



# JASA Bay Eden Older Adult Center

Phone Number (718)-882-3815

1220 East 229th Street, Bronx, NY 10466

## April 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*Must be age 60 and over to register</b></p> <p><b>*MUST BE A MEMBER TO PARTICIPATE IN ALL CLASSES</b></p> <p><b>*ACTIVITIES ARE SUBJECT TO CHANGE</b></p>	<p><b>**Special Notices**</b></p> <p><b>**GRAB &amp; GO Has Ended UNTIL FURTHER NOTICE**</b></p> <p><b>NEW Activities:</b></p> <p><b>*Joe Talks in Dining Room</b></p> <p><b>*Roots in Motion for Seniors</b>            Roots in Motion for Seniors is an Afro-Latin dance program celebrating the wisdom of the body, cultural memory, and joyful connection through dance. Rooted in African and Latin rhythms, it highlights the rich musical and dance heritage of Latin America, such as salsa, merengue, cha-cha-cha, danzón, rumba, and Son Jarocho.</p> <p><b>* M &amp;Y Coffee &amp; Tea</b></p>	<p>1.</p> <p><b>8:30 Congregate Breakfast</b></p> <p><b>9:00 YouTube News/Doc In-Person</b></p> <p><b>10:00 Crochet w/ Yvette - In Person</b></p> <p><b>11:00 Ed/Rec Presentation</b></p> <p>-</p> <p><b>NYU: Geriatric Workforce Enhancement Program: A Day In the Life of a Bronx Older Adult - In Person</b></p> <p><b>12:00 Congregate Lunch</b></p>	<p>2.</p> <p><b>CENTER CLOSED</b></p> <p><b>PASSOVER</b></p>	<p>3.</p> <p><b>8:30 Congregate Breakfast</b></p> <p><b>9:00 The Weekly News Recap- In Person</b></p> <p><b>10:00 Leisure Games: Crossword/Puzzle-In-Person</b></p> <p><b>10:00 Bay Eden Walking Club w/ Iris - In-Person</b></p> <p><b>11:00 Chair/ Floor Yoga w/ Rufus- In-Person</b></p> <p><b>12:00 Congregate Lunch</b></p>

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<p>6.  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00 Computer Class w/ Ron-</b>  <b>In Person (reservation is required)</b>  <b>11:00 Painting w/ Ron - In-Person</b>  <b>11:00 Senior Fitness Boot Camp</b>  <b>w/ Rufus- In-Person</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 SU-CASA - In-Person</b>  <b>Roots in Motion for Seniors</b></p>	<p>7.  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00 Digital Literacy w/</b>  <b>Ron-In Person</b>  <b>10:00 Joe Talks- In Person</b>  <b>[Electric Discount Program]</b>  <b>11:00 Digital Literacy w/</b>  <b>Ron - In Person</b>  <b>11:00 Dance &amp; Movement</b>  <b>w/ Rufus - In-Person</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 Chit Chat w Donna</b>  <b>-In Person</b></p>	<p>8.  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00-12:00 Easter/Spring</b>  <b>Fashion Show</b>  <b>12:00 Easter /Spring Lunch</b>  <b>1:00 Bingo w. Joseph</b>  <b>- In Person</b></p>	<p>9.  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00 Leisure Games:</b>  <b>Billiards/ Pool- In-Person</b>  <b>10:00 Discussion/Current</b>  <b>Events w/ Tim - In-Person</b>  <b>11:00 Dance &amp; Movement</b>  <b>w/ Rufus - In-Person</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 Chit Chat w Donna</b>  <b>-In Person</b></p>	<p>10.  <b>8:30 Congregate Breakfast</b>  <b>9:00 The Weekly News</b>  <b>Recap- In Person</b>  <b>10:00 Leisure Games:</b>  <b>Crossword/Puzzle-In-Person</b>  <b>10:00 Bay Eden Walking Club</b>  <b>w/ Iris - In-Person</b>  <b>11:00 Chair/ Floor Yoga</b>  <b>w/ Rufus- In Person</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 Bay Eden Book Club</b>  <b>w. Evelyn- In Person</b></p>

