




MARCH 2024 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Program is subject to change.</p>				<p>1 11:00am Movie/Discussion (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm CHAIR YOGA w/Dinara (hybrid) (CANCELLED) 3:00pm Leisure Games (in-person)</p>
<p>4 9:00am-11:00am CHINESE KARAOKE (in-person) 11:00am-12:30pm FINE ART w/Roza (in-person) 11:30am-1:00pm Congregate Lunch 3:15pm EB SAIL FITNESS w/Anatoly (in person) 4:00pm Technology in Class (in-person) for Russian speaking</p>	<p>5 10:00am Blood Pressure Screening 10:00am Garden Club (indoor & outdoor) 11:30am-1:00pm Congregate Lunch 12:00pm MEDICAID/MEDICARE PRESENTATION (in-person) 1:00pm Leisure Bingo (in-person) 2:30pm Health & Wellness Discussion Group (in Person)</p>	<p>6 10:00am Blood Pressure Screening 10:00am-11:30am CERAMIC ART w/Jennifer (in-person) 11:30am-1:00pm Congregate Lunch 12:30PM JEWELRY DESIGN (in-person) 1:00PM CHAIR YOGA w/Dinara (hybrid) 3:15pm EB SAIL FITNESS w/Anatoly (in person) 4:00pm Technology in Class for beginners (in-person) for Russian speaking</p>	<p>7 10:30am AEROBIC w/Iouri (hybrid) 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 12:00PM INTERNATIONAL WOMEN'S DAY CELEBRATION w/LIVE MUSIC 12:30pm Crochet Class (in-person) 3:15pm ESL (in-person) Medium Level for Russian speaking 4:00PM TRIP TO JASA ART EXHIBITION (Participants of Art program)</p>	<p>8 11:00am Movie/Discussion (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm CHAIR YOGA w/Dinara (hybrid) 3:00pm Leisure Games (in-person)</p>
<p>11 9:00am-11:00am CHINESE KARAOKE (in-person) 11:00am-12:30pm FINE ART w/Roza (in-person) 11:30am-1:00pm Congregate Lunch 3:15pm EB SAIL FITNESS w/Anatoly (in person) 4:00pm Technology in Class (in-person) for Russian speaking</p>	<p>12 10:00am Blood Pressure Screening 10:00am Garden Club (indoor & outdoor) 11:30am-1:00pm Congregate Lunch 12:00pm FIRE SAFETY EDUCATION (in-person) 1:00pm Leisure Bingo (in-person) 2:30pm Health & Wellness Discussion Group (in Person)</p>	<p>13 10:00am Blood Pressure Screening 10:00am-11:30am CERAMIC ART w/Jennifer (in-person) 11:30am-1:00pm Congregate Lunch 3:15pm EB SAIL FITNESS w/Anatoly (in person) 4:00pm Technology in Class for beginners (in-person) for Russian speaking</p>	<p>14 10:30am AEROBIC w/Iouri (hybrid) 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 12:30pm Crochet Class (in-person) 3:15pm ESL (in-person) Medium Level for Russian speaking</p>	<p>15 11:00am St. PATRICK'S DAY "RIVERDANCE SHOW" on video (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm CHAIR YOGA w/Dinara (hybrid) 3:00pm Leisure Games (in-person)</p>

