



SEPTEMBER 2021

BROOKDALE VILLAGE SENIOR CENTER

VIRTUAL CLASSES call 718-471-3200 to register

MONDAY

11:00am -12:00pm
Concerts in Motion classical

11:00am-12:00pm
Tai Chi with Joe Rockaway Park

1:00pm-2:00pm
CREATIVE WRITING WITH ELIZABETH

2:00pm -3:00pm July 12th- September 14th
OATS Russian Computer with KES

TUESDAY

9:30am-10:30am
SILVER SNEAKERS IN RUSSIAN

10:00am-11:00am
ENGLISH Computer

10:00am-11:00am
Yoga Dance with Christine

2:00pm -3:00pm July 12th- September 14th
OATS Russian Computer with KES

3:00pm-4:00pm
English Virtual city tours

WEDNESDAY

9:30am-10:15am
Dance Movement with Lisa

11:00am-12:00pm
NIA Stretching with Monica Rockaway Park

12:00pm-1:00pm
Concerts in Motion BROADWAY

12:00pm-1:00pm September 1st ONLY
OHEL Boardwalk Talks

1:00pm-2:00pm September 15th ONLY
Nutrition Lecture with Stephanie Cordaro

10:00am-12:00pm –Crocheting class with
Joyce- DINING ROOM

10:00am-12:00pm –Computer Lab by
APPOINTMENT ONLY

THURSDAY

9:30am-10:30am
CHAIR EXERCISE in RUSSIAN

10:00am-11:00am
ENGLISH Computer

11:00am -12:00pm
Yoga from Rockaway Park

1:00pm-2:00pm
RUSSIAN Computer

1:00pm-1:45pm
Walking club with Rachel

FRIDAY

9:00am-10:00am
NIA Stretching with Monica

10:00am-11:00am
Tai Chi with Joe

11:00am-12:00pm
RUSSIAN Computer

12:00pm-1:00pm
Latin Concert

2:00pm-4:00pm
Movie club

CONTACT

VIKTORIYA KRUGOLETS
VKRUGOLETS@JASA.ORG

718-471-3200

131 BEACH 19 STREET, FAR ROCKAWAY, NY 11691

MORE INFORMATION

JASA offers hundreds of additional FREE virtual classes through our other senior centers. Check out

www.jasa.org/events/senior-center-virtual-events

