JASA Bay Eden Older Adult Center

Phone Number (718)-882-3815

1220 East 229th Street, Bronx, NY 10466

November 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Computer Class w/ Ron pre-sign up is required-In-Person 11:00 Painting w/ Ron -In-Person 11:00 Senior Fitness Boot Camp w/ Rufus- In-Person 12:00 Congregate Lunch	3. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Digital Literacy w/ Ron-In Person 11:00 Digital Literacy w/ Ron - In Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person ** No Exercise Class**	4. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Crochet w/ Yvette - In Person 11:00 Health Presentation: Alzheimer's Awareness w. Paula Rice - In Person 12:00 Congregate Lunch 12:30 Ed/Rec Presentation: Estate Planning w. Citizen Bank- In Person	5. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion/Current Events w/ Tim - In-Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person	6. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Leisure Games: Crossword/Puzzle-In-Person 11:00 Chair/ Floor Yoga w/ Rufus- In Person 12:00 Congregate Lunch

Partially funded by: NYC AGING

Monday	Tuesday	Wednesday	Thursday	Friday
9. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Computer Class w/ Ron pre-sign up is required-In-Person 10:00 DOH Health Webinar Diabetes Awareness- Hybrid 10:00 Garden Club- In Person 11:00 Painting w/ Ron -In-Person 11:00 Senior Fitness Boot Camp w/ Rufus- In-Person 12:00 Congregate Lunch	10. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Digital Literacy w/ Ron-In Person 10:00 Health Presentation Diabetes Awareness w. Dr. Castro- In-Person 11:00 Digital Literacy w/ Ron - In Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person	11. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Crochet w/ Yvette - In Person 10:00 M&Y Coffee & Tea- In-Person 10:00 Health Presentation: Diabetes Awareness w w.Carlos- In Person 11:00 Advisory Board Mtg 11:00 Nutrition Education w. Kiahni- In Person 12:00 Congregate Lunch 1:00 Bingo w Joseph - In Person	12. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion/Current Events w/ Tim - In-Person 10:00 AICC Blood Pressure Screening- In Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person	13. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Leisure Games: Crossword/Puzzle-In-Person 10:00 Health Webinar: Hybrid St. John's University Alzheimer's Awareness 11:00 Chair/ Floor Yoga w/ Rufus- In Person 12:00 Congregate Lunch

NYC Department for the Aging

Partially funded by: NYC AGING

PROUD PARTNER UJA Federation NEW YORK

Monday	Tuesday	Wednesday	Thursday	Friday
16. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Computer Class w/ Ron pre-sign up is required-In-Person 11:00 Painting w/ Ron -In-Person 11:00 Senior Fitness Boot Camp w/ Rufus- In-Person 12:00 Congregate Lunch	17. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Digital Literacy w/ Ron-In Person 11:00 Digital Literacy w/ Ron - In Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person	18. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Crochet w/ Yvette - In Person 10:00 Ed/Rec Picture Day Celebration w. Sharon - In Person 12:00 Congregate Lunch 12:00 General Membership	19. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion/Current Events w/ Tim - In-Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Thanksgiving Lunch	20. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Leisure Games: Crossword/Puzzle-In-Person 10:00 Move & Discussion - In Person 12:00 Congregate Lunch ** No Exercise Class**

NYC Department for the Aging

Partially funded by: NYC AGING

PROUD PARTNER UJA Federation NEW YORK

Monday	Tuesday	Wednesday	Thursday	Friday
23. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Computer Class w/ Ron pre-sign up is required-In-Person 11:00 Painting w/ Ron -In-Person 11:00 Ed/Rec Memory Lane Trivia Challenge - In Person 12:00 Congregate Lunch ** No Exercise Class**	24. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Digital Literacy w/ Ron-In Person 11:00 Digital Literacy w/ Ron - In Person 10:00 M&Y Coffee & Tea- In-Person 11:00 Tech Class- In Person Dining Room 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person ** No Exercise Class**	25. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Crochet w/ Yvette - In Person 11:00 Bingo w Joseph - In Person 12:00 Congregate Lunch	26. THANKSGIVING CENTER CLOSED	27. CENTER CLOSED

Partially funded by: NYC AGING

Monday	Tuesday	Wednesday	Thursday	Friday
30. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Computer Class w/ Ron pre-sign up is required-In-Person 11:00 Painting w/ Ron -In-Person 11:00 Senior Fitness Boot Camp w/ Rufus- In-Person 12:00 Congregate Lunch	*MUST BE AGE 60 AND OVER TO REGISTER* *MUST be a NYC RESIDENT to REGISTER * *MUST BE AN ACTIVE MEMBER TO PARTICIPATE IN ALL CLASSES *ACTIVITIES ARE SUBJECT TO CHANGE*	* Breakfast* 8:30am - 9:30am *Voluntary Contribution* $1.00 * Lunch* 12:00 PM- 1:00 PM *Voluntary Contribution* $1.50	**Special Notices** ** GRAB & GO RESUMED ** GRAB N GO Lunch Available from 11:00am - 1:30pm Must sign up for Grab N GO lunch in advance before 1pm *NO Alternate for GRAB N GO Do not call to reserve. Must come in person	Are you a member and in need of assistance with benefits and entitlements? Visit our office and schedule an appointment to speak with a Case Manager Vilma Sorrentioni. She is available Monday to Wednesday.

