Dreiser Older Adult Center

Phone Number (718) 320 1345

177 Dreiser Loop Room #7 Bronx NY 10475

November 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 **9:00am-10:00am**- Weekend Recap Discussion **Room#7** **11:00am-12:00pm-** Piano Sing Along Class w/ Asim **(Biweekly)** **Room#2** **12:00pm-1:00pm-**Lunch **Room#4** **1:00pm-2:00pm**-Technology Class w/ Annie **Room#7**	**3** **10:00am-11:00am**- Current Events **Room#7** **11:00am-12:00pm-** Art w/Gerry **Room#2** **12:00pm-1:00pm-** Lunch **Room #4** **1:00pm-3:30pm-** Leisure Games **Room#2** **1:00pm-2:00pm-** Zumba w/Ola **Room #2** **2:00pm-3:00pm-** Tai Chi w/Jimmy **(Biweekly)** **Room #2**	**4** **10:15am-4pm: Hobby Lobby (CT)** **9:00am-10:00am**- Current Events **Room#7** **11:00am-12:00pm:** Arthritis Exercise w/Damion **Auditorium A** **11:00am-12:00pm-** Bead & Jewelry w/ Brenda **(On Break)** **Room #7** **12:00pm-1:00pm-** Lunch **Room#4** **1:00pm-3:00pm-** Afternoon of card games **Room#7**	5 **10am-4pm: Walmart (Monroe, NY)** **9:00am-10:00am**- Leisure TV **Room#7** **11:15am-12:00pm-** Cardio Exercise w/Damion **Auditorium A** **12:00pm-1:00pm-** Lunch **Room #4** **1:00pm-3:30pm-** Leisure Games **Room#2** **1:00pm-2:00pm-** Body in Motion w/ Ola **(Biweekly)** **Auditorium A**	6 **10am-4pm: Queens Center Mall** **9:00am-11:00am-** Sewing Class w/ Joy **Room #2** **10:00am-11:00am-** Alert and Alive **Room #4** **10:00am-12:00pm-** Knitting and Crocheting **Room #7** **10:30am-11:30am-** Line Dance w/Sassy **Auditorium A** **12:00pm-1:00pm-** Lunch **Room #4** **1:00pm-2:50pm** Bingo **(Biweekly)** **Room#2**	**Makeup Day** **9:00am-10:00am**- Current Events **Room#7** **10:00am-12:00pm**- Leisure TV **Room#7** **12:00pm-1:00pm-** Lunch **Room #7** **1:00pm-3:30pm-** Leisure Games **Room#7**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 **9:00am-10:00am**- Weekend Recap Discussion **Room#7** **12:00pm-1:00pm-**Lunch **Room#4** **1:00pm-2:00pm**-Leisure TV **Room#7** **1:00pm-2:00pm**-Technology Class w/ Annie **Room#7** **1:15 pm-2:00 pm-** Nutrition Presentation W/ JASA Nutritionist **Room#4**	**10** **10am-4pm: Blend on the Water Restaurant** **10:00am-11:00am**- Current Events **Room#7** **11:00am-12:00pm-** Art w/Gerry **Room#2** **12:00pm-1:00pm-** Lunch **Room #4** **2:00pm-3:30pm-** Leisure Games **Room#2** **1:00pm-2:00pm-** Zumba w/Ola **Auditorium A**	**11** **CENTER CLOSED FOR VETERAN'S DAY**  	**12** **10am-4pm: Walmart(Monroe, NY)** **9:00am-10:00am**- Leisure TV **Room#7** **11:15am-12:00pm-** Cardio Exercise w/Damion **Auditorium A** **12:00pm-1:00pm-** Lunch **Room #4** **1:00pm-3:30pm-** Leisure Games **Room#2**	**13** **9:00am-11:00am-** Sewing Class w/ Joy **Room #2** **10:00am-11:00am-** Alert and Alive **Room #4** **10:00am-12:00pm-** Knitting and Crocheting **Room #7** **10:30am-11:30am-** Line Dance w/Sassy **Auditorium A** **12:00pm-1:00pm-** Lunch **Room #4** **1:00pm-2:00pm-** Meet w/ Optimum **Room#4**	