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<p><b>13.</b>  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00 Computer Class w/ Ron-</b>  <b>In Person (reservation is required)</b>  <b>10:00 Garden Club Mtg- In Person</b>  <b>11:00 Painting w/ Ron - In-Person</b>  <b>11:00 Senior Fitness Boot Camp</b>  <b>w/ Rufus- In-Person</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 SU-CASA - In-Person</b>  <b>Roots in Motion for Seniors</b></p>	<p><b>14.</b>  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00 Digital Literacy w/</b>  <b>Ron-In Person</b>  <b>10:00 Joe Talks- In Person</b>  <b>[ Navigating the MTA]</b>  <b>11:00 Digital Literacy w/</b>  <b>Ron - In Person</b>  <b>11:00 Dance &amp; Movement</b>  <b>w/ Rufus - In-Person</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 Chit Chat w Donna</b>  <b>-In Person</b></p>	<p><b>15.</b>  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00 Crochet w/ Yvette</b>  <b>- In Person</b>  <b>10:00 Joe Talks- In Person-</b>  <b>[Affordable Tech for</b>  <b>Older Adults]</b>  <b>11:00 Health Presentation-</b>  <b>Foot Health Awareness</b>  <b>- In Person [Montefiore]</b>  <b>12:00 Congregate Lunch</b></p>	<p><b>16.</b>  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00 Leisure Games:</b>  <b>Billiards/ Pool- In-Person</b>  <b>10:00 Discussion/Current</b>  <b>Events w/ Tim - In-Person</b>  <b>11:00 Dance &amp; Movement</b>  <b>w/ Rufus - In-Person</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 Chit Chat w Donna</b>  <b>-In Person</b></p>	<p><b>17.</b>  <b>8:30 Congregate Breakfast</b>  <b>9:00 The Weekly News</b>  <b>Recap- In Person</b>  <b>10:00 Leisure Games:</b>  <b>Crossword/Puzzle-In-Person</b>  <b>10:00 Bay Eden Walking Club</b>  <b>w/ Iris - In-Person</b>  <b>11:00 Chair/ Floor Yoga</b>  <b>w/ Rufus- In Person</b>  <b>12:00 Congregate Lunch</b></p>

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<p>20.  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00 Computer Class w/ Ron-</b>  <b>In Person (reservation is required)</b>  <b>10:00 Joe Talks- In Person:</b>  <b>[ Affordable Housing]</b>  <b>11:00 Painting w/ Ron - In-Person</b>  <b>11:00 Senior Fitness Boot Camp</b>  <b>w/ Rufus- In-Person</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 SU-CASA - In-Person</b>  <b>Roots in Motion for Seniors</b></p>	<p>21.  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00 Digital Literacy w/</b>  <b>Ron-In Person</b>  <b>10:00 Joe's Talk- In Person:</b>  <b>11:00 Digital Literacy w/</b>  <b>Ron - In Person</b>  <b>11:00 Dance &amp; Movement</b>  <b>w/ Rufus - In-Person</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 Chit Chat w Donna</b>  <b>-In Person</b></p>	<p>22.  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00 Crochet w/ Yvette</b>  <b>- In Person</b>  <b>11:00 M &amp; Y Coffee &amp; Tea</b>  <b>12:00 Congregate Lunch</b></p>	<p>23.  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00 Leisure Games:</b>  <b>Billiards/ Pool- In-Person</b>  <b>10:00 Discussion/Current</b>  <b>Events w/ Tim - In-Person</b>  <b>11:00 Dance &amp; Movement</b>  <b>w/ Rufus - In-Person</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 Chit Chat w Donna</b>  <b>-In Person</b></p>	<p>24.  <b>8:30 Congregate Breakfast</b>  <b>9:00 The Weekly News</b>  <b>Recap- In Person</b>  <b>10:00 Red Hatters Meeting/</b>  <b>Tea Party- In Person</b>  <b>10:00 Leisure Games:</b>  <b>Crossword/Puzzle-In-Person</b>  <b>10:00 Bay Eden Walking Club</b>  <b>w/ Iris - In-Person</b>  <b>11:00 Chair/ Floor Yoga</b>  <b>w/ Rufus- In Person</b>  <b>12:00 Congregate Lunch</b></p>

