



JASA Bay Eden Older Adult Center

Phone Number (718)-882-3815

1220 East 229th Street, Bronx, NY 10466

June 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Computer Class w/ Ron pre-sign up is required-In-Person 11:00 Painting w/ Ron - In-Person 11:00 Senior Fitness Boot Camp w/ Rufus- In-Person 12:00 Congregate Lunch 1:00 SU-CASA Exercise w.Arjelia Roots in Motion - In-Person</p>	<p>2. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Digital Literacy w/ Ron-In Person 11:00 Digital Literacy w/ Ron - In Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person</p>	<p>3. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Crochet w/ Yvette - In Person 10:00 Health Presentation- Brain Health w. DOH - In Person 11:00 Ed/Rec Presentation- NYS Citizen Emergency Preparedness - In-Person 12:00 Congregate Lunch 1:00 SU-CASA Exercise w. Arjelia Roots in Motion - In-Person (Make-Up)</p>	<p>4. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion/Current Events w/ Tim - In-Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person</p>	<p>5. 8:30 Congregate Breakfast 9:00 The Weekly News Recap- In Person 10:00 Leisure Games: Crossword/Puzzle-In-Person 10:00 Bay Eden Walking Club w/ Iris - In-Person 11:00 Chair/ Floor Yoga w/ Rufus- In Person 12:00 Congregate Lunch</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Computer Class w/ Ron pre-sign up is required-In-Person 10:00 Garden Club Celebration 11:00 Painting w/ Ron - In-Person 11:00 Senior Fitness Boot Camp w/ Rufus- In-Person 12:00 Congregate Lunch 1:00 SU-CASA Exercise w. Arjelia Roots in Motion - In-Person</p>	<p>9. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Digital Literacy w/ Ron-In Person 11:00 Digital Literacy w/ Ron - In Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person</p>	<p>10. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Crochet w/ Yvette - In Person 10:00 Ed/ Rec Presentation: Grow NYC - In Person 11:00 Health Presentation- Alzheimer's Awareness w. Paula Rice- In Person 12:00 Congregate Lunch 12:00 Advisory Board Mid Year Mtg</p>	<p>11. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion/Current Events w/ Tim - In-Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person</p>	<p>12. 8:30 Congregate Breakfast 9:00 The Weekly News Recap- In Person 10:00 Leisure Games: Crossword/Puzzle-In-Person 10:00 Ed/Rec Presentation- FDNY CPR Training w. LT.Bedoya -In-Person 11:00 Chair/ Floor Yoga w/ Rufus- In Person 12:00 Congregate Lunch</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>22. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Computer Class w/ Ron pre-sign up is required-In-Person 11:00 Painting w/ Ron - In-Person 11:00 Senior Fitness Boot Camp w/ Rufus- In-Person 12:00 Congregate Lunch 1:00 SU-CASA Exercise w. Arjelia Roots in Motion - In-Person</p>	<p>23. **Due to Election Day all activities including congregate meals will be in the classrooms** 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Digital Literacy w/ Ron-In Person 11:00 Digital Literacy w/ Ron - In Person ** No Dance & Movement w Rufus** 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person</p>	<p>24. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Crochet w/ Yvette - In Person 11:00 Dance & Movement- w. Rufus - In Person (Make Up Activity Session) 12:00 Congregate Lunch</p>	<p>25. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion/Current Events w/ Tim - In-Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person</p>	<p>26. 8:30 Congregate Breakfast 9:00 The Weekly News Recap- In Person 10:00 Leisure Games: Crossword/Puzzle-In-Person 10:00 Red Hatters- In Person 10:00 Bay Eden Walking Club w/ Iris - In-Person 11:00 Chair/ Floor Yoga w/ Rufus- In Person 12:00 Congregate Lunch</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29.</p> <p>8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person</p> <p>10:00 Health Presentation: Cognitive Health Awareness- Center of Alzheimer's & Memory Disorders- In-Person</p> <p>10:00 Computer Class w/ Ron pre-sign up is required-In-Person</p> <p>11:00 Painting w/ Ron - In-Person</p> <p>11:00 Senior Fitness Boot Camp w/ Rufus- In-Person</p> <p>12:00 Congregate Lunch</p> <p>1:00 SU-CASA Exercise w. Arjelia Roots in Motion - In-Person (LAST SESSION)</p>	<p>30.</p> <p>8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person</p> <p>10:00 Digital Literacy w/ Ron-In Person</p> <p>11:00 Digital Literacy w/ Ron - In Person</p> <p>11:00 Dance & Movement w/ Rufus - In-Person</p> <p>12:00 Congregate Lunch</p> <p>1:00 Chit Chat w Donna -In Person</p>	<p>*MUST BE AGE 60 AND OVER TO REGISTER</p> <p>*MUST BE A MEMBER TO PARTICIPATE IN ALL CLASSES</p> <p>*ACTIVITIES ARE SUBJECT TO CHANGE</p> <p>*NO GRAB & GO UNTIL FURTHER NOTICE*</p>	<p>Are you a member and in need of assistance with benefits and entitlements? Visit our office and schedule an appointment to speak with a Case Manager Vilma Sorrentioni. She is available Monday to Wednesday.</p>	<p>* Breakfast* 8:30am - 9:30am</p> <p>*Suggested Contribution* \$1.00</p> <p>* Lunch* 12:00 PM- 1:00 PM</p> <p>*Suggested Contribution* \$1.50</p> <p>Please Note <i>On 06/15/26 & 06/17/26 lunch was sold out and will take a longer time to serve due to the increased number of participants and the variety of food.</i></p>