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16 **9:00am-10:00am**- Weekend Recap Discussion **Room#7** **11:00am-12:00pm-** Piano Sing Along Class w/ Asim **(Biweekly)** **Room#2** **12:00pm-1:00pm-**Lunch **Room#4** **1:00pm-2:00pm**-Technology Trial Class **Room#7**	**17** **10:00am-11:00am**- Current Events **Room#7** **11:00am-12:00pm-** Art w/Gerry **Room#2** **12:00pm-1:00pm-** Lunch **Room #4** **1:00pm-3:30pm-** Leisure Games **Room#2** **1:00pm-2:00pm-** Zumba w/Ola **Auditorium A** **2:00pm-3:00pm-** Tai Chi w/Jimmy **(Biweekly)** **Auditorium A**	**18** **9:00am-10:00am**- Current Events **Room#7** **11:00am-12:00pm:** Arthritis Exercise w/Damion (Cancelled) **Auditorium A** **11:00am-12:00pm-** Bead & Jewelry w/ Brenda **(On Break)** **Room #7** **11am-3pm: Co-Op City Thanksgiving Luncheon Auditorium** **1:00pm-3:00pm-** Afternoon of card games **Room#7** **1:00 pm-3:00 pm-** Drama Club w/ Amelia **Room#2**	**19** **10:00am-11:00am**- Current Events **Room#7** **11:15am-12:00pm-** Cardio Exercise w/Damion **Auditorium A** **12:00pm-1:00pm-** Lunch **Room #4** **1:00pm-3:30pm-** Leisure Games **Room#2** **1:00pm-2:00pm-** Body in Motion w/ Ola**(Biweekly)** **Auditorium A**	**20** **9:00am-11:00am-** Sewing Class w/ Joy **Room #2** **10:00am-12:00pm-** Knitting and Crocheting **Room #7** **10:00am-11:00am-** Alert and Alive **Room #4** **10:30am-11:30am-** Line Dance w/Sassy **Auditorium A** **12:00pm-1:00pm-** Lunch **Room #4** **1:00pm-2:50pm** Bingo **Room#2**	

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 **9:00am-10:00am**- Weekend Recap Discussion **Room#7** **12:00pm-1:00pm-**Lunch **Room#4** **2:00pm-3:00pm**-Leisure TV **Room#7** **1:00pm-2:00pm**-Technology Class w/ Annie **Room#7**	24 **10:00am-11:00am**- Current Events **Room#7** **11:00am-12:00pm-** Art w/Gerry **Room#2** **12:00pm-1:00pm-** Lunch **Room #4** **1:00pm-3:30pm-** Leisure Games **Room#2** **1:00pm-2:00pm-** Zumba w/Ola **Auditorium A** **2:00pm-3:00pm**-Leisure TV **Room#7**	25 **11:00am-12:00pm:** Arthritis Exercise w/Damion **Auditorium A** **11:00am-12:00pm-** Bead & Jewelry w/ Brenda **(On Break)** **Room #4** **11:00pm-3:00pm- Dreiser OAC Thanksgiving Luncheon** **Room#4** **1:00pm-3:00pm-** Afternoon of Card games **Room#7** **1:00 pm-3:00 pm-** Drama Club w/ Amelia **Room#2**	26 **CENTER CLOSED FOR THANKSGIVING DAY** 	27 **CENTER CLOSED FOR THE DAY AFTER THANKSGIVING DAY** 	

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 **9:00am-10:00am**-Weekend Recap Discussion **Room#7** **11:00am-12:00pm-** Piano Sing Along Class w/ Asim **(Biweekly)** **Room#2** **12:00pm-1:00pm-**Lunch **Room#4** **1:00pm-2:00pm**-Leisure TV **Room#7** **1:00pm-2:00pm**-Technology Class w/ Annie **Room#7**				**Please note:** Menu items are subject to change based on food availability.	

Dreiser Older Adult Center

Phone Number (718) 320 1345

177 Dreiser Loop Room #7 Bronx NY 10475

November 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Meal 1 (Plant Based)** Root Vegetables Stew Brown Rice w Pigeon Peas Caesar Salad **Meal 2 (Plant Based)** Whole Wheat Lo Mein w Chickpea Sauteed Green Beans w Onions	3 **Meal 1** Italian Style Pork Loin Yuca w Garlic Lime Sauce Baby Spinach Salad **Meal 2** BBQ Chicken Breast Garlic & Rosemary Roasted Potatoes Steamed Collard Greens	4 **Meal 1** Beef Meatballs Whole Wheat Spaghetti California Blend Vegetables **Meal 2** Baked Fish w Rustic Tomato Sauce Black Beans & Rice Kale w Tomato	5 **Meal 1** Baked Chicken Quarters Yellow Rice Capri Blend Vegetables **Meal 2** Chinese Eggplant w Pork Normandy Blend Vegetables	6 **Meal 1** Baked Fish w Garlic Sauce Herbed Quinoa Steamed Carrots & Green Beans **Meal 2** Oven Fried Chicken Garlic Mashed Potatoes Italian Blend Vegetables

