



JASA Senior Alliance Older Adult Center

Phone Number (718) 646-4100
161 Corbin Place, Brooklyn, NY, 11235

FEBRUARY 2025 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9:15am-10:15am Silver Sneakers with Mike 10:00am-12:00pm Classical Art Class -Tatiana 10:00am - 4:00pm Tablets Free Time Library 10:00am - 11:00am Current Events Discussion 10:30am-11:15am Dance Class with Angela 3:00pm-4:00pm Virtual Tai-Chi Class will be presented on big screen TV in the Center dining room</p>	<p>4 9:00am-9:45am SAIL - Anatoly 10:00am-10:45am Zumba- Lisa 10:00am-11:00am Computer with Anatoly 10:00am-11:00am Blood Pressure Monitoring 10:00am - 4:00pm TECH 101 11:00am-12:00pm Discussion Group with Clinical Social Worker 11:00am-12:00pm Lecture Great Composer Johann S. Bach with Tatyana Gelfand (Russian) 11:00am-12:00pm Crochet Club 12:00pm-2:00pm "Dance with Us" with Irina</p>	<p>5 9:00am-10:15am Yoga - Lena 10:00am-4:00pm TECH 101 10:00am - 11:15am TECH Smartphone Apps Class NEW!!! 10:30am-11:30am Exercise Class - Iouri 12:00pm-1:00pm Blood Pressure Monitoring 2:00pm-3:30pm ESL – Elementary with Lana</p>	<p>6 9:00am-9:45am SAIL - Anatoly 10:00am-10:45am Zumba - Lisa 10:00am-11:00am Computer with Anatoly 10:00am-4:00pm TECH 101 10:00am-11:00am Current Events Discussion Club 10:00am-12:00pm Book Club with Zoya 11:00am-12:00pm Discussion Group with Clinical Social Worker 12:00pm-1:30pm ESL-MID with Lyuba 2:00pm-3:30pm ESL – Elementary with Lana 3:00pm-4:00pm Virtual Tai-Chi Class will be presented on big screen TV in the Center dining room</p>	<p>7 9:15am-10:15am Chair Exercise with Mike 10:00am -11:15am TECH Smartphone Apps Class NEW!!! 10:30am-11:15am Dance Class with Angela 11:00am- 12:00pm ESL for Beginners with Irina 11:45am-12:45pm Exercise Class with Iouri 12:30pm-2:00pm ESL Class with Yelena advanced 1:00pm-2:00pm Spirituality Hour with Rabbi Barry Melman</p>



