



Dreiser Older Adult Center 177 Dreiser Loop # 7 Bronx, NY 10475

January 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Chair Yoga 10am-11am (virtual)</p> <p>Piano Class 11am-12pm room# 7 in person</p> <p>Lunch 12 pm-1:00 pm room# 2</p>	<p>4 Age-Statics 1:00pm -2:00pm room# 7 (in person)</p> <p>Digital Photography 11:00AM-12pm (In person) # 7</p> <p>Lunch & Grab and Go 12 pm-1:00 pm room# 2</p> <p>Zumba 1:00pm-2:00pm (In person/ virtual) room# 2</p> <p>Tai Chi 2pm-3pm room# 2 in person</p> <p>Computer/tablet with Ralph 6pm-7:00pm (virtual)</p>	<p>5 Arthritis Exercise w/ Damian room #2 11:30am -12:30pm (In person)</p> <p>Lunch & Grab and Go 12 pm-1:00 pm room# 2</p> <p>BINGO 1:00pm-2:00pm (In person) room# 2</p> <p>Self Defense 2pm-3pm room# 2 in person</p>	<p>6 Line Dance w/ Ellie room# 2 11am-12pm (In person)</p> <p>Lunch & Grab and Go 12 pm-1:00 pm room# 2</p> <p>Spanish Class 1pm-2pm room# 7 In person</p> <p>Knitting & Crochet w/Sandra 4pm-6pm (virtual)</p>	<p>7 Meditation Hour 10:00am-11:00am (In person) room# 2</p> <p>Knitting & Crochet w/Linda 10am-12pm (In person) room # 7</p> <p>Grab and Go 12 pm-1:00 pm room# 2</p> <p>Watercolor Art Class 1pm-3pm (Virtual)</p>
<p>10 Chair Yoga 10am-11am (virtual)</p> <p>Piano Class -11am-12pm room# 7 in person</p> <p>Lunch 12 pm-1:00 pm room# 2</p>	<p>11 Blood Pressure (1st and 3rd Tuesday of the Month) 10:00am-12:00PM (In person) room# 2</p> <p>Age-Statics 1:00pm-2:00pm room# 7 (in person)</p> <p>Digital Photography 11:00AM-12pm (In person) # 7</p> <p>Lunch & Grab and Go 12 pm-1:00 pm room# 2</p>	<p>12 Arthritis Exercise w/ Damian room #2 11:30am -12:30pm (In person)</p> <p>Lunch & Grab and Go 12 pm-1:00 pm room# 2</p> <p>Bingo 1:00pm-2:00pm (In person) room# 2</p>	<p>13 Line Dance w/ Ellie room# 2 11am-12pm (In person)</p> <p>Lunch & Grab and Go 12 pm-1:00 pm room# 2</p> <p>Spanish Class 1pm-2pm room# 7 In person</p>	<p>14 Meditation Hour 10:00am-11:00am (In person) room# 2</p> <p>Knitting & Crochet w/Linda 10am-12pm (In person) room # 7</p> <p>Grab and Go 12 pm-1:00 pm room# 2</p> <p>Watercolor Art Class</p>

	<p>Zumba 1:00pm-2:00pm (In person/ virtual) room# 2</p> <p>Tai Chi 2pm-3pm room# 2 in person</p> <p>Computer/tablet with Ralph 6pm-7:00pm (virtual)</p>	<p>Self Defense 2pm-3pm room# 2 in person</p>	<p>Knitting & Crochet w/Sandra 4pm-6pm (virtual)</p>	<p>1pm-3pm (Virtual)</p>
<p>17 Martin Luther King Jr. Day Center closed.</p>	<p>18 Age-Statics 1:00pm -2:00pm room# 7 (in person)</p> <p>Digital Photography 11:00AM-12pm (In person) # 7</p> <p>Lunch & Grab and Go 12 pm-1:00 pm room# 2</p> <p>Zumba 1:00pm-2:00pm (In person/ virtual) room# 2</p> <p>Tai Chi 2pm-3pm room# 2 in person</p> <p>Computer/tablet with Ralph 6pm-7:00pm (virtual)</p>	<p>19 Arthritis Exercise w/ Damian room #2 11:30am -12:30pm (In person)</p> <p>Lunch & Grab and Go 12 pm-1:00 pm room# 2</p> <p>BINGO 1:00pm-2:00pm (In person) room# 2</p> <p>Self Defense 2pm-3pm room# 2 in person</p>	<p>20 Line Dance w/ Ellie room# 2 11am-12pm (In person)</p> <p>Lunch & Grab and Go 12 pm-1:00 pm room# 2</p> <p>Spanish Class 1pm-2pm room# 7 In person</p> <p>Knitting & Crochet w/Sandra 4pm-6pm (virtual)</p>	<p>21 Meditation Hour 10:00am-11:00am (In person) room# 2</p> <p>Knitting & Crochet w/Linda 10am-12pm (In person) room# 7</p> <p>Grab and Go 12 pm-1:00 pm room# 2</p> <p>Watercolor Art Class 1pm-3pm (Virtual)</p>
<p>24 Chair Yoga 10am-11am (virtual)</p> <p>Piano Class 11:00am-12:00pm in person</p> <p>Lunch 12 pm-1:00 pm room# 2</p>	<p>25 Blood Pressure (1st and 3rd Tuesday of the Month) 10:00am-12:00PM (In person) room# 2</p> <p>Age-Statics 1:00pm -2:00pm room# 2 (in person)</p> <p>Digital Photography 11:00AM-12pm (In person) # 7</p> <p>Lunch & Grab and Go 12 pm-1:00 pm room# 2</p> <p>Tai Chi 2pm-3pm room# 2 in person</p>	<p>26 Arthritis Exercise w/ Damian room #2 11:30am -12:30pm (In person)</p> <p>Lunch & Grab and Go 12 pm-1:00 pm room# 2</p> <p>BINGO 1:00pm-2:00pm (In person) room# 2</p> <p>Self Defense 2pm-3pm room# 2 in person</p>	<p>27 Line Dance w/ Ellie room# 2 11am-12pm (In person)</p> <p>Lunch & Grab and Go 12 pm-1:00 pm room# 2</p> <p>Spanish Class 1pm-2pm room# 7 In person</p> <p>Knitting & Crochet w/Sandra 4pm-6pm (virtual)</p>	<p>28 Meditation Hour 10:00am-11:00am (In person) room# 2</p> <p>Knitting & Crochet w/Linda 10am-12pm (In person) room# 7</p> <p>Grab and Go 12 pm-1:00 pm room# 2</p> <p>Watercolor Art Class 1pm-3pm (Virtual)</p>
<p>31</p>	<p>Zumba 1:00pm-2:00pm</p>			