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<p><b>27.</b>  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00 Computer Class w/ Ron-</b>  <b>In Person (reservation is required)</b>  <b>11:00 Painting w/ Ron - In-Person</b>  <b>11:00 Senior Fitness Boot Camp</b>  <b>w/ Rufus- In-Person</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 SU-CASA - In-Person</b>  <b>Roots in Motion for Seniors</b></p>	<p><b>28.</b>  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00 Digital Literacy w/</b>  <b>Ron-In Person</b>  <b>11:00 Digital Literacy w/</b>  <b>Ron - In Person</b>  <b>11:00 Dance &amp; Movement</b>  <b>w/ Rufus - In-Person</b>  <b>1:00 Chit Chat w Donna</b>  <b>-In Person</b></p>	<p><b>29.</b>  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00 Crochet w/ Yvette</b>  <b>- In Person</b>  <b>11:00 M &amp; Y Coffee &amp; Tea</b>  <b>12:00 Congregate Lunch</b></p>	<p><b>30.</b>  <b>8:30 Congregate Breakfast</b>  <b>9:00 YouTube News/Doc</b>  <b>In-Person</b>  <b>10:00 Leisure Games:</b>  <b>Billiards/ Pool- In-Person</b>  <b>10:00 Discussion/Current</b>  <b>Events w/ Tim - In-Person</b>  <b>11:00 Dance &amp; Movement</b>  <b>w/ Rufus - In-Person</b>  <b>12:00 Congregate Lunch</b>  <b>1:00 Chit Chat w Donna</b>  <b>-In Person</b></p>	<p><b>* Breakfast*</b>  <b>8:30am - 9:30am</b>  <b>*Suggested Contribution*</b>  <b>\$1.00</b></p> <p><b>*Lunch*</b>  <b>12:00pm - 1:00pm</b>  <b>*Suggested Contribution*</b>  <b>\$1.50</b></p>



**JASA Bay Eden Older Adult Center**  
**Phone Number (718) 882-3815**  
**1220 East 229th Street, Bronx, NY 10466**  
**April 2026 Breakfast Menu**

Monday		Wednesday	Thursday	Friday
<b>* Breakfast*</b> <b>8:30am - 9:30am</b>  <b>*Suggested Contribution*</b> <b>\$1.00</b>	<b>EASTER LUNCH SOLD OUT!</b>  <b>MENU SUBJECT TO CHANGE</b>	<b>1.</b> <b>Fish Cakes</b> <b>Home Fries</b> <b>Bran Flakes</b> <b>Banana</b>	<b>2.</b> <b>CENTER CLOSED</b> <b>PASSOVER</b>	<b>3.</b> <b>Baked Egg Omelette</b> <b>Waffle</b> <b>Apple Raisin Oatmeal</b> <b>Orange</b>
<b>6.</b> <b>French Toast</b> <b>Bran Flakes</b> <b>Plain Greek Yogurt</b> <b>Apple</b>	<b>7.</b> <b>Hard Boiled Egg</b> <b>Cheerios</b> <b>Blueberry Muffin</b> <b>Orange</b>	<b>8.</b> <b>Vegetarian Western</b> <b>Omelette</b> <b>Home Fries</b> <b>Maple Quinoa Oatmeal</b> <b>Porridge</b> <b>Banana</b>	<b>9.</b> <b>Grilled Mozzarella &amp;</b> <b>Tomato Sandwich</b> <b>Raisin Bran Cereal</b> <b>Orange</b>	<b>10.</b> <b>Cinnamon French Toast</b> <b>Grits</b> <b>Scrambled Eggs</b> <b>Banana</b>

Monday		Wednesday	Thursday	Friday
13. Mini Bagel Cheerios Greek Yogurt Apple	14. Grilled Cheese Sandwich Oatmeal Banana	15. Egg a la Mexicana Raisin Bran Cereal Orange	16. Fish Cakes Grits Apple	17. Scrambled Eggs w Swiss Bran Flakes Sauteed Sweet Potatoes Banana
20. Greek Yogurt Cheerios Apple	21. Scrambled Eggs w Swiss Toasted Oats Orange	22. Sweet & Smokey Baked Mixed Beans Oatmeal Raisin Bran Cereal Apple	23. Omelette w Peppers & Onions Rasin Bran Banana	24. Hard Boiled Egg Grits Home Fries Orange
27. Pancakes Bran Flakes Greek Yogurt Banana	28. Sweet & Sour Chicken Breast Overnight Oats w Fruits Apple	29. Baked Egg Omelette Oatmeal Cheesy Home Fries Orange	30. Hard Boiled Egg Corn Muffin Rasin Bran Banana	