Partially funded by: Councilwoman Inna Vernikov



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<p>10 9:15am-10:15am Silver Sneakers with Mike 10:00am -11:15am TECH Smartphone Apps WORKSHOP MTA App & Shopping online TEMU AMAZON 10:00am -12:00pm Classical Art Class -Tatiana 10:00am - 4:00pm Tablets Free Time Library 10:00am -11:00am Current Events Discussion 10:30am-11:15am Dance Class with Angela 3:00pm-4:00pm Virtual Tai-Chi Class will be presented on big screen TV in the Center dining room</p>	<p>11 9:00am-9:45am SAIL - Anatoly 10:00am-10:45am Zumba- Lisa 10:00am-11:00am Computer with Anatoly 10:00am-11:00am Blood Pressure Monitoring 10:00am - 4:00pm TECH 101 11:00am-12:00pm Discussion Group with Clinical Social Worker 11:00am-12:00pm Crochet Club 11:00am-2:00pm Food Packages Distribution 12:00pm-2:00pm "Dance with Us" with Irina</p>	<p>12 9:00am-10:15am Yoga - Lena 10:00am-4:00pm TECH 101 10:30am-11:30am Exercise Class - Iouri 11:00am-2:00pm Food Packages Distribution 12:00pm-1:00pm Blood Pressure Monitoring 2:00pm-3:30pm ESL - Elementary with Lana Discussion Group - Abraham Lincoln's Birthday</p>	<p>13 9:00am-9:45am SAIL - Anatoly 10:00am-10:45am Zumba - Lisa 10:00am-11:00am Computer with Anatoly 10:00am-4:00pm TECH 101 10:00am-11:00am Current Events Discussion Club 10:00am-12:00pm Book Club with Zoya 11:00am-12:00pm Discussion Group with Clinical Social Worker 11:00am-12:00pm Valentines' Day DISCO PARTY 12:00pm-1:30pm ESL-MID with Lyuba 2:00pm-3:30pm ESL - Elementary with Lana 3:00pm-4:00pm Virtual Tai-Chi Class will be presented on big screen TV in the Center dining room</p>	<p>14 9:15am-10:15am Chair Exercise with Mike 10:30am-11:15am Dance Class with Angela dedicated to St. Valentine's Day "Love is in the Air" 11:00am- 12:00pm ESL for Beginners with Irina 11:45am-12:45pm Exercise Class with Iouri 12:30pm-2:00pm ESL Class with Yelena advanced 1:00pm-2:00pm Spirituality Hour with Rabbi Barry Melman</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17</p> <p>CENTER IS CLOSED</p> <p>PRESIDENTS' DAY</p>	<p>18</p> <p>9:00am-9:45am SAIL - Anatoly 10:00am-10:45am Zumba- Lisa 10:00am-11:00am Computer with Anatoly 10:00am-11:00am Blood Pressure Monitoring TECH 101 10:00am - 4:00pm 11:00am-12:00pm Discussion Group with Clinical Social Worker 11:00am-12:00pm Presentation JASA Brooklyn Caregiver Support Program with Alla Chrome 11:00am-12:30pm "Ladies Pearl Club" with Inna 11:00am-12:00pm Crochet Club 12:00pm-2:00pm "Dance with Us" with Irina</p>	<p>19</p> <p>9:00am-10:15am Yoga - Lena 10:00am - 12:00pm Community Outreach Day. Canned Food Giveaway. 10:00am-4:00pm TECH 101 10:30am-11:30am Exercise Class - Iouri 12:00pm-1:00pm Blood Pressure Monitoring 2:00pm-3:30pm ESL – Elementary with Lana</p>	<p>20</p> <p>9:00am-9:45am SAIL - Anatoly 10:00am-10:45am Zumba - Lisa 10:00am-11:00am Computer with Anatoly 10:00am-4:00pm TECH 101 10:00am-11:00am Current Events Discussion Club 10:00am-12:00pm Book Club with Zoya 11:00am-12:00pm Discussion Group with Clinical Social Worker 11:00am-12:00pm National Muffin Day. Meet & Treat 12:00pm-1:30pm ESL-MID with Lyuba 2:00pm-3:30pm ESL – Elementary with Lana 3:00pm-4:00pm Virtual Tai-Chi Class will be presented on big screen TV in the Center dining room</p>	<p>21</p> <p>9:15am-10:15am Chair Exercise with Mike 10:30am-11:15am Dance Class with Angela 11:00am-12:00pm ESL for Beginners with Irina. Black History Month Celebration. Person - Allhea Gibson 11:45am-12:45pm Exercise Class with Iouri 12:30pm-2:00pm ESL Class with Yelena advanced 1:00pm-2:00pm Spirituality Hour with Rabbi Barry Melman</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>24</p> <p>9:15am-10:15am Silver Sneakers with Mike</p> <p>10:00am -12:00pm Classical Art Class -Tatiana</p> <p>10:00am - 4:00pm Tablets Free Time Library</p> <p>10:00am -11:00am Current Events Discussion</p> <p>10:30am-11:15am Dance Class with Angela</p> <p>3:00pm-4:00pm Virtual Tai-Chi</p> <p>Class will be presented on big screen TV in the Center dining room</p>	<p>25</p> <p>9:00am-9:45am SAIL - Anatoly</p> <p>10:00am-10:45am Zumba- Lisa</p> <p>10:00am-11:00am Computer with Anatoly</p> <p>10:00am-11:00am Blood Pressure Monitoring</p> <p>10:00am - 4:00pm TECH 101</p> <p>11:00am-12:00pm Crochet Club</p> <p>11:00am-12:00pm Discussion</p> <p>Group with Clinical Social Worker</p> <p>12:00pm-2:00pm "Dance with Us" with Irina</p>	<p>26</p> <p>9:00am-10:15am Yoga - Lena</p> <p>10:00am-4:00pm TECH 101</p> <p>10:00am -11:15am TECH Smartphone Apps Class NEW!!!</p> <p>10:30am-11:30am Exercise Class - Iouri</p> <p>12:00pm-1:00pm Blood Pressure Monitoring</p> <p>2:00pm-3:30pm ESL – Elementary with Lana</p> <p>2:00pm-3:00pm CARPE DIEM</p> <p>DANCE PARTY with Alexandr Li</p>	<p>27</p> <p>9:00am-9:45am SAIL - Anatoly</p> <p>10:00am-10:45am Zumba- Lisa</p> <p>10:00am-11:00am Computer with Anatoly</p> <p>10:00am-4:00pm TECH 101</p> <p>10:00am-11:00am Current Events Discussion Club</p> <p>10:00am-12:00pm Book Club with Zoya</p> <p>11:00am-12:00pm Discussion</p> <p>Group with Clinical Social Worker</p> <p>12:00pm-1:30pm ESL-MID with Lyuba</p> <p>2:00pm-3:30pm ESL – Elementary with Lana</p> <p>3:00pm-4:00pm Virtual Tai-Chi</p> <p>Class will be presented on big screen TV in the Center dining room</p>	<p>28</p> <p>9:15am-10:15am Chair Exercise with Mike</p> <p>10:00am -11:15am TECH Smartphone Apps Class NEW!!!</p> <p>10:30am-11:15am Dance Class with Angela</p> <p>11:00am- 12:00pm ESL for Beginners with Irina</p> <p>11:45am-12:45pm Exercise Class with Iouri</p> <p>12:30pm-2:00pmESL Class with Yelena advanced</p> <p>1:00pm-2:00pm Spirituality Hour with Rabbi Barry Melman</p>