<p>18 9:00am-11:00am CHINESE KARAOKE (in-person) 11:00am-12:30pm FINE ART w/Roza (in-person) 11:30am-1:00pm Congregate Lunch 3:15pm EB SAIL FITNESS w/Anatoly (in person) 4:00pm Technology in Class (in-person) for Russian speaking</p>	<p>19 9:15am TRIP TO GATE WAY SHOPPING MALL 10:00am Blood Pressure Screening 10:00am Garden Club (indoor & outdoor) 11:30am-1:00pm Congregate Lunch 12:00pm NUTRITION EDUCATION (in-person) 1:00pm Leisure Bingo (in-person) 2:30pm Health & Wellness Discussion Group (in Person)</p>	<p>20 10:00am Blood Pressure Screening 10:00am-11:30am CERAMIC ART w/Jennifer (in-person) 11:30am-1:00pm Congregate Lunch 3:15pm EB SAIL FITNESS w/Anatoly (in person) 4:00pm Technology in Class for beginners (in-person) for Russian speaking</p>	<p>21 10:30am AEROBIC w/Iouri (hybrid) 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 12:30pm Crochet Class (in-person) 3:15pm ESL (in-person) Medium Level for Russian speaking</p>	<p>22 11:00am Movie/Discussion (in-person) 11:30am-1:00pm Congregate Lunch 12:00pm PURIM CELEBRATION w/LIVE MUSIC 1:00pm CHAIR YOGA w/Dinara (hybrid) 3:00pm Leisure Games (in-person)</p>
<p>25 9:00am-11:00am CHINESE KARAOKE (in-person) 11:00am-12:30pm FINE ART w/Roza (in-person) 11:30am-1:00pm Congregate Lunch 3:15pm EB SAIL FITNESS w/Anatoly (in person) 4:00pm Technology in Class (in-person) for Russian speaking</p>	<p>26 10:00am Blood Pressure Screening 10:00am Garden Club (indoor & outdoor) 11:30am-1:00pm Congregate Lunch 1:00pm Leisure Bingo (in-person) 2:30pm Health & Wellness Discussion Group (in Person)</p>	<p>27 10:00am Blood Pressure Screening 10:00am-11:30am CERAMIC ART w/Jennifer (in-person) 11:30am-1:00pm Congregate Lunch 12:30PM JEWELRY DESIGN (in-person) 3:15pm EB SAIL FITNESS w/Anatoly (in person) 4:00pm Technology in Class for beginners (in-person) for Russian speaking</p>	<p>28 10:30am AEROBIC w/Iouri (hybrid)) 11:00am Library/Book Discussion (in-person) 11:30am-1:00pm Congregate Lunch 12:30pm Crochet Class (in-person) 3:15pm ESL (in-person) Medium Level for Russian speaking</p>	<p>29 11:00am Movie/Discussion (in-person) 11:30am-1:00pm Congregate Lunch 1:00pm CHAIR YOGA w/Dinara (hybrid) 3:00pm Leisure Games (in-person)</p>



SCHEUER HOUSE OF CI OAC * 3601 Surf Ave, Brooklyn, NY 11224 * Tel 718-373-3954



MARCH 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Hot Kosher Lunch- (Monday-Friday) 11:30 AM-1:00 PM IN DINING ROOM PLEASE CALL TO REGISTER 718-373-3954 *Menu is subject to change*				1 Chicken Francaise • Rice A Roni • Sauteed Zucchini • Milk, low fat, 1% • Fruit • Challah Bread
4 • Turkey Meatballs • Garlic Bread • Pasta • Italian Blend Vegetables • Milk, low fat, 1% • Fruit	5 Vegetarian Three Bean Chili • Brown Rice • Italian Blend Vegetables • Milk, low fat, 1% • Fruit • Whole Wheat Bread	6 Stuffed Cabbage with Beef • Kasha Varnishkes • Capri Blend Vegetables • Milk, low fat, 1% • Fruit • Whole Wheat Bread	7 Fish Francaise • Creamy Spinach • Roasted Butternut Squash • Milk, low fat, 1% • Fruit • Whole Wheat Bread	8 Hawaiian Chicken • White Rice • Steamed Carrots • Milk, low fat, 1% • Fruit • Challah Bread
11 Chicken Marsala • White Rice • Italian Blend Vegetables • Milk, low fat, 1% • Fruit • Whole Wheat Bread	12 • Shepherd Pie with Beef and Turkey • Garden Salad • Milk, low fat, 1% • Fruit • Whole Wheat Bread	13 Sweet and Sour Meatballs • Egg Noodles • Creamy Spinach • Milk, low fat, 1% • Fruit • Whole Wheat Bread	14 Corned Beef • Cabbage • Boiled Potatoes • Milk, low fat, 1% • Fruit • Whole Wheat Bread • SPECIAL DESSERT	15 Roasted Chicken w/Brown Gravy • Potato Kugel • Carrot Tsimmes • Milk, low fat, 1% • Fruit • Challah Bread
18 Turkey Burger • Roasted Potatoes • California Blend Vegetables • Milk, low fat, 1% • Fruit • Whole Wheat Bread	19 Beef Meatloaf with Mushroom Gravy • Creamy Spinach • Mashed Sweet Potatoes • Milk, low fat, 1% • Fruit • Whole Wheat Bread	20 Fish Francaise • Rice A Roni • Steamed Zucchini • Milk, low fat, 1% • Fruit • Whole Wheat Bread	21 Dairy Free Eggplant Rollatini • Fusilli Pasta • Steamed Carrots • Milk, low fat, 1% • Fruit • Garlic Bread	22 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



