Sue Ginsburg Older Adult Center

Phone Number (718) 881-1758

975 Waring Avenue, Bronx, NY 10469

November 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Let's Sing it 11AM- Ball it out (Wii Games) 12PM- Lunch/Almuerzo 1:30PM- Coloring By Numbers 2PM- Sing it Karaoke	3 Dancercize w. Damion 11AM- Hidden Picture (Leisure Games) 12PM- Lunch/Almuerzo 1PM- Dancercize w. Damion 2PM- Board Games (Leisure Games)	4 11AM- Walking it Out - Walking 12PM- Lunch/Almuerzo 1:30PM- Blood Pressure- Victor 2:30PM- Let's Color-Coloring Class	5 Chair Zumba 11AM- Word Search (Puzzle) 12PM- Lunch/Almuerzo 1PM- Chair Zumba (Cliff) 2PM- Fall Tote Bags	6 Arts & Crafts- Tech World 11AM- Walking it Out - Walking 12PM- Lunch/Almuerzo 1:30PM- Arts & Crafts w. Maryidres 2:30PM-Dominoes (Leisure Games)
9 Coffee Mug Painting 11AM- Ball it out (Wii Games) 12PM- Lunch/Almuerzo 1:30PM-3PMCoffee Mug Painting -Kathy	10 Dancercize w. Damion 11AM- Coloring By Numbers 12PM- Lunch/Almuerzo 1PM- Dancercize w. Damion 2PM- Vase Painting - Shanil	11 Fall Canvas Painting 11AM- Cycling Class w. Music 12PM- Lunch/ Almuerzo 1PM-Fall Canvas Painting 3PM- Advisory Meeting	12 Chair Zumba 11AM- Work it (Cycling Class) 12PM- Lunch/Almuerzo 1PM- Chair Zumba (Cliff) 2PM-Art & Craft - Melissa	13 Arts & Crafts- Tech World 11AM- Ball it Out (Wii Games) 12PM- Lunch/Almuerzo 1:30PM-Arts & Crafts w. Maryidres 2:30PM- Dominoes (Leisure Games)
16 Healthy Smoothies w. Terry 11AM- Morning Stretch (Phys. Ed) 12PM- Lunch/Almuerzo 1PM- Healthy Smoothies w. Terry	17 Dancercize w. Damion 11AM-Ball it Out (Wii Games) 12PM- Lunch/Almuerzo 1PM- Dancercize w. Damion 2PM- Fall Jewelry Making w. Shanil	18 Arts & Crafts- Tech World 11AM- Word Search -Puzzle 12PM- Lunch/Almuerzo 1:30PM-Arts & Crafts w. Adeyelis 2:30PM-Dominoes (Leisure Games)	19 Chair Zumba /Nutrition Class 11AM Ball it out (Wii Games) 12PM- Lunch/Almuerzo 1PM- Chair Zumba (Cliff) 2PM- Nutrition Class - Proteins & Fats	20 Movies 11AM- Ball it out (Work it) 12PM- Lunch/Almuerzo 1:30PM-3:45PM- Movies
23 Let's Sing it 11AM- Morning Stretch (Phys. Ed) 12PM- Lunch/Almuerzo 1:30PM-3:30 Nails W OAK Street	24 Thanksgiving & Birthday Party 11AM-Hidden Picture (Leisure Games) 12PM- Lunch/Almuerzo 12:30PM-3:30 Party Celebration	25 Arts & Crafts- Tech World 11AM- Technology Class 12PM- Lunch/Almuerzo 1:30PM-Arts & Crafts w. Adeyelis 2PM-Dominoes (Leisure Games)	26 Center Closed Thanksgiving	27 Center Closed Day After Thanksgiving
30 PANTRY DAY/ BINGO 9:30AM- Pantry Distribution 12PM- Lunch/Almuerzo 1PM-3PM- BINGO w. Refreshments		Programs for 11/7/2026 (Saturday) Game Night (Board Games)	Programs for 11/8/2026 (Sunday) Movies w/PJs Sunday	HABLAMOS ESPAÑOL Must be the age of 60 and over to register

