



Brookdale Village Older Adult Center
(718) 471-3200
131 Beach 19th Street, Far Rockaway, NY 11691
February 2025 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <ul style="list-style-type: none"> • 10:30am - TRIP to Bens Deli and Shopping; • 10:00am - (In Person) Movie Matinee- Dining Rm; • 10am – (In Person) - Billiards - Pool Rm; • 12:00pm (In Person)- Computer LAB; • 1:00pm – 2:15pm (IN Person)- OATS Exploring Smartphones Apps - Computer Room; • 1:00pm- (In Person) - CHAIR YOGA WITH CYNTHIA– Dining room; • 2:00pm- (In Person) - Library; • 2:15pm – 3:45pm (IN Person) OATS Exploring AI -Computer Room; 	<p>4</p> <ul style="list-style-type: none"> • 9:30am - TRIP to DMV; • 10:00am - (In Person) Movie Matinee- Dining Rm; • 1:00pm- (In Person) - ZUMBA GOLD WITH CYNTHIA– Dining room; • 2:00pm- (In Person) Library; • 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>5</p> <ul style="list-style-type: none"> • 10:00am-4:00pm (In Person) Billiards -Pool Room • 11:30am - (In Person) Art Movie- Dining Rm; • 12:00pm- (In Person) Boardwalk Talks with Robbie- “I Can: Just Watch Me Now!” - OHEL Engagement Group- Dining Room; • 12:00pm (In Person)- Computer LAB; • 1:00pm – 2:15pm (IN Person) OATS Exploring Smartphones Apps - Computer Room; • 2:00pm- (In Person) Library; • 2:15pm – 3:45pm (IN Person) OATS Exploring AI -Computer Room; 	<p>6</p> <ul style="list-style-type: none"> • 10:00am - TRIP to Golden Corral and Shopping; • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am - (In Person) Art Movie- Dining Rm; • 10am – (In Person) Billiards- Pool Rm; • 11:00am- (In Person)- Health Discussions- Dining Room; • 12:00pm (In Person)- Computer LAB; • 1:00pm- (In Person) - CHAIR YOGA WITH CYNTHIA– Dining room; • 2:00pm- (In Person) Library; 	<p>7</p> <ul style="list-style-type: none"> • 9:00am-10:30am (In Person)- Technology Lab Computers with Seva- Computer Room; • 10:00am - (In Person) Movie Matinee- Dining Rm; • 10:00am (In Person) Crocheting class with Joyce – Dining room; • 10:00am-4:00pm (In Person) Billiards -Pool Room- LADIES ONLY • 10:00am- (In Person) - WALKING CLUB WITH RACHEL- Dining room; • 10:30am-12:00pm (In Person)- Technology Lab Smartphones with Seva- Computer Room; • 2:00pm- (In Person) Library;

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- 10:00am - (In Person)- **Get your blood pressure checked** – Dining room;
- 10:00am - (In Person) **Movie Matinee**- Dining Rm;
- 10am – (In Person) - **Billiards** - Pool Rm;
- 12:00pm (In Person)- **Computer LAB**;
- 1:00pm – 2:15pm (IN Person)- **OATS Exploring Smartphones Apps** - Computer Room;
- 1:00pm- (In Person) - **CHAIR YOGA WITH CYNTHIA**– Dining room;
- 2:00pm- (In Person) - **Library**;
- 2:15pm – 3:45pm (IN Person) **OATS Exploring AI** -Computer Room;

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- 10:45am - **TRIP to So Far So Good and Movies**;
- 10:00am - (In Person) **Movie Matinee**- Dining Rm;
- 1:00pm- (In Person) - **ZUMBA GOLD WITH CYNTHIA**– Dining room;
- 2:00pm- (In Person) **Library**;
- 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**

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- 9:30am - **TRIP to Red Lobster and Erskine Mall**;
- 10:00am-4:00pm (In Person) **Billiards -Pool Room**
- 11:30am - (In Person) **Art Movie**- Dining Rm;
- 12:00pm (In Person)- **Computer LAB**;
- 1:30pm – 3:00pm (In Person) **TALENT SHOW**- Dining Rm;
- 1:00pm – 2:15pm (IN Person) **OATS Exploring Smartphones Apps** - Computer Room;
- 2:00pm- (In Person) **Library**;
- 2:15pm – 3:45pm (IN Person) **OATS Exploring AI** -Computer Room;

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- 9:45am - **TRIP to COSTCO**;
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10:00am - (In Person) **Art Movie**- Dining Rm;
- 10:00am – (In Person) **Billiards**- Pool Rm;
- 11:00am- (In Person)- **Health Discussions**- Dining Room;
- 12:00pm (In Person)- **Computer LAB**;
- 1:00pm- (In Person) - **CHAIR YOGA WITH CYNTHIA**– Dining room;
- 2:00pm- (In Person) **Library**;