Calendar is subject to change

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Phone Number (718) 646-4100

161 Corbin Place, Brooklyn, NY, 11235

FEBRUARY 2025 Lunch Menu

Menu subject to change depending on food availability

Monday	Tuesday	Wednesday	Thursday	Friday
3 CHINESE STYLE PEPPER STEAK VEGETABLE LO MEIN STEAMED GREEN BEANS FRUIT BREAD MILK	4 TURKEY MEATLOAF ROASTED SWEET POTATO BLEND VEGETABLES WHOLE WHEAT BREAD FRUIT MILK	5 SALMON CAKE COUSCOUS BUTTERNUT SQUASH WHOLE WHEAT BREAD FRUIT MILK	6 WHOLE WHEAT BEAN BURRITO BROWN RICE TOSSED SALAD WITH DRESSING BREAD FRUIT MILK	7 BAKED ASIAN STYLE HONEY CHICKEN WHITE RICE ORIENTAL BLEND VEGETABLES CHALLAH BREAD FRUIT MILK
10 CLASSIC CHICKEN ACCIATORE PASTA STEAMED GREEN BEANS FRUIT WHOLE WHEAT BREAD MILK	11 OVEN BAKED FALAFEL PATTIES HUMMUS RICE PILAF ZA'ATAR SPICED ISRAELI SALAD WHOLE WHEAT PITA FRUIT MILK	12 SHEPHERD PIE WITH TURKEY TOSSED SALAD WITH DRESSING WHOLE WHEAT BREAD FRUIT MILK	13 SALMON SALAD BOWTIE PASTA RED CABBAGE SALAD PLAIN PITA FRUIT MILK	14 ROASTED CHICKEN POTATO KUGEL CARROT TZIMMES CHALLAH BREAD FRUIT MILK