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November 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Plant-Based Meal Dominican Vegan Sancocho Arroz con Gandules Caesar Salad Orange/ Orange-Pineapple Juice	3 Italian Style Pork Loin Yuca con Mojo Baby Spinach Salad w. Vinaigrette Apple	4 Beef Meatballs Whole Wheat Spaghetti California Blend Banana	5 Baked Chicken Quarters Yellow Rice Capri Blend Vegetables Orange/ Apple Juice	6 Baked Fish w. Garlic Sauce Herbed Quinoa Steamed Carrots& Green Beans Apple/ Orange Juice
9 Plant-Based Meal Cozy Lentil & Veggie Soup Perfect White Rice Roasted Broccoli Orange	10 Baked Chicken Thighs Mexican Confetti Rice Black Bean Soup/ Italian Blend Apple/ Orange-Pineapple Juice	11 Beef Empanada Boiled Southern Greens Garlic Mashed Potatoes Banana	12 Lemon Chicken Brown Rice California Blend Orange/ Apple Juice	13 Baked Ziti w. Turkey (Dairy-Free) Sauteed String Beans Apple
16 Plant-Based Meal Stewed Beans(Habichuelas Guisadas) Perfect White Rice Garden Salad Orange	17 Baked Chicken Quarters Garlic Mashed Potatoes Steamed Spinach Apple/Apple Juice	18 Pernil (Roasted Pork Shoulder) Arroz con Gandules Black Bean Soup/ Roasted Broccoli Banana	19 Beef Hamburger Lettuce & Tomatoes Roasted Sweet Potato Fries Orange	20 Asopao de Pollo (Chicken Stew) Garlic & Rosemary Roasted Potatoes Steamed Collard Greens Apple/Apple Juice
23 Plant-Based Meal Tasty Whole Wheat Lo Mein w. Chickpeas Sautéed Green Beans w. Onions Orange	24 Thanksgiving Special Menu Fresh Roasted Turkey w. Gravy Stuffing/ Candied Yams Green Beans/ Cranberry Sauce Cornbread	25 Chicken Empanada Baked Fries California Blend Vegetables Banana	26 Center Closed Thanksgiving	27 Center Closed Day After Thanksgiving
30 Plant-Based Meal Stewed Beans(Habichuelas Guisadas) Brown Rice (½ Cup) Steamed Broccoli Orange		MENU for 11/7/2026 (Saturday) Chicken Empanada Garlic Mashed Potatoes California Blend Banana	MENU for 11/8/2026 (Sunday) Beef Hamburger Lettuce & Tomato Roasted Sweet Potato Fries Orange	HABLAMOS ESPAÑOL Must be the age of 60 and over to register

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www.jasa.org

Hours

Mondays - Fridays 8:30am - 4:30pm

Closed for Federal and Jewish Holidays

Daily Lunch

Mondays - Fridays

12:00pm - 1:00pm - Dining Room (NEW Caterer- Salsa Catering)

Sue Ginsburg Older Adult Center Staff

Victor Morell, Program Director, vmorell@jasa.org or (718) 881-1758 EXT: 1

Shanil Acosta, Program Coordinator, sacosta@jasa.org or (718) 881-1758 EXT: 2

Vilma Sorrentini, Case Manager, vsorrentini@jasa.org or (718) 881-1758 EXT: 3

Dov Mannings, Food Service Technician, dmannings@jasa.org

Simone Walker, Porter, swalker@jasa.org

New November 2026 Activities/Programming

Saturday, November 7 & Sunday, November 8 will are open

Dancercize w. Damion- 11/3/2026, 11/10/2026, 11/17/2026

Healthy Smoothies w. Terry- 11/16/2026

Nutrition w. Kiahni Proteins & Fats - 11/19/2026

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