





**Bartow Older Adult Center: 2049 Bartow Avenue, Rm 31 Bronx, NY, 10475  
(929) 399-1387**



**February 2023 ACTIVITIES**

Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b></p> <p><b>12:00pm:</b> Bereavement Hour with Dorine</p> <p><b>12:30pm:</b> Line Dance with Cynthia</p> <p><b>1:00pm:</b> Dominoes with Jose</p> <p><b>3:00pm:</b> dinner Hour</p>	<p><b>2</b></p> <p><b>10:00am:</b> Arthritis Exercise with Damion</p> <p><b>10:00am:</b> Drawing class (virtual)</p> <p><b>11:00am:</b> Crochet with Lynne</p> <p><b>1:00pm</b> card games w/Frankie</p> <p><b>1:30pm</b> Bingo</p> <p><b>3:00pm:</b> Dinner Hour</p>	<p><b>3</b></p> <p><b>10:00am:</b> Massage Therapy</p> <p><b>10:30am:</b> Manicure Session</p> <p><b>12:30pm:</b> Line Dance with Cynthia</p> <p><b>3:00pm:</b> Dinner Hour</p>	<p><b>4</b></p> <p><b>10:00am:</b> Salsa with Rasheed</p> <p><b>11:00am:</b> Word Games</p> <p><b>12:00pm:</b> Lunch hour</p> <p><b>1:30pm:</b> Dominoes with Jose</p>
<p><b>7</b></p> <p><b>11:00am “Hearts Pumping “ Heart Month Special Event JASA partnering with Healthfirst</b></p> <p><b>12:00pm</b> Adult Coloring</p> <p><b>12:00pm</b> Blood Pressure with Willa</p>	<p><b>8</b></p> <p><b>10:00am</b> Stay-well Exercise with Odessa</p> <p><b>12:30pm:</b> Line Dance with Cynthia</p> <p><b>1:00pm:</b> Dominoes with Jose</p> <p><b>3:00pm:</b> dinner Hour</p>	<p><b>9</b></p> <p><b>10:00am:</b> Arthritis Exercise with Damion</p> <p><b>10:00am:</b> Drawing class (virtual)</p> <p><b>11:00am:</b> Crochet with Lynne</p> <p><b>1:00pm</b> card games w/Frankie</p> <p><b>1:30pm</b> Bingo</p>	<p><b>10</b></p> <p><b>10:00am:</b> Massage Therapy</p> <p><b>10:30am:</b> Manicure Session</p> <p><b>3:00pm:</b> Dinner Hour</p>	<p><b>11</b></p> <p><b>JASA Bartow Arts and Craft Exhibition</b></p> 

<p><b>2:00pm:</b>Smartphone and tablet class</p> <p><b>3:00pm</b> Dinner Hour</p>		<p><b>3:00pm:</b> Dinner Hour</p>		<p><b>10:00am:</b> Salsa with Rasheed</p> <p><b>11:00am:</b> Word Games</p> <p><b>12:00pm:</b> Lunch hour</p> <p><b>1:30pm:</b> Dominoes with Jose</p>
<p><b>14</b></p>  <p>JASA Bartow Valentine's Day Party</p>	<p><b>15</b></p> <p><b>10:00am</b> Stay-well Exercise with Odessa</p> <p><b>12:00pm:</b> Bereavement Hour with Dorine</p> <p><b>12:30pm:</b> Line Dance with Cynthia</p> <p><b>1:00pm:</b>Dominoes with Jose</p> <p><b>3:00pm:</b> dinner Hour</p>	<p><b>16</b></p> <p><b>10:00am:</b> Arthritis Exercise with Damion</p> <p><b>10:00am:</b> Drawing class (virtual)</p> <p><b>11:00am:</b>Crochet with Lynne</p> <p><b>1:00pm</b> card games w/Frankie</p> <p><b>3:00pm:</b> Dinner Hour</p>	<p><b>17</b></p> <p><b>10:00am:</b> Massage Therapy</p> <p><b>10:30am:</b> Manicure Session</p> <p><b>11:00 am:</b> Morning Matinee</p> <p><b>12:30pm:</b> Line Dance with Cynthia</p> <p><b>3:00pm:</b> Dinner Hour</p>	<p><b>18</b></p> <p><b>JASA Bartow Closed in observance of President's Day</b></p>
<p><b>21</b></p> <p><b>9:30am</b> Walking with Odessa</p> <p><b>11:00am</b> Fall Prevention Presentation With Laura</p> <p><b>12:00pm</b> Blood Pressure with Willa</p> <p><b>12:00pm</b> Adult Coloring</p>	<p><b>22</b></p> <p><b>10:00am</b> Stay-well Exercise with Odessa</p> <p><b>12:30pm:</b> Line Dance with Cynthia</p> <p><b>1:00pm:</b>Dominoes with Jose</p> <p><b>3:00pm:</b> dinner Hour</p>	<p><b>23</b></p> <p><b>10:00am:</b> Arthritis Exercise with Damion</p> <p><b>10:00am:</b> Drawing class (virtual)</p> <p><b>11:00am:</b>Crochet with Lynne</p> <p><b>1:30pm Stop &amp;Shop Partners with JASA Nutrition Presentation</b></p>	<p><b>24</b></p> <p><b>JASA Bartow Black History Month Celebration</b></p>	<p><b>25</b></p> <p><b>10:00am</b> Arts and Crafts with Denise</p> <p><b>10:00am:</b> Salsa with Rasheed</p> <p><b>11:00am:</b> Word Games</p> <p><b>12:00pm:</b> Lunch hour</p> <p><b>1:30pm:</b> Dominoes</p>

**2:00pm:**Smartphone and tablet class

**3:00pm** Dinner Hour

“Grains for Good Heart”

**1:00pm** card games w/Frankie

**3:00pm:** Dinner Hour



with Jose

**28**

**11:00am** Health and Wellness support Group with Ann

**12:00pm** Adult Coloring

**2:00pm:**Smartphone and tablet class

**3:00pm** Dinner Hour

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<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
2	3	4	5	6

9	10	11	12	13
15	16	17	18	19
23	24	25	26	27
30	31			



**Bartow Older Adult Center**

**2049 Bartow Ave**

**Bronx, New York**

**(929) 399-1387**

**Program Director**

**Ann Moncrieffe**

**amoncrieffe@jasa.org**

**Program Coordinator**

**Carolin Ximines-Robinson**

**929-399-1394**

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**www.jasa.org**

**Tue-Sat 9:30am-5:30pm**

**Virtual Art with Laura on Thursdays**

10am-12noon

Zoom Information:

Meeting ID: 833 0583 4299

Passcode: 769264

**Generously Funded by Councilman Riley**