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17</p> <p>Center is closed</p> <p>PRESIDENTS' DAY</p>	<p>18</p> <p>EGGPLANT ROLLATINI PASTA ITALIAN BLEND VEGETABLES WHOLE WHEAT BREAD FRUIT MILK</p>	<p>19</p> <p>BEEF POT ROAST ROASTED SWEET POTATO SLICES BROCCOLI KUGEL WHOLE WHEAT BREAD FRUIT MILK</p>	<p>20</p> <p>TERIYAKI BAKED FISH WHITE RICE STEAMED GREEN BEANS BREAD FRUIT MILK</p>	<p>21</p> <p>CHICKEN SHAWARMA JEERA RICE (CUMIN SPICED RICE) ROASTED BEETS CHALLAH BREAD FRUIT MILK</p>
<p>24</p> <p>TURKEY MEATBALLS PASTA ITALIAN BLEND VEGETABLES GARLIC BREAD FRUIT MILK</p>	<p>25</p> <p>HUMMUS KASHA KNISH CHICKPEAS ISRAELI SALAD WHOLE WHEAT BREAD FRUIT MILK</p>	<p>26</p> <p>STUFFED CABBAGE WITH BEEF KASHA VARNISHKES STEAMED CARROTS WHOLE WHEAT BREAD FRUIT MILK</p>	<p>27</p> <p>FISH FRANCAISE MASHED POTATOES SPINACH SOUFFLE BREAD FRUIT MILK</p>	<p>28</p> <p>HAWAIIAN CHICKEN ROASTED SWEET POTATO BLEND VEGETABLES CHALLAH BREAD FRUIT MILK</p>



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www.jasa.org

Hours

Mondays - Fridays 9:00am - 5:00pm

Closed for Federal and Jewish Holidays

JASA Senior Alliance Older Adult Center Staff:

Anna Bella, Program Director abella@jasa.org (718) 646-4100 press 4

Diana Vinnitsky , Assistant Director (718) 646-4100 press 3

Natalya Koverzneva, Social Worker (718)646-4100 press 2

Jolanta Tomaszewski, Program Coordinator (718)646-4100 press 1

Oksana Anistratenko, Program Coordinator (718)646-4100 press 1

Beka Kavtaradze LMSW, TRIO Counselor, for appointments (844)999-8746 ext. 708

JASA SENIOR ALLIANCE OAC

FEBRUARY 2025 Highlight Important Program or Activity:

February -National Older Adult Independence Month

NEW! Our new Partner - Beka Kavtaradze - LMSW Clinical Social Worker - sessions supporting your health, happiness and independence
Tuesday & Thursday 11:00am-12:00pm Group Sessions -Discussion Club

NEW CLASS!!! Technology (session) Exploring Smartphone Apps Monday/ Wednesday/ Friday 10:00am -11:15am. fill Feb 28, 2025

Tuesday, February 4, 2025 11:00am-12:00pm Lecture Great Composer -Johann Sebastian Bach by Tatyana Gelfand (Russian) Library

Monday, February 10, 2025 10:00am -11:15am TECHNOLOGY WORKSHOP with OATS Senior Planet Program -Grekov Innokenty - MTA App. Shopping TEMU & AMAZON

Tuesday, February 11 & Wednesday, February 12, 2025 11:00am-2:00pm Food Packages Distribution

Wednesday,February 12, 2025 2:00pm -3:30pm ESL Elementary with Lana Discussion Group - Abraham Lincoln's Birthday

Thursday, February 13, 2025 11:00am-12:00pm St. Valentine's Day Disco Party with Alexandr Li

Friday, February 14, 2025 10:30am-11:15am Dance Class with Angela dedicated St. Valentine's Day "Love is in the air"

Tuesday, February, 18, 2025 11:00am-12:00pm Presentation JASA Brooklyn Caregiver Support Program with Alla Chrome

Wednesday, February, 19, 2025 10:00am -12:00pm Community Outreach Day. Canned Food Giveaway.

Thursday, February 20, 2025 11:00am -12:00pm National Muffin Day. Meet & Treat

Friday, February 21, 2025 11:00am-12:00pm Beginners ESL with Irina. Black History Month Celebration. Person - Althea Gibson.

Wednesday, February 26, 2025, 2:00pm-3:00pm CARPE DIEM DISCO DANCE PARTY with Alexandr Li