Van Cortlandt Older Adult Center

Phone Number (718) 549-4700 Address 185 W 231st Street Bronx, NY 10463

November 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 All Day- Technical Assistance w/Staff 9:00am Unwind w/Classical Music 12:15pm Lunch 1:00pm Group Therapy w/Donna 2:15pm Digital Literacy w/Ron 2:30pm Color Match Game/jenga	3 Election Day VOTE All Day- Technical Assistance w/Staff 10:00am Strength Training w/Patti 12:15pm Lunch 1:30pm Salsa w/Inez 1:45pm Mixed Media Arts w/Ron 2:45pm Fine Arts	4 All Day- Technical Assistance w/Staff 9:45am Zumba w/Cliff 12:15pm Lunch 1:45pm Hot Topics w/Lucy 2:00-3:30pm Women's Social	5 Doughnut Day All Day- Technical Assistance w/Staff 10:00-11:30am Chair Yoga w/Patti 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Nelly or Celia 2:00pm-3:30pm Art Social	6 All Day- Technical Assistance w/Staff 10:00am Exercise w/Cliff 12:15pm Lunch 2:30-3:30pm Men's Social
9 All Day- Technical Assistance w/Staff 9:00am Unwind w/Classical Music 12:15pm Lunch 1:00pm Last Group Therapy w/Donna 2:15pm Digital Literacy w/Ron 2:30pm Cornhole	10 All Day- Technical Assistance w/Staff 10:00am Advisory Board Meeting 10:00am Strength Training w/Patti 12:15pm Lunch 1:30pm Salsa w/Inez 2:30pm Leisure Bingo Hosted by Melissa JASAcare 1:45pm Mixed Media Arts w/Ron 2:45pm Fine Arts	11 Veterans Day All Day- Technical Assistance w/Staff 9:45am Zumba w/Cliff 12:15pm Lunch 1:45pm Hot Topics w/Lucy 2:00-3:30pm Board Games w/Staff	12 Wear Light Blue All Day- Technical Assistance w/Staff 10:00-11:30am Chair Yoga w/Patti 12:15pm Lunch 1:15pm Wild Wild West Skit w/Margarita 1:30pm Produce Distribution 2:15pm Jewelry Making w/Nelly or Celia 2:00pm-3:30pm Art Social	13 All Day- Technical Assistance w/Staff 10:00am Exercise w/Cliff 12:00pm SE w/Donna Topic "Keep the Faith" 12:15pm Lunch 2:30-3:30pm Men's Social
16 All Day- Technical Assistance w/Staff 9:00am Unwind w/Classical Music 12:15pm Lunch 2:15pm Digital Literacy w/Ron 2:30pm Color Match Game/jenga	17 All Day- Technical Assistance w/Staff 10:00am Strength Training w/Patti 12:15pm Lunch 1:30pm Salsa w/Inez 1:45pm Mixed Media Arts w/Ron 2:45pm Fine Arts	18 All Day- Technical Assistance w/Staff 9:45am Zumba w/Cliff 12:15pm Lunch 1:45pm Hot Topics w/Lucy 2:00-3:30pm Women's Social	19 Wear White All Day- Technical Assistance w/Staff 9:00-10:30am Chair Yoga w/Patti 10:00-2:30pm Carnival w/Horace Mann 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Nelly or Celia 2:00pm-3:30pm Art Social	20 All Day- Technical Assistance w/Staff 10:00am Exercise w/Cliff 12:15pm Thanksgiving special Lunch 2:30-3:30pm Men's Social

Monday	Tuesday	Wednesday	Thursday	Friday
23 All Day- Technical Assistance w/Staff 9:00am Unwind w/Classical Music 12:15pm Lunch 2:15pm Digital Literacy w/Ron 2:30pm Board games	24 All Day- Technical Assistance w/Staff 10:00am Strength Training w/Patti 12:15pm Lunch 12:15pm Nutrition Presentation w/Amelia 1:30pm Salsa w/Inez 1:45pm Mixed Media Arts w/Ron 2:45pm Fine Arts	25 All Day- Technical Assistance w/Staff 9:45am Zumba w/Cliff 12:15pm Lunch 1:30pm Leisure Bingo 1:45pm Hot Topics w/Lucy 2:00-3:30pm Women's Social	26 Center Closed 	27 Center Closed 
30 All Day- Technical Assistance w/Staff 9:00am Unwind w/Classical Music 12:15pm Lunch 2:15pm Digital Literacy w/Ron 2:30pm Dominos/ Uno cards	Nat'l Alzheimer's Disease Awareness Month Diabetes Awareness Month Nov.12th wear Light Blue Lung Cancer Awareness Month Nov.19th wear White	Nov.3rd Board of Elections Nov.11 Veteran's Day Nov. 26th Thanksgiving Day Nov.27th Black Friday		Join us for a Thanksgiving Celebration Lunch on Nov. 20th!

Please be advised that taking any food items from this location to consume elsewhere is entirely at your own risk. For your personal safety and to prevent potential foodborne illnesses, it is crucial to either consume the food or promptly refrigerate it within thirty minutes of departing the premises. When reheating, ensure it is done so in an oven set to 350 degrees Fahrenheit for a minimum of five minutes to achieve a safe internal temperature. Furthermore, it is imperative to discard any remaining food after a maximum of three days. These guidelines are in place to protect your health and well-being.

