PROUD PARTNER UJA Federation NEW YORK

Einstein Older Adult Center: 135 Einstein Loop, Rm 46 Bronx, NY, 10475

JASA

(718) 671-5161

November 2026 ACTIVITIES *(Schedule is Subject To Change)*

Monday	Tuesday	Wednesday	Thursday	Friday
2 9AM-10AM: Mindful Mornings Tai-Chi 10:30AM-11:30AM: Line Dance 11AM-12PM: Book Club 12PM-1PM: LUNCH 1pm-2pm: Chair Zumba & Yoga w/ Rufus 1pm-3pm: Movies w/ Dennis: "Doing LIfe" 1PM-3PM: Ageless Facials & Self Care(Appointments only)	3 10AM-11AM: Never Too Old To Learn Spanish 10am-11am: Beginning Line Dancing w Sassy 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1pm-2pm: Chair Yoga w/ Rufus 1pm-2pm: The Joy of Connection: Small things that bring us together W/ Leo	4 10AM-11AM: Stretch & Tone w/Ola 11AM-12PM: Bodies In Motion w/Ola 12pm-3pm: Aqua Aerobics 12PM-1PM: LUNCH 1pm-2pm: Technology w/ Jimmy	5 10AM-12PAM: Visual Arts 11AM-12PM: Salsa Dance w/ George 12pm-1pm Lunch 1pm-2pm- Oldies but Goodies Music w/Fletcher 1pm-2pm: Chair Zumba w/ Rufus 1PM-2PM- Card Games 2pm-4pm- Crochet & Knitting	6 9:30am-10:30am: Board & Table Games w/KJ 10AM-12PM:Chess Club 10AM-12PM - Digital Art W/TiJay 10:30AM-12PM: Blood Pressure Screening 12PM-1PM: LUNCH 1PM-2PM: Chit Chat w/ Michelle
9 10am- 3pm: Lunch @ Blend on the Water 10am-3pm: Walmart 9AM-10AM: Mindful Mornings Tai-Chi 10:30AM-11:30AM: Line Dance 11AM-12PM: Book Club 12PM-1PM: LUNCH 1pm-2pm: Chair Zumba & Yoga w/ Rufus 1pm-3pm: Movies w/ Dennis: "Why did I get Married Again"	10 10AM-11AM: Never Too Old To Learn Spanish 10am-11am: Beginning Line Dancing w Sassy 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1pm-2pm: Chair Yoga w/ Rufus 1pm-2pm: Music that takes me back: Memories, Meaning & Joy w/ Leo	11 CENTER CLOSED- VETRAN'S DAY 	12 10AM-12PAM: Visual Arts 11AM-12PM: Salsa Dance w/ George 12pm-1pm Lunch 1pm-2pm- Oldies but Goodies Music w/Fletcher 1pm-2pm: Chair Zumba w/ Rufus 1PM-2PM- Card Games 2pm-4pm- Crochet & Knitting	13 9:30am-10:30am: Board & Table Games w/KJ 10AM-12PM:Chess Club 10:30AM-12PM: Blood Pressure Screening 12PM-1PM: LUNCH 1PM-2PM: Chit Chat w/ Michelle