**JASA Bay Eden Older Adult Center**  
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**April 2026 Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"> <b>*Lunch*</b>  <b>12:00pm - 1:00pm</b>   <b>*Suggested Contribution*</b>  <b>\$1.50</b> </p>	<p align="center"> <b>EASTER LUNCH SOLD OUT!</b>   <b>MENU SUBJECT TO CHANGE</b> </p>	<p> <b>1. PB</b>  <b>Vegetable Lasagna</b>  <b>Sauteed Green Beans w</b>  <b>Onions</b>  <b>Apple</b> </p>	<p align="center"> <b>2. CENTER CLOSED</b>  <b>PASSOVER</b> </p>	<p> <b>3. Caesar Salad w Grilled</b>  <b>Chicken</b>  <b>Pasta Salad</b>  <b>Orange</b> </p>
<p> <b>6. Beef Hamburger</b>  <b>ALT Turkey Burger</b>  <b>Baked Red Potato</b>  <b>Wedges</b>  <b>Cooked Cabbage w</b>  <b>Shredded Carrots</b>  <b>Apple</b> </p>	<p> <b>7. PB</b>  <b>Stewed White Beans w</b>  <b>Carrots &amp; Spinach</b>  <b>White Rice</b>  <b>Steamed Broccoli</b>  <b>Orange</b> </p>	<p> <b>8. <u>Easter / Spring Lunch</u></b>  <b>Cheese and Crackers</b>  <b>Lemonade / Fruit Salad</b>  <b>Tuna Wrap</b>  <b>Garden Salad</b>  <b>Baked Potato Wedges</b>  <b>Pound Cake / Ice Cream</b>  <b><u>NYC Aging Meal</u></b>  <b>Fish w Mushrooms</b>  <b>Peppers &amp; Tomatoes</b>  <b>Pasta</b>  <b>Baby Carrots &amp; Parsley</b>  <b>Apple</b> </p>	<p> <b>9. Spanish Style Roast Pork</b>  <b>ALT Chicken</b>  <b>Chicken</b>  <b>Black Beans &amp; Rice</b>  <b>Steamed Collard Greens</b>  <b>Banana</b> </p>	<p> <b>10. Chicken Legs w Stewed</b>  <b>Tomatoes</b>  <b>Coconut Rice &amp; Pigeon</b>  <b>Peas</b>  <b>Normandy Blend</b>  <b>Orange</b> </p>

<p>13. Spanish Style Beef Stew ALT Chicken Mashed Potatoes Steamed Broccoli Apple</p>	<p>14. PB Baked Fish w Sweet &amp; Sour Sauce Pasta Normandy Blend Orange</p>	<p>15. PB Chicken Breast &amp; Rice Boiled Southern Greens Apple</p>	<p>16. PB Pumpkin &amp; Chickpea Curry White Rice Italian Cut Green Beans Banana</p>	<p>17. Jerk Chicken Black Beans &amp; Rice Italian Blend Vegetables Orange</p>
<p>20. Beef Meat Sauce w Peppers &amp; Onions ALT Chicken/ Turkey Sauce w Peppers &amp; Onions Rice &amp; Quinoa Steamed Green Beans Apple</p>	<p>21. PB Chickpea Power Grain Bowl Macaroni Salad Orange</p>	<p>22. PB Jerk Fish Black Bean Rice Steamed Kale Apple</p>	<p>23. Sweet &amp; Sour Pork w Pineapple Baked Red Potato Wedges Steamed Sliced Carrots Banana</p>	<p>24. Curried Chicken Legs White Rice Cooked Cabbage w Shredded Carrots Orange</p>
<p>27. Roast Pork w Mango Chutney ALT Chicken Brown Rice Cooked Cabbage w Shredded Carrots Apple</p>	<p>28. Baked Chicken Thighs Mashed Sweet Potatoes California Blend Vegetables Orange</p>	<p>29. PB Black Eyed Peas w Potatoes &amp; Tomatoes Mashed Potatoes Steamed Broccoli Apple</p>	<p>30. Baked Ziti w Beef ALT Ziti w Turkey/Chicken Baby Carrots &amp; Parsley Banana</p>	



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**Hours of Operation**

**Monday - Friday 8:00am - 4:00pm**  
**\*Closed for Federal and Jewish Holidays\***

**Bay Eden Older Adult Center Staff**

**Michelle Pottinger: Program Director [[mpottinger@jasa.org](mailto:mpottinger@jasa.org)]**  
**Office Phone: 718-882-3815 Option #1**

**Yasmin Ahmad: Assistant Director [[yahmad@jasa.org](mailto:yahmad@jasa.org)]**  
**Office Phone: 718-882-3815 Option #2**

**Joseph Albanese: Program Coordinator [[jalbanese@jasa.org](mailto:jalbanese@jasa.org)]**  
**Office Phone: 718-882-3815 Option #3**  
**Direct: 929-374-0123**

**Vilma Sorrentini: Case Manager [[vsorrentini@jasa.org](mailto:vsorrentini@jasa.org)]**  
**Office Phone: 718-882-3815 Option #6**  
**Direct: 929-374-0143**  
**[In Office: Mondays, Tuesdays, Wednesdays]**

**Donna Williams: Clinical Social Worker [[dwilliams2@jasa.org](mailto:dwilliams2@jasa.org)]**  
**Work Cell- 914-267-4706**  
**[In Office: Tuesdays & Thursday]**