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- 10:30am - **BANK TRIP**;
- 9:00am-10:30am (In Person)- **Technology Lab Computers with Seva**- Computer Room;
- 10:00am - (In Person) **Movie Matinee**- Dining Rm;
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10:00am-4:00pm (In Person) **Billiards -Pool Room-LADIES ONLY**
- 10:00am- (In Person) - **WALKING CLUB WITH RACHEL**- Dining room;
- 10:30am-12:00pm (In Person)- **Technology Lab Smartphones with Seva**- Computer Room;
- 12:00pm – **HOLIDAY PARTY** (In Person) - Concerts in Motion - Dining room;
- 2:00pm- (In Person) **Library**;

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**JASA IS
CLOSED
FOR
PRESIDENTS' DAY!
HAPPY HOLIDAYS!**

***Calendar is subject to change**

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- 9:30am - **TRIP to IKEA;**
- 10:00am- (In Person) **Billiards** -Pool Room;
- 10:00am - (In Person) **Movie Matinee**- Dining Rm;
- 1:00pm- (In Person) - **ZUMBA GOLD WITH CYNTHIA**– Dining room
- 2:00pm- (In Person) **Library;**
- 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**

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- 10:45am - **TRIP to Flaming Grill and Dollar Tree;**
- 10:00am-4:00pm (In Person) **Billiards -Pool Room**
- 11:30am - (In Person) **Art Movie**- Dining Rm;
- 12:00pm (In Person)- **Computer LAB;**
- 2:00pm- (In Person) **Library;**

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- 9:30am - **TRIP to STOP & SHOP Five Towns;**
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10:00am - (In Person) **Art Movie**- Dining Rm;
- 10am – (In Person) **Billiards**- Pool Rm;
- 11:00am- (In Person)- **Health Discussions**- Dining Room;
- 12:00pm (In Person)- **Computer LAB;**
- 1:00pm- (In Person) - **CHAIR YOGA WITH CYNTHIA**– Dining room;
- 2:00pm- (In Person) **Library;**

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- 9:00am-10:30am (In Person)- **Technology Lab Computers with Seva**- Computer Room;
- 10:00am - (In Person) **Movie Matinee**- Dining Rm;
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10:00am-4:00pm (In Person) **Billiards -Pool Room- LADIES ONLY**
- 10:00am- (In Person) - **WALKING CLUB WITH RACHEL**- Dining room;
- 10:30am-12:00pm (In Person)- **Technology Lab Smartphones with Seva**- Computer Room;
- 2:00pm- (In Person) **Library;**

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- 9:30am - **TRIP to GREEN ACRES Mall;**
- 10:00am - (In Person) **Movie Matinee-** Dining Rm;
- 10:00am - (In Person)- **Get your blood pressure checked** – Dining room;
- 10am – (In Person) - **Billiards** - Pool Rm;
- 12:00pm (In Person)- **Computer LAB;**
- 1:00pm- (In Person) - **CHAIR YOGA WITH CYNTHIA**– Dining room;
- 2:00pm- (In Person) - **Library;**

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- 11:00am - **TRIP to Long Horn Steakhouse;**
- 10:00am- (In Person) **Billiards** -Pool Room;
- 10:00am - (In Person) **Movie Matinee-** Dining Rm;
- 1:00pm- (In Person) - **ZUMBA GOLD WITH CYNTHIA**– Dining room
- 2:00pm- (In Person) **Library;**
- 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**

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- 10:00am-4:00pm (In Person) **Billiards -Pool Room**
- 11:00am- (In Person) **Nutrition Lecture-** “Heart Health for Older Adults”- Dining Room;
- 12:00pm- (In Person) **Boardwalk Talks with Robbie-** “Emotions: They Just Are” - OHEL Engagement Group- Dining Room;
- 12:00pm (In Person)- **Computer LAB;**
- 2:00pm- (In Person) **Library;**

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- 9:30am - **TRIP to TRADER JOES;**
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10:00am - (In Person) **Art Movie-** Dining Rm;
- 10am – (In Person) **Billiards-** Pool Rm;
- 11:00am- (In Person)- **Health Discussions-** Dining Room;
- 12:00pm (In Person)- **Computer LAB;**
- 1:00pm- (In Person) - **CHAIR YOGA WITH CYNTHIA**– Dining room;
- 2:00pm- (In Person) **Library;**

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- 9:00am-10:30am (In Person)- **Technology Lab Computers with Seva-** Computer Room;
- 10:00am - (In Person) **Movie Matinee-** Dining Rm;
- 10:00am (In Person) **Crocheting class with Joyce** – Dining room;
- 10:00am-4:00pm (In Person) **Billiards -Pool Room- LADIES ONLY**
- 10:00am- (In Person) - **WALKING CLUB WITH RACHEL-** Dining room;
- 10:30am-12:00pm (In Person)- **Technology Lab Smartphones with Seva-** Computer Room;
- 12:00pm- (In Person)- **KOSHER RULES-** Educational Presentation
- 2:00pm- (In Person) **Library;**