SCHEUER HOUSE OF CI OAC & LUNA PARK ANNEX
3601 Surf Ave
Brooklyn, NY 11224
Tel 718-373-3954
www.jasa.org

Hours

Open Daily Monday through Friday 9:00 am-5:00 pm

Staff:

Program Director: Lidia Shneyer
Program Coordinator: Anzhela Savka
Case Manager: Nansi Harb

Daily Lunch

Daily Hot Kosher Lunch-(Monday-Friday)
11:30 AM-1:00 PM- DINING ROOM

Additional funding with generous grants from Councilman A. Kagan



SCHEUER HOUSE OF CI OAC & LUNA PARK ANNEX

Virtual Classes on Zoom

12:00 AM-1:00 PM (Weekly on Mondays, on-zoom)

CONCERTS IN MOTION: CLASSICAL

Dial-In Phone Number: 646-558-8656

Meeting ID: 869-9164-0881

Zoom Link: <https://us02web.zoom.us/j/86991640881>

12:00 AM-1:00 PM (Weekly on Tuesdays, on-zoom)

CONCERTS IN MOTION: JAZZ/BROADWAY

Dial-In Phone Number: 929-205-6099

Meeting ID: 835-6035-3700

Zoom Link: <https://us02web.zoom.us/j/83560353700>

11:00 AM-12:00 PM (Weekly on Wednesdays, on-zoom)

CONCERTS IN MOTION: RUSSIAN CONCERT

Dial-In Phone Number: 646-558-8656

Meeting ID: 869-9164-0881

Zoom Link: <https://us02web.zoom.us/j/86991640881>

10:30AM-11:30AM (weekly on Thursdays, hybrid)

AEROBIC w/louri

<https://us06web.zoom.us/j/88273025615?pwd=MFI3SFJOTHFhSFIPeHV0YnhiNm9vQT09>

Meeting ID: 882 7302 5615

Passcode: 211454

12:00 PM-1:00 PM (Weekly on Thursday, on-zoom)

SPANISH CONCERT

Dial-In Phone Number: 1 929-205-6099

Meeting ID: 835-6035-3700

Zoom Link: <https://us02web.zoom.us/j/83560353700>

1:00PM-2:00PM (weekly on Fridays, hybrid)

CHAIR YOGA w/Dinara

<https://us06web.zoom.us/j/82070217370?pwd=c1VNTnFuVUZvUGIINi9CT2d4VzhQdz09>

Meeting ID: 820 7021 7370

Passcode: 796835

2:00 PM-3:00 PM (Weekly on Fridays, on-zoom)

CONCERTS IN MOTION: MOTOWN/SOUL

Dial-In Phone Number: 929 205 6099

Meeting ID: 426 474 125

Zoom Link: <https://zoom.us/j/426474125>