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

Monday		Wednesday	Thursday	Friday
1. Cheerios Greek Yogurt Apple	2. Scrambled Eggs w Swiss Toast Oats Orange	3. Sweet & Smokey Beans Oatmeal Apple	4. Omelette w Peppers & Onions Rasin Bran Banana	5. Hard Boiled Egg Home Fries Grits Orange
8. Pancakes Greek Yogurt Bran Flakes Banana	9. Sweet & Sour Chicken Breast Overnight Oats w Fruits Apple	10. Baked Egg Omelette Oatmeal Cheesy Home Fries Orange	11. Hard Boiled Egg Corn Muffin Rasin Bran Banana	12. Egg a la Mexicana Cream of Wheat Yogurt Orange

Monday		Wednesday	Thursday	Friday
15. Pumpkin Muffin Greek Yogurt Raisin Bran Orange	16. Spinach Omelette Shredded Wheat Biscuit Banana	17. Waffle Cornmeal Porridge Orange	18. Cinnamon French Toast Hard Boiled Egg Bran Flakes Apple	19. CENTER CLOSED JUNETEENTH
22. Bran Muffin Cottage Cheese Cheerios Apple	23. Egg White Omelette w Peppers & Onions Cheesy Grits Orange	24. Fish Cakes Bran Flakes Home Fries Banana	25. Apple Pancakes Scrambled Eggs w Swiss Apple	26. Waffle Baked Egg Omelette Creamy Apple Raisin Oatmeal Orange
29. Non-Fat Greek Yogurt Pumpkin Muffins Raisin Bran Cereal Apple	30. Feta Omelette Shredded Wheat Cereal Big Biscuit Orange			



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

Monday	Tuesday	Wednesday	Thursday	Friday
1. Chili con Carne White Rice & Quinoa Steamed Green Beans Apple	2. Plant Based Buffalo Chickpea Power Grain Bowl Macaroni Salad Orange	3. Jerk Fish Black Beans & Rice Steamed Kale Apple	4. Sweet & Sour Pork w Pineapple ALT Chicken Baked Red Potato Wedges Steamed Sliced Carrots Banana	5. Curried Chicken Legs White Rice Cooked Cabbage w Shredded Carrots Orange
8. Pork Roast w Mango Chutney ALT Chicken Brown Rice Cooked Cabbage w Shredded Carrots Apple	9. Baked Chicken Thighs Mashed Sweet Potatoes California Blended Vegetables Orange	10. Plant Based Cajun Style White Beans & Greens Mashed Potatoes Steamed Broccoli Apple	11. Baked Ziti w Beef ALT Baked Ziti w Turkey Baby Carrots & Parsley Banana	12. Spanish Chicken w Potatoes & Garlic Yellow Rice Steamed Green Beans Orange

<p>15. Juneteenth Lunch SOLD OUT Pork Spare Ribs ALT Chicken Garlic Mashed Potatoes Steamed Collard Greens Apple Banana Pudding</p>	<p>16. Plant Based Latin Sweet Potato & Red Bean Chili White Rice Steamed Cauliflower Orange</p>	<p>17. Caribbean Heritage Lunch SOLD OUT Cocktail Chicken Patties Chicken Wings Escovitch Fish Stew Chicken Rice & Pigeon Peas Baked Mac & Cheese Toss Salad w/ Dressing Fruit Salad Red Velvet Cake Ginger Ale Bottled Water</p>	<p>18. Baked Asian Style Honey Chicken Rice & Quinoa Steamed Broccoli Banana</p>	<p>19. CENTER CLOSED JUNETEENTH</p>
<p>22. BBQ Chicken Legs Macaroni & Cheese Steamed Red or Green Cabbage Apple</p>	<p>23. Spanish Style Roast Pork ALT Chicken White Rice California Blend Vegetables Orange</p>	<p>24. Plant Based Spring Vegetable Lasagana Sauteed Green Beans w Onions Apple</p>	<p>25. Baked Fish w Mushrooms & Peppers Cous Cous Cauliflower w Carrots & Parsley Banana</p>	<p>26. Caesar Salad w Grilled Chicken Pasta Salad Orange</p>

<p>29. Oven Fried Chicken Black Beans and Rice Cabbage and Carrots Whole Wheat Bread Apple</p>	<p>30. BBQ Pulled Pork Roasted Potatoes Sauteed Green Beans w. onions Whole Wheat Bread Orange</p>			
--	--	--	--	--



JASA Bay Eden Older Adult Center
1220 East 229th Street, Bronx, NY 10466
(718)-882-3815

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]
Office Phone: 718-882-3815 Option #1

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

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

Vilma Sorrentini: Case Manager [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]
Work Cell- 914-267-4706
[In Office: Tuesdays & Thursday]