16 9AM-10AM: Mindful Mornings Tai-Chi 10:30AM-11:30AM: Line Dance 11AM-12PM: Book Club 12PM-1PM: LUNCH 1PM-2PM: Chair Yoga & Zumba w/ Rufus 1pm-3pm: Movies w/ Dennis: “King Richard”	17 10AM-11AM: Never Too Old To Learn Spanish 10am-11am: Beginning Line Dancing w Sassy 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: Lunch 1pm-2pm: Chair Yoga w/ Rufus 1pm-2pm: A Lifetime of Wisdom: What i know now w/ Leo	18 10AM-11AM: Stretch & Tone w/Ola 11AM-12PM: Bodies In Motion w/Ola 12PM-1PM: LUNCH 1PM-2PM: Board Games 1pm-2pm: Technology w/ Jimmy **11am-3pm: Co-Op Thanksgiving Luncheon Dreiser Auditorium**	19 10AM-12PAM: Visual Arts 11AM-12PM: Salsa Dance w/ George 12PM-1PM: LUNCH 1pm-2pm- Oldies but Goodies Music w/Fletcher 1pm-2pm: Chair Zumba w/ Rufus 1PM-2PM- Card Games 2pm-4pm- Crochet & Knitting	20 9:30am-10:30am: Board & Table Games w/KJ 10AM-12PM:Chess Club 10:30AM-12PM: BP Screening 12pm-1pm: Lunch 1PM-2PM: Chit Chat w/ MIchelle
23 9AM-10AM: Mindful Mornings Tai-Chi 10:30AM-11:30AM: Line Dance 11AM-12PM: Book Club 12PM-1PM: LUNCH 1pm-2pm: Chair Zumba & Yoga w/ Rufus 1pm-3pm: Movies w/ Dennis: “Soul Food”	24 10AM-11AM: Never Too Old To Learn Spanish 10am-11am: Beginning Line Dancing w Sassy 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1pm-2pm: Chair Yoga w/ Rufus 1pm-2pm- Family & Feelings w/ Leo	25 10AM-11AM: Stretch & Tone w/Ola 11AM-12PM: Bodies In Motion w/Ola 12PM-1PM: LUNCH/ November Birthday Celebrations 1PM-2PM: Board Games 1pm-2pm: Technology w/ Jimmy	26 CLOSED- Thanksgiving Day 	27 CLOSED- Day After Thanksgiving

30 **9AM-10AM: Mindful Mornings Tai-Chi** **10:30AM-11:30AM: Line Dance** **11AM-12PM: Book Club** **12PM-1PM: LUNCH** **1pm-2pm: Chair Zumba & Yoga w/ Rufus** **1pm-3pm: Movies w/ Dennis: “Waves”**				

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November 2026 Lunch MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meal #1 Root Vegetable Stew Brown Rice w Pigeon Peas Caesar Salad Meal #2 Whole Wheat Lo Mein w Chickpeas Sauteed Green Beans & Onions	3 Meal #1 Italian Style Pork Loin Yuca w Garlic Lime Sauce Baby Spinach Salad w Lemon Vinaigrette 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	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
9 Meal #1 Cozy Lentil & Veggie Soup White Rice Roasted Broccoli Garden Salad Meal #2 Whole Wheat Penne w White Beans, Eggplant & Tomatoes Mediterranean Quinoa 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- VETRAN'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 Potatoes Steamed Collard Greens

16 Meal #1 Stewed Beans White Rice Garden Salad Meal #2 Black Bean Quinoa Veggie Burger Roasted Sweet Potato Fries	17 Meal #1 Baked Chicken Quarters Garlic Mashed Potatoes Steamed Spinach Meal #2 Turkey Meatballs w Tomato Sauce Orzo Normandy Blend	18 Meal #1 Roasted Pork Shoulder Rice w Pigeon Pease Black Bean Soup Roasted Broccoli Meal #2 Peruvian Chicken Red Lentil Pasta w Fire Roasted Tomato Sauce Mixed Green Salad w Dressing	19 Meal #1 Beef Hamburger Roasted Sweet Potatoes Fries 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
23 Meal #1 Whole Wheat Lo Mein w Chickpeas Sauteed Green Beans w Onions Meal #2 Root Vegetables Stew Brown Rice w Pigeon Pease Caesar Salad	24 Meal #1 Baked Fish w Rustic Tomato Sauce Black Beans & Rice Kale w Tomato Meal #2 BBQ Chicken Breast Garlic & Rosemary Potatoes Steamed Collard Greens	25 Meal #1 Chicken Empanada Baked Fries California Blend Vegetables Meal #2 Pork Meatballs Whole Wheat Spaghetti Italian Blend Vegetables	26 Closed- Thanksgiving Day 	27 Closed- Day After Thanksgiving
30 Meal #1 Stewed Beans Brown Rice Steamed Broccoli Meal #2 Whole Wheat Penne w White Beans, Eggplant & Tomatoes Mediterranean Quinoa Salad Garden Salad				

Einstein Older Adult Center

135 Einstein Loop Rm 46

Bronx, New York

Program Director: Michelle Hammett	**(P) 718-671-5161**	**(E) (mhammett@jasa.org)**
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(718) 671-5161

M-F 8am-4pm

www.jasa.org

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