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Monday	Tuesday	Wednesday	Thursday	Friday
9 **Meal 1 (Plant Based)** Cozy Lentil & Veggie Soup White Rice Roasted Broccoli **Meal 2 (Plant Based)** Whole Wheat Penne w White Beans, Eggplant & Tomatoes Mediterranean Quinoa salad Garden Salad	10 **Meal 1** Baked Chicken Thighs Mexican Confetti Rice Black Bean Soup Italian Blend Vegetables **Meal 2** Chinese Style Pork Mashed Sweet Potatoes Broccoli w Teriyaki Sauce	11 **CENTER CLOSED FOR VETERAN'S DAY** 	12 **Meal 1** Lemon Chicken Brown Rice California Blend Vegetables **Meal 2** Mojo Pork Yuca w Garlic Lime Sauce Roasted Broccoli	13 **Meal 1** Baked Ziti w Turkey Sauteed String Beans **Meal 2** BBQ Chicken BReast Garlic & Rosemary Roasted Potatoes Steamed Collard Greens
16 **Meal 1 (Plant Based)** Stewed Beans White Rice Garden Salad **Meal 2 (Plant Based)** Black Bean Quinoa Veggie Burger Roasted Sweet Potato Fries Whole Wheat Hamburger Buns	17 **Meal 1** Baked Chicken Garlic Mashed Potatoes Steamed Spinach **Meal 2** Orzo Turkey Meatballs w Tomato Sauce Normandy Blend Vegetables	**18** **Coop City Thanksgiving Luncheon Menu** Fresh Roasted Turkey w/ Gravy Stuffing Candied Yams Green Beans Cranberry Sauce Cornbread	**19** **Meal 1** Beef Hamburger Roasted Sweet Potato Whole Wheat Hamburger Bun **Meal 2** Lemon Dill Fish Marinade Quinoa w Kale & Carrots Italian Blend Vegetables	20 **Meal 1** Puerto Rican Chicken Stew Garlic & Rosemary Roasted Potatoes Steamed Collard Greens **Meal 2** Tofu w Minced Pork Roasted Root Vegetables Confetti Brown Rice

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Monday	Tuesday	Wednesday	Thursday	Friday
23 **Meal 1 (Plant Based)** Whole Wheat Lo Mein w Chickpeas Sauteed Green Beans w Onions **Meal 2 (Plant Based)** Root Vegetable Slaw Brown Rie w Pigeon Peas Caesar Salad	24 **Meal 1** Baked Fish w Rustic Tomato Sauce Black Beans & Rice Kale w Tomato **Meal 2** BBQ Chicken Breast Garlic & Rosemary Roasted Potatoes Steamed Collard Greens	25 **Special Thanksgiving Menu** Fresh Roasted Turkey w/ Gravy Rice w/ Pigeon Peas Candied Yams Green Beans Cranberry Sauce Cornbread	26 **CENTER CLOSED** 	27 **CENTER CLOSED** 
30 **Meal 1 (Plant Based)** Stewed Beans Brown Rice Steamed Broccoli **Meal 2 (Plant Based)** Whole Wheat Penne w White Beans, Eggplant & Tomatoes Mediterranean Quinoa Salad Garden Salad				**Please note:** Menu items are subject to change based on food availability.

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

Dreiser Older Adult Center

177 Dreiser Loop,Room#7,Bronx, NY 10475

(718) 320-1345

www.jasa.org

Hours

Mondays - Fridays 8:00am - 4:00pm

Lunch served daily from 12pm to 1pm

Grab and Go Frozen Meals Served from 12pm to 1pm

Closed for Federal and Jewish Holidays

Dreiser Older Adult Center Staff

Yvette Kouamenan, Program Director, ykouamenan@jasa.org

Dennis Hugee, Assistant Program Director, dhugee@jasa.org (Available Tuesdays and Thursdays)

Sandra Satchell, Program Coordinator, ssatchell@jasa.org

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