Department for the Aging

Partially funded by: NYC AGING

PROUD PARTNER UJA Federation NEW YORK

JASA
Proud to be the go-to agency serving older New Yorkers

JASA Bay Eden Older Adult Center
Phone Number (718) 882-3815
1220 East 229th Street, Bronx, NY 10466
November 2026 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2. Scrambled Eggs Cheesy Grits Sauteed Onions & Peppers Cantalope	3. Farmers Market Omelette Home Fries w Peppers & Onions Orange	4. Hard Boiled Egg Bran Flakes Banana	5. Omelette w Peppers & Onions Roasted Sweet Potato Slices Orange	6. Apple Pancakes Oatmeal Banana
9. Breakfast Burrito w Turkey Grits Banana	10. Spinach Vegetable & Cheddar Frittata Home Fries Orange	11. Baked Egg Omelette Oatmeal Cantaloupe	12. Apple Pancake Banana	13. Scrambled Eggs w Red Peppers & Onions Home Fries Orange
16. Scrambled Eggs Oatmeal Banana	17. Pancakes Turkey Sausage Patties Orange	18. Omelette w Spinach & Parmesan Cheese Mediterranean Quinoa Salad Orange	19. Mediterranean Quinoa Salad Bran Flakes Orange	20. Apple Pancakes Oatmeal Banana

NYC Department for the Aging

Partially funded by: NYC AGING

PROUD PARTNER UJA Federation NEW YORK

Monday	Tuesday	Wednesday	Thursday	Friday
23. Baked Egg Omelette Oatmeal Cantaloupe	24. Egg Frittata w Potatoes & Peas Orange	25. Scrambled Eggs w Red Peppers & Onions Home Fries Orange	26. THANKSGIVING CENTER CLOSED	27. CENTER CLOSED
30. Farmers Market Omelette Home Fries w Peppers & Onions Oatmeal Orange	*MUST BE AGE 60 AND OVER TO REGISTER* *MUST be a NYC RESIDENT to REGISTER * *MUST BE AN ACTIVE MEMBER TO PARTICIPATE IN ALL CLASSES *ACTIVITIES ARE SUBJECT TO CHANGE*	* Breakfast* 8:30am - 9:30am *Voluntary Contribution* $1.00 * Lunch* 12:00 PM- 1:00 PM *Voluntary Contribution* $1.50	**Special Notices** ** GRAB & GO RESUMED ** GRAB N GO Lunch Available from 11:00am - 1:30pm Must sign up for Grab N GO lunch in advance before 1pm *NO Alternate For GRAB N GO Do not call to reserve. Must come in person	Are you a member and in need of assistance with benefits and entitlements? Visit our office and schedule an appointment to speak with a Case Manager Vilma Sorrentini. She is available Monday to Wednesday.

NYC Department for the Aging

Partially funded by: NYC AGING

PROUD PARTNER UJA Federation NEW YORK

Proud to be the go-to agency serving older New Yorkers

JASA Bay Eden Older Adult Center
Phone Number (718) 882-3815
1220 East 229th Street, Bronx, NY 10466
November 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2. Plant Based Dominican Vegan Sancocho (Root veggie Stew) Brown Rice w Pigeon Peas Caesar Salad Orange Orange Pineapple Juice ALT Cabbage Carrot Slaw Potato Salad Pita w Eggplant, Cucumber, & Tzatziki (white sauce)	3. Italian Style Pork Loin Cassava w Garlic Lime Sauce Baby Spinach Salad w Lemon Vinaigrette Apple ALT Chicken Salad Sandwich Baby Spinach Salad w Lemon Vinaigrette Cucumber Dill Salad	4. Beef Meatballs Spaghetti California Blend Vegetables Banana ALT Four Bean Salad Whole Wheat Egg Salad Sandwich Sliced Cucumbers & Tomatoes	5. Baked Chicken Quarters Yellow Rice Capri Blend Vegetables Apple Juice Orange ALT Macaroni Salad Grilled Mozzarella & Tomato Sandwich Mixed Green Salad w Dressing	6. Baked Fish w Garlic Sauce Herbed Quinoa Steamed Carrots & Green Beans Apple Orange Juice ALT Beet, Arugula, & Feta Salad Cucumber & Chickpea Salad Tuna Salad

