


June 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>June is Pride Month</p> 		<p>1 10:00am: Stay-well Exercise with Odessa 11:00am: Line Dance with Cynthia 12:00noon: Lunch Hour 1:00pm:Card game 1:30pm: poetry writing 2:00pm:Smartphone and tablet class(virtual)</p>	<p>2 10:00am:Morning Matinee 11:00am: Word Game 12:00noon: Lunch Hour 1:00pm: Computer Class with Steve 1:00pm:Dominoes</p>	<p>3 9:30am: Massage Therapy 10:30am: Manicure Session 11:00am: Line Dance with Cynthia 12:00noon: Lunch Hour 1:00pm: Bingo</p>
<p>6 10:00am: Health and Wellness Nutrition presentation w/ Amelia 11:00am: Arthritis Exercise 12:00noon: Lunch Hour 1:00pm:Card game 1:30pm: Poetry Writing</p>	<p>7 9:30am:Walking with Odessa 10:00am:Blood Pressure 10:30am: Agetastic with Julesa 11:00am:Adult coloring 12:00noon: Lunch Hour 1:00pm:Dominoes</p>	<p>8 10:00am: Stay-well Exercise with Odessa 11:00am: Line Dance with Cynthia 12:00noon: Lunch Hour 1:00pm:Card game 1:30pm: poetry writing 2:00pm:Smartphone and tablet class(virtual)</p>	<p>9 10:00am:Morning Matinee 10:00am: Drawing class (virtual) 11:00am: Word Game 12:00noon: Lunch Hour 1:00pm: Computer Class with Steve 1:00pm:Dominoes</p>	<p>10 9:30am: Massage Therapy 10:30am: Manicure Session 11:00am: Line Dance with Cynthia 12:00noon: Lunch Hour 1:00pm: Bingo</p>

<p>13 10:00am:Health and Wellness 11:00am: Arthritis Exercise 12:00noon: Lunch Hour 1:00pm:Card game 1:30pm:Poetry writing</p>	<p>14 9:30am:Walking with Odessa 10:30am: Agetastic with Julesa 11:00am:Adult coloring 12:00noon:Lunch Hour 1:00pm:Dominoes</p>	<p>15 10:00am: Stay-well Exercise with Odessa 11:00am: Line Dance with Cynthia 12:00noon: “Father’s Day Lunch Special” 1:00pm:Card game 1:00pm: Pooled Income Trust Education (a Neighborhood SHOPP presentation) 1:30pm: poetry writing 2:00pm:Smartphone and tablet class(virtual)</p>	<p>16 10am: Morning Matinee 10am:Drawing class (virtual) 11am: Word Game 12noon: Lunch Hour 1:00pm: Computer Class with Steve 1:00pm:Dominoes</p>	<p>17 9:30am: Massage Therapy 10:30am: Manicure Session 11am: Line Dance with Cynthia 12noon: Lunch Hour 1:00pm: Bingo(canceled) 1:30pm: “Juneteeth Celebration”</p>
<p>20 JASA Is Closed In Recognition of Juneteenth Holiday</p>	<p>21 9:30am: Walking with Odessa 10:00am:Blood Pressure 10:30am: Agetastic with Julesa 11:00am: Adult coloring 12:00noon: Lunch Hour 1:00pm:Domino 1:30pm: Special Movie Presentation in Recognition of Pride Month “Philadelphia”</p>	<p>22 10am: Stay-well Exercise with Odessa 11am: Line Dance with Cynthia 12noon: Lunch Hour 1:00pm:Card game 2:00pm: Smartphone and table class (virtual) 3:00pm: Poetry Reading and Open Mic Event (A SU CASA Presentation)</p>	<p>23 10am: Morning Matinee 10am:Drawing class (virtual) 11am: Word Game 12noon: Lunch Hour 1:00pm: Computer Class with Steve 1:00pm:Dominoes</p>	<p>24 9:30am Massage Therapy 10:30am:Manicure Session 11am: Line Dance with Cynthia 12noon: Lunch Hour 1:00pm: Bingo 1:00pm: “Your Eyes’ Health” (A Neighborhood SHOPP presentation) “Happy Birthday to everyone born in the month of JUNE”</p>

27
10:00am: Health and Wellness
11:00am:Arthritis Exercise
12::00noon: Lunch Hour
1:00pm:Card game
1:30pm: poetry writing

28
9:30am:Walking with Odessa
10:30am: Agetastic with Julesa
11:00am:Adult coloring
12:00noon: Lunch Hour
1:00pm:Domino

29
10:00am: Stay-well Exercise with Odessa
11:00am: Line Dance with Cynthia
12:00noon: Lunch Hour
1:00pm:Card game
1:30pm: poetry writing
2:00pm: Smartphone and table class (virtual)

30
10:00am: Morning Matinee
10:00am:Drawing class (virtual)
11:00am: Word Game
12:00noon: Lunch Hour
1:00pm: Computer Class with Steve
1:00pm:Dominoes



Bartow Older Adult Center: 2049 Bartow Avenue, Rm 31 Bronx, NY, 10475
(929) 399-1394