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Brookdale Village Older Adult Center
Phone Number (718) 471-3200
131 Beach 19th Street, Far Rockaway, NY 11691
February 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <ul style="list-style-type: none"> • Chinese Style Pepper Steak • Vegetable Lo Mein • Steamed Green Beans • Fruit • Whole Wheat Bread • Low Fat Milk 	<p>4</p> <ul style="list-style-type: none"> • Shepherds Pie • Fruit • Whole Wheat Bread • Low Fat Milk 	<p>5</p> <ul style="list-style-type: none"> • Dill Lemon Sauce Salmon Cakes • Cous Cous • Roasted Butternut Squash • Fruit • Whole Wheat Bread • Low Fat Milk 	<p>6</p> <ul style="list-style-type: none"> • Traditional Whole Wheat Bean Burrito • Brown Rice • Tossed Salad with Dressing • Fruit • Whole Wheat Bread • Low Fat Milk 	<p>7</p> <ul style="list-style-type: none"> • Baked Asian Style Honey Chicken • White Rice • Oriental Blend Vegetables • Challah Bread • Applesauce • Low Fat Milk
<p>10</p> <ul style="list-style-type: none"> • Classic Chicken Cacciatore • Pasta • Steamed Green Beans • Fruit • Whole Wheat Bread • Low Fat Milk 	<p>11</p> <ul style="list-style-type: none"> • Crispy Oven Baked Falafel Patties • Hummus • Rice Pilaf • Za'atar Spiced Israeli Salad • Fruit • Whole Wheat Pita • Low Fat Milk 	<p>12</p> <ul style="list-style-type: none"> • Shepherd Pie with Turkey • Tossed Salad with Dressing • Fruit • Whole Wheat Bread • Low Fat Milk 	<p>13</p> <ul style="list-style-type: none"> • Salmon Salad • Bowtie Pasta Salad • Red Cabbage Salad • Fruit • Plain Pita • Low Fat Milk 	<p>14</p> <p style="text-align: center;">SPECIAL HOLIDAY MEAL</p> <ul style="list-style-type: none"> • BBQ beef tips • Mashed Potatoes • Vegetables • Fruit • Whole Wheat Bread • Low Fat Milk • SPECIAL DESSERT

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<p>17</p> <p>JASA IS CLOSED FOR PRESIDENTS' DAY! HAPPY HOLIDAYS!</p> <p>*Menu is subject to change</p>	<p>18</p> <ul style="list-style-type: none"> • Dairy Free Eggplant Rollatini • Pasta • Italian Blend Vegetables • Fruit • Whole Wheat Pita • Low Fat Milk 	<p>19</p> <ul style="list-style-type: none"> • Beef Pot Roast Sautéed Onions and Peppers • Broccoli Kugel • Roasted Sweet Potato Slices • Fruit • Whole Wheat Bread • Low Fat Milk 	<p>20</p> <ul style="list-style-type: none"> • Teriyaki Baked Fish • White Rice • Steamed Green Beans • Fruit • Whole Wheat Bread • Low Fat Milk 	<p>21</p> <ul style="list-style-type: none"> • Chicken Shawarma • Cumin Spiced Rice • Roasted Beets • Challah Bread • Applesauce • Low Fat Milk
<p>24</p> <ul style="list-style-type: none"> • Turkey Meatballs • Pasta • Italian Blend Vegetables • Garlic Bread • Fruit • Low Fat Milk 	<p>25</p> <ul style="list-style-type: none"> • Hummus • Kasha Knish • Chickpeas • Israeli Salad • Fruit • Whole Wheat Bread • Low Fat Milk 	<p>26</p> <ul style="list-style-type: none"> • Stuffed Cabbage with Beef • Kasha Varnishkes • Steamed Carrots • Fruit • Whole Wheat Bread • Low Fat Milk 	<p>27</p> <ul style="list-style-type: none"> • Fish Francaise • Mashed Potatoes • Spinach Soufflé • Fruit • Whole Wheat Bread • Low Fat Milk 	<p>28</p> <ul style="list-style-type: none"> • Hawaiian Chicken • Capri Blend Vegetables • Roasted Sweet Potato Slices • Challah Bread • Applesauce • Low Fat Milk

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(718) 471-3200
www.jasa.org

Hours

Mondays - Fridays 8:30am - 4:30pm
Closed for Federal and Jewish Holidays

Daily Lunch

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

Brookdale Village Older Adult Center Staff

Program Director: Viktoriya Krugolets - vkrugolets@jasa.org

Assistant Program Director: Rachel Fields - rfields2@jasa.org

Transportation Coordinator: Gregorio Vera - gvera@jasa.org

NEW FEBRUARY 2025 Activities/Programming

OATS Exploring Smartphones Apps/ OATS Exploring AI-Every Monday and Wednesday @1:15pm-3:45pm- Start Date-Monday, January 6th

Boardwalk Talks with Robbie- "I Can: Just Watch Me Now!" - **OHEL Engagement Group**- Wednesday, February 5@12:00pm

HOLIDAY PARTY with "Concerts in Motion" - LIVE CONCERT (In Person) – Friday, February 14@12:00pm

Boardwalk Talks with Robbie- "Emotions: They Just Are"- **OHEL Engagement Group**- Wednesday, February 26@12:00pm

Nutrition Lecture- **Heart Health for Older Adults** - Wednesday, February 26@11:00am

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