to MOVIES and LUNCH; • 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>13</p> <ul style="list-style-type: none"> • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am- (In Person) Billiards -Pool Room; • 10:30am- (In Person) Medicare VNS Health-TAI CHI Presentation- Dining 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>14</p> <ul style="list-style-type: none"> • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am - (In Person) Art Movie- Dining Rm; • 10:00am- (In Person) - WALKING CLUB WITH RACHEL- Dining room; • 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>15</p> <ul style="list-style-type: none"> • 9:00am-10:30am (In Person)- Computer with Rasul- Computer Room; • 10:30am - BANK TRIP; • 10:00am- (In Person-) Health Discussions- Dining Room; • 10:30am-12:00pm (In Person)- Technology class with Rasul- Computer Room; • 12:00pm - 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

<p>18</p> <ul style="list-style-type: none"> • 10:00am - TRIP TO GOLDEN CORRAL; • 10:00am-11:30am (In Person)-Computer LAB; • 10:00am - (In Person)- Get your blood pressure checked – Dining room; • 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>19</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>20</p> <ul style="list-style-type: none"> • 8:45am - TRIP TO RESORT WORLD CASINO; • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am- (In Person) Billiards -Pool Room; • 10:30am- (In Person) Medicare VNS Health-Self-Defense Presentation- Dining 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>21</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>22</p> <ul style="list-style-type: none"> • 9:00am-10:30am (In Person)- Computer with Rasul- Computer Room; • 10:00am- (In Person-) Health Discussions- Dining Room; • 10:30am-12:00pm (In Person)- Technology class with Rasul- Computer Room; • 11:00am - (In Person) Movie Matinee- Dining Rm; • 12:00pm- (In Person) Library; • 1:00pm-4:00pm (In Person) Billiards -Pool Room-LADIES ONLY
<p>25</p> <ul style="list-style-type: none"> • 10:00am - TRIP TO CHEESECAKE FACTORY; • 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; 	<p>26</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) - 	<p>27</p> <ul style="list-style-type: none"> • 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-NATIONAL NUTRITION 	<p>28</p> <ul style="list-style-type: none"> • 9:30am - TRIP to STOP & SHOP, LOWES HOME & NATIONWIDE; • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am - (In Person) Art Movie- Dining Rm; • 10:00am- (In Person) - WALKING CLUB WITH RACHEL- Dining room; 	<p>29</p> <ul style="list-style-type: none"> • 9:00am-10:30am (In Person)- Computer with Rasul- Computer Room; • 10:00am- (In Person-) Health Discussions- Dining Room; • 10:30am-12:00pm (In Person)- Technology class with Rasul- Computer Room; • 11:00am - (In Person) Movie Matinee- Dining

<ul style="list-style-type: none"> • 2:00pm- (In Person) - Library; 	<p>YOGA WITH CYNTHIA – Dining room;</p> <ul style="list-style-type: none"> • 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>MONTH;</p> <ul style="list-style-type: none"> • 1:00pm-4:00pm (In Person)- Billiards -Pool Room- LADIES ONLY; • 2:00pm- (In Person) Library 	<ul style="list-style-type: none"> • 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>Rm;</p> <ul style="list-style-type: none"> • 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>*Additional funding with generous grants from Councilwoman Selvena Brooks-Powers & Queens BP Donovan Richards</p>	<p>PROUD PARTNER  </p>			<p>1</p> <ul style="list-style-type: none"> • Chicken Francaise • Rice A Roni • Sauteed Zucchini • Milk, low fat, 1% • Fruit • Challah Bread
<p>4</p> <ul style="list-style-type: none"> • Turkey Meatballs • Garlic Bread • Pasta • Italian Blend Vegetables • Milk, low fat, 1% • Fruit 	<p>5</p> <ul style="list-style-type: none"> • Vegetarian Three Bean Chili • Brown Rice • Italian Blend Vegetables • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>6</p> <ul style="list-style-type: none"> • Stuffed Cabbage with Beef • Kasha Varnishkes • Capri Blend Vegetables • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>7</p> <ul style="list-style-type: none"> • Fish Francaise • Creamy Spinach • Roasted Butternut Squash • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>8</p> <ul style="list-style-type: none"> • Hawaiian Chicken • White Rice • Steamed Carrots • Milk, low fat, 1% • Fruit • Challah Bread
<p>11</p> <ul style="list-style-type: none"> • Chicken Marsala • White Rice • Italian Blend Vegetables • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>12</p> <ul style="list-style-type: none"> • Shepherd Pie with Beef and Turkey • Garden Salad • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>13</p> <ul style="list-style-type: none"> • Sweet and Sour Meatballs • Egg Noodles • Creamy Spinach • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>14</p> <ul style="list-style-type: none"> • Curry Chickpea Stew • Brown Rice • Steamed Green Beans • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>15</p> <ul style="list-style-type: none"> • Corned Beef • Cabbage • Boiled Potatoes • Milk, low fat, 1% • Fruit • Whole Wheat Bread • SPECIAL DESSERT
<p>18</p> <ul style="list-style-type: none"> • Turkey Burger • Roasted Potatoes • California Blend Vegetables • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>19</p> <ul style="list-style-type: none"> • Beef Meatloaf with Mushroom Gravy • Creamy Spinach • Mashed Sweet Potatoes • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>20</p> <ul style="list-style-type: none"> • Fish Francaise • Rice A Roni • Steamed Zucchini • Milk, low fat, 1% • Fruit • Whole Wheat Bread 	<p>21</p> <ul style="list-style-type: none"> • Dairy Free Eggplant Rollatini • Fusilli Pasta • Steamed Carrots • Milk, low fat, 1% • Fruit • Garlic Bread 	<p>22</p> <ul style="list-style-type: none"> • Cranberry Chicken • Sweet Noodle Kugel • Vegetable Mix • Milk, low fat, 1% • Fruit • Challah Bread

25

- Chinese Style Pepper Steak
- Vegetable Lo Mein
- Oriental Blend Vegetables
- Milk, low fat, 1%
- Fruit
- Whole Wheat Bread

26

- Turkey Meatloaf
- Mashed Sweet Potatoes
- Vegetable Mix
- Milk, low fat, 1%
- Fruit
- Whole Wheat Bread

27

- Salmon Cakes
- Roasted Butternut Squash
- Steamed Zucchini
- Milk, low fat, 1%
- Fruit
- Whole Wheat Bread

28

- Whole Wheat Bean Burrito
- Tossed Salad w/ Dressing
- Milk, low fat, 1%
- Fruit

29

- Asian Style Honey Chicken
- White Rice
- Steamed Carrots
- Challah Bread
- Applesauce



BROOKDALE VILLAGE 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

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