JUNE 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
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		<p>1 Kosher: Beef hamburger, Garlic and rosemary potato, Lettuce, tomatoes, onion coleslaw Alt: Veggie Burger Nonkosher: Beef meatballs w/ sofrito, Whole wheat spaghettis, Baby carrots w/ parsley</p>	<p>2 Kosher: Apricot glazed salmon, Quinoa, Roasted vegetables Alt: Sliced deli turkey Nonkosher: Stewed codfish, Barley, Steamed green beans</p>	<p>3 Kosher: Hawaiian chicken legs, sweet noodle kugel, capri blend vegetables Alt: Gelfite fish Nonkosher: Chicken breast w/ rice, Broccoli w/ toasted garlic</p>
<p>6 Kosher: Chef salad, pasta salad, tossed salad w/ dressing Alt: Tuna salad Nonkosher: Vegetarian brown stew, Baby carrots w/ parsley, Collard greens</p>	<p>7 Kosher: Chicken cacciatore, angel hair pasta, mixed vegetables Alt: Salmon burger Nonkosher: Soanish style catfish, Chinese style spaghetti, Oriental blend vegetables</p>	<p>8 Kosher: Vegetable cutlet, baked sweet potato, California blend vegetables Alt: Egg Frittata Nonkosher: Jerk chicken, Orzo, steamed Broccoli</p>	<p>9 Kosher: Asian beef, Brown rice, Oriental blend vegetables Alt: Asian tofu Nonkosher: Spanish style beef stew, Baked red potato wedges, Roasted zucchini</p>	<p>10 Kosher: Oven fried chicken legs, Roasted potatoes, Grilled vegetables Alt: Nonkosher: Homemade coconut breaded fish, Quinoa, Sauteed spinach</p>
<p>13 Kosher: Vegetarian pasta primavera, Cucumber salad Alt: Egg salad Nonkosher: BBQ pork chops, White rice, Steamed kale</p>	<p>14 Kosher: Yankee pot roast, Rosemary potatoes, California blend vegetables Alt: Baked breaded fish Nonkosher: Jerk chicken, Baked sweet potato, Steamed</p>	<p>15 Kosher: cranberry chicken cutlet, Wild rice, Capri blend vegetables Alt: Veggie Burger Nonkosher: Beef or Brisket Herb-roasted Potatoes Steamed green Bean and Carrots ripe Plantains Cupcakes Milk juice dinner roll and Margarine</p>	<p>16 Kosher: Moroccan salmon, Brown rice, Steamed green beans Alt: Sliced deli turkey Nonkosher: Stewed codfish, Yuca, steamed spinach</p>	<p>17 Kosher: Apricot glazed chicken, Egg barley w/ mushroom and onion, Roasted butternut squash Alt: Gelfite fish Nonkosher: Oven fried chicken, Baked mac and cheese, Collard greens</p>

	cabbage			
<p>20 Kosher: Meatball hero, Cucumber salad, Garden salad Alt: Tuna casserole Nonkosher: Homemade roast pork spanish style, Penne, Braised collard greens</p>	<p>21 Kosher: Asian stir fry chicken, Lo mein, Stir fry vegetables Alt: Stir fry tofu Nonkosher: BBQ chicken, Roasted butternut squash, Sautéed spinach</p>	<p>22 Kosher: Vegetarian chilli, White rice, Peas and carrots Alt: Veggie Burger Non-kosher: Curried veggie, chickpea and quinoa stir fry, Steamed broccoli</p>	<p>23 Kosher: Hungarian beef goulash, Barley, California blend vegetables Alt: Vegetarian stuffed cabbage Non-kosher: Fish w/ fresh salsa relish, Baked mac and cheese, Normandy blend vegetables.</p>	<p>24 Kosher: Moroccan chicken, Brown rice, Sautéed string beans Alt: Gelfite fish Nonkosher: Curried chicken legs, Brown rice w/ pigeon peas, Okra</p>
<p>27 Kosher: Hot deli roast beef, Russian potato salad, Coleslaw Alt: Salmon burger Nonkosher: Tofu broccoli tofu, pasta, steamed carrots</p>	<p>28 Kosher: Baked salmon w/ dill sauce Alt: Chicken salad Nonkosher: Jerk chicken, Rice and beans, Braised collard greens</p>	<p>29 Kosher: Boneless chicken w/ mustard sauce, Rice and mushrooms, Roasted peppers Alt: Veggie burger Non-kosher: Spanish style beef stew, Baked red potato, steamed broccoli</p>	<p>30 Kosher: Vegetarian stuffed cabbage, Mashed potato, Steamed carrots Alt: Egg frittata Non-kosher: Spanish style baked chicken, Couscous, Italian blend vegetables.</p>	



Bartow Older Adult Center

135 Einstein Loop Rm 49

Bronx, New York

(929) 399-1394

dcardenas@jasa.org

www.jasa.org

M-F 8am-4pm

Virtual Art with Laura on Thursdays

10am-

Zoom Information:

Meeting ID:

Virtual Smartphone and Tables class on Wednesdays

2pm-3pm

Zoom Information:

Meeting ID: 889 664 6893

Passcode: bartow

Nutrition Presentation with Amelia

Monday, June 6. 10am-11am

Generously Funded by Councilman Riley