Van Cortlandt Older Adult Center

Phone Number (718) 549-4700 Address 185 W 231st Street, Bronx, NY 10463

November 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Dominican Vegan Sanchocho Brown Rice w/ Pigeon Peas Cesar Salad	3. Italian Style Pork Loin Yuca con Mojo w/Garlic Baby Spinach Salad w/ Lemon Vinaigrette	4 Beef Meatballs WW Spaghetti California Blend Vegetables	5 Baked Chicken Quarters Yellow Rice Capri Blend Vegetables	6 Baked Fish w/Garlic sauce Herbed Quinoa Steamed Carrots & Green Beans
9 Plant Based Cozy Lentil & Veggie Soup White Rice Roasted Broccoli	10 Baked Chicken Thighs Mexican Confetti Rice Black Bean Soup Italian Blend Vegetable	11 Beef Empanada Boiled Southern Greens Garlic Mashed Potatoes	12 Lemon Chicken Brown Rice California Blend Vegetables	13 Baked Ziti w/Turkey Whole Wheat Bread Sauteed String Beans
16 Plant Based Stewed Beans Perfect White Rice Garden Salad	17 Baked Chicken Quarters Garlic Mashed Potatoes Steamed Spinach	18 Pernil (Roasted Pork Shoulders) Arroz con Guandules Black Bean Soup Roasted Broccoli	19 Beef Hamburger WW Hamburger Bun Lettuce & Tomato Roasted Sweet Potato Fries	20 Fresh Roasted Turkey w/Gravy Stuffed w/Chorizo Candied Yams, Green Beans Cranberry Sauce, Cornbread
23 Plant Based Tasty WW Lo Mein w/Chickpeas Sauteed Greens Beans w/Onions	24 Baked Fish w/Rustic Tomato Sauce Black Beans & Rice Kale w/Tomato	25 Chicken Empanada Baked Fries California Blend Vegetables	26 	27 
30 Plant Based Stewed Beans Brown Rice Steamed Broccoli			Please note: Menu items are subject to change based on food availability. Produce Distribution Every Thursdays at 1:30pm	Monday Meals are Plant Based Abbreviation for Whole wheat; WW Abbreviation for Black; Blk

Van Cortlandt Older Adult Center

Phone Number (718) 549-4700 Address 185 W 231st Street, Bronx, NY 10463

November 2026 Alternate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2. Plant Based Cabbage Carrot Slaw Potato Salad Whole Wheat Pita Stuffed w/Eggplant Cucumber, and Tzatziki	3 Baby Spinach Salad w/Lemon Vinaigartte Cucumber Dill Salad WW Chicken Salad Sandwich	4 Four Bean Salad Sliced Cucumbers & Tomatoes WW Egg Salad Sandwich	5 Classic Macaroni Salad Grilled Mozzarella & Tomato Sandwich (WW) Bread Mixed Green Salad w/Dressing	6 Beet,Arugula, & Feta Salad Cucumber & Chickpea Salad Tuna Salad
9 Plant Based Cabbage Carrot Slaw Classic Macaroni Salad Four Bean Salad	10 Honey Mustard Chicken Breast Mixed Green Salad W/Dressing Pasta Primavera Salad	11 Cobb Salad w/Grilled Chicken Potato Salad	12 Healthier Tuna Salad Sliced Cucumbers & Tomatoes Southern Chickpea Salad	13 Classic macaroni Salad Grilled Chicken Breast Mixed Green Salad w/Dressing
16 Plant Based Cabbage Carrot Slaw w/Chickpeas Mixed Green Salad w/Dressing Potato Salad	17 Garden Salad No Dressing Garlic Chicken Italian Chickpea Pasta Salad Light Italian Dressing	18 Cabbage Carrot Slaw Potato Salad w/Egg Tuna Salad	19 Carrot Salad Grilled Chicken Breast Southwestern Quinoa & Blk Bean Salad	20 No Alternates
23 Plant Based Cabbage Carrot Slaw Potato Salad Whole Wheat Pita Stuffed w/Eggplant Cucumber, and Tzatziki	24 Baby Spinach Salad w/Lemon Vinaigartte Cucumber Dill Salad WW Chicken Salad Sandwich	25 Four Bean Salad Sliced Cucumbers & Tomatoes WW Egg Salad Sandwich	26 	27 
30 Plant Based Cabbage Carrot Slaw Classic Macaroni Salad Four Bean Salad				Please note: Menu items are subject to change based on food availability. Produce Distribution Every Thursdays at 1:30pm

November 2026

Van Cortlandt Older Adult Center

185 W 231st Street, Bronx, NY 10463

Phone (718) 549-4700 ● Email www.jasa.org

New Hours of Operation are now Mondays - Fridays 8:00am - 4:00pm

Closed for Federal and Jewish Holidays

November 26 and 27: Closed in observance of Thanksgiving

Daily Lunch Mondays - Fridays 12:15pm - 1:15pm - Dining Room

Van Cortlandt Older Adult Center Staff

Indira Ortiz,Program Director Iortiz@jasa.org

Anna Barcene,Assistant Director Abarcene@jasa.org

Daisy Ruiz,Program Coordinator Druiz@jasa.org

Nadira Khanam,Case Manager Nkhanam@jasa.org

Carla Luna,Food technician Cluna@jasa.org

Donna Williams,Social Worker/Clinician Dwilliams@jasa.org

NEW November 2026 Activities/Programming

November 10th @2:30pm JASAcare w/Melissa

November 12th @1:15pm Wild Wild West Skit w/ Margarita

November 19th @ 10:00am - 2:30pm Carnival w/Horacemann

November 20th @ 12:15pm Thanksgiving Special Lunch for the members

November 24th @ 12:15pm Nutrition Presentation