Chair Yoga 10am-11am (virtual)	(In person/ virtual) room# 2			
Piano Class-11am-12pm in person	Computer/tablet with Ralph 6pm-7:00pm (virtual)			
Lunch 12 pm-1:00 pm room# 2				



Dreiser Older Adult Center 177 Dreiser Loop # 7 718-320-1345
January 2022 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>kosher : Chicken Shawarma (Gyro)Alt: Veggie Burger,Rice BeansFruit, Juice, Whole Wheat bread</p> <p>Non Kosher Apricot-Glazed Pork Chops</p> <p>Baked PotatoesWhole Wheat Bread</p> <p>Steamed Spinach</p> <p>Apple Juice /Orange</p>	<p>4</p> <p>Kosher : Yankee Pot Roast Alt: Baked Breaded Fish Mashed Potatoes Green Beans Fruit, Juice, Whole Wheat bread</p> <p>Non Kosher Chicken Marsala Couscous Whole Wheat Bread Italian Blend Vegetables Banana / Orange Juice</p>	<p>5 Kosher Veggie Burger Alt:</p> <p>Chicken Salad Baked Sweet Potato California Blend Vegetables Fruit, Juice, Whole Wheat bread</p> <p>Non Kosher Beef Meatballs with Sofrito</p> <p>Whole Wheat Spaghetti - OR - Whole Wheat Dinner Roll</p> <p>Baby Carrots with Parsley</p>	<p>6 kohser Baked Salmon w/dill sauce Alt: Egg Frittata Orzo with vegetables Normandy Blend Vegetables Fruit, Juice, Whole Wheat bread</p> <p>Non Kosher : Baked Breaded Fish</p> <p>Barley Whole Wheat Bread</p> <p>Steamed Green Beans</p> <p>Banana /Orange Pineapple Juice</p>	<p>7</p> <p>kosher Hawaiian Chicken Legs Alt: Gefilte Fish Sweet Noodle Kugel Capri Blend Vegetables Challah slice, fruit & juice</p> <p>Non- Kosher Vegetarian Chili</p> <p>Baked Brown Rice Pilaf - OR - Whole Wheat Bread</p> <p>Broccoli with Toasted Garlic</p> <p>Apple Juice/Orange</p>

		Apple/Orange Pineapple Juice		
<p>10 Kosher Fish and Chips Alt: Sliced Deli Turkey Roasted Potato “chips” Caesar Salad Fruit, Juice, Whole Wheat bread Non Kosher Chili con Carne Perfect White Rice/Whole Wheat Bread</p> <p>Baby Carrots with Parsley Collard Greens</p> <p>Apple Juice/Orange</p>	<p>11 Kosher Chicken Marsala Alt: Tuna Salad Pasta Roasted String Beans Fruit, Juice, W. W. bread Non Kosher Baked Turkey Breast Chinese Style Spaghetti Whole Wheat Bread Oriental Blend Banana/Orange Juice</p>	<p>12 Kosher : Beef Hamburger Alt: Veggie Burger Roasted Potatoes Lettuce Cucumber, onion & Tomato Salad Fruit, Juice, W. W. bread Non kosher : Chicken Cacciatore Orzo Whole Wheat Bread Steamed Broccoli Apple/ Orange Pineapple Juice</p>	<p>13 Kosher Moroccan Chickpea Stew Alt: Chicken Wrap Basmati Rice Moroccan Vegetables Fruit, Juice, W. W. bread Non Kosher : Rasta Pasta Sauce Tofu Pasta (1/2 cup) /Whole Wheat Bread Roasted Zucchini Apple Juice/ Orange</p>	<p>14 Kosher: Sweet & Sour Chicken Alt: Gefilte Fish Toasted Egg Barley w/onion Steamed Cabbage Challah slice, fruit & juice. Non Kosher: Baked Tilapia Quinoa (1/2 cup) Whole Wheat Bread Sauteed Spinach Apple/Orange Juice</p>
<p>17 Kosher : Rib Eye Roast Alt: Veggie Burger Baked Potato California Blend Vegetables Fruit, Juice, W. W. bread Non- Kosher : Sweet and Sour Pork Loin White Rice - OR - Whole</p>	<p>18 Kosher : Vegetarian Chili Alt: Beef Chili Brown Rice Green Beans Fruit, Juice, W. W. bread. Non Kosher: Jerk Chicken Whole Wheat Bread Baked Sweet Potato Steamed Red or Green Cabbage</p>	<p>19 Kosher: Turkey Stuffed Pepper Alt: Baked Breaded Fish Couscous Yellow Squash Fruit, Juice, W. W. bread. Non Kosher: Sweet and Sour Tofu Whole Wheat Bread Yellow Rice and Pigeon Peas Okra with Tomatoes</p>	<p>20 Kosher Apricot Glazed Salmon