NYC Department for the Aging

Partially funded by: NYC AGING

PROUD PARTNER UJA Federation NEW YORK

9. Plant Based Lentil Veggie Soup White Rice Roasted Broccoli Orange ALT Cabbage Carrot Slaw Macaroni Salad Four Bean Salad	10. Baked Chicken Thigh Mexican Confetti Rice Black Bean Soup Italian Blend Vegetables Orange Pineapple Juice Apple ALT Honey Mustard Chicken Breast Mixed Green Salad w Dressing Pasta Primavera Salad	11. Beef Empanada Boiled Southern Greens Garlic Mashed Potatoes Banana ALT Cobb Salad w Grilled Chicken Potato Salad	12. Lemon Chicken Brown Rice California Blended Vegetables Orange Apple Juice ALT Tuna Salad Sliced Cucumbers & Tomatoes Southern Chickpea Salad	13. Baked Ziti w Turkey Sauteed String Beans Apple ALT Macaroni Salad Grilled Chicken Breast Mixed Green Salad w Dressing
16. Plant Based Stewed Beans White Rice Garden Salad Orange ALT Cabbage Carrot Slaw w Chickpea Green Salad w Dressing Potato Salad	17. Baked Chicken Quarters Mashed Potatoes Steamed Spinach ALT Garden Salad Garlic Chicken Italian Chickpea Pasta Salad	18. Roast Pork Shoulder Brown Rice w Pigeon Peas Black Bean Soup Roasted Broccoli Banana ALT Cabbage Carrot Slaw Potato Salad w Egg Tuna Salad	19. MUST HAVE A RESERVATION THANKSGIVING LUNCH Roasted Turkey w Gravy String Beans Baked Macaroni & Cheese Candied Yams Stuffing Cranberry Sauce Fruit /Milk Ice Tea /Pie	20. Chicken Stew Garlic & Rosemary Roasted Potatoes Steamed Collard Greens Apple Juice Apple ALT Baked Fish Red Cabbage & Cauliflower Salad Tomato & Cucumber Salad w Dressing

NYC Department for the Aging

Partially funded by: NYC AGING

PROUD PARTNER UJA Federation NEW YORK

23. Plant Based Lo Mein w Chickpeas Sauteed Green Beans w Onions Sauteed Green Beans w Onions Orange ALT Cabbage Carrot Slaw Potato Salad Pita Stuffed w Eggplant, Cucumber & Tzatziki (White Sauce)	24. Baked Fish w Rustic Tomato Sauce Black Beans & Rice Apple Orange Pineapple Juice ALT Baby Spinach w Lemon Vinaigrette Cucumber Dill Salad Chicken Salad Sandwich	25. Chicken Empanada Baked Fries California Blended Vegetables Banana ALT Four Bean Salad Sliced Cucumbers & Tomatoes Whole Wheat Egg Salad Sandwich	26. THANKSGIVING CENTER CLOSED	27. CENTER CLOSED
30. Plant Based Stewed Beans Brown Rice Orange ALT Cabbage Carrot Slaw Macaroni Salad Four Bean Salad	* Lunch* 12:00 PM- 1:00 PM *Voluntary Contribution* $1.50	**Special Notices** ** GRAB & GO RESUMED ** GRAB N GO Lunch Available from 11:00am - 1:30pm	Must sign up for Grab N GO lunch in advance before 1pm *NO Alternate For GRAB N GO Do not call to reserve. Must come in person	Are you a member and in need of assistance with benefits and entitlements? Visit our office and schedule an appointment to speak with a Case Manager Vilma Sorrentioni. She is available Monday to Wednesday.

NYC Department for the Aging

Partially funded by: NYC AGING

PROUD PARTNER UJA Federation NEW YORK

Proud to be the go-to agency serving older New Yorkers

JASA Bay Eden Older Adult Center

1220 East 229th Street, Bronx, NY 10466

(718)-882-3815

Hours of Operation

Monday - Friday 8:00am - 4:00pm

Closed for Federal and Jewish Holidays

Bay Eden Older Adult Center Staff

Michelle Pottinger: Program Director [mpottinger@jasa.org]

Office Phone: 718-882-3815 Option #1

Yasmin Ahmad: Assistant Director [yahmad@jasa.org]

Office Phone: 718-882-3815 Option #2

Joseph Albanese: Program Coordinator [jalbanese@jasa.org]

Office Phone: 718-882-3815 Option #3

Direct: 929-374-0123

Vilma Sorrentini: Case Manager [vsorrentini@jasa.org]

Office Phone: 718-882-3815 Option #6

Direct: 929-374-0143

[In Office: Mondays,Tuesdays, Wednesdays]

Donna Williams: Clinical Social Worker [dwilliams2@jasa.org]

Work Cell- 914-267-4706

[In Office: Tuesdays & Thursday]

Partially funded by: NYC AGING

NYC Department for the Aging

PROUD PARTNER UJA Federation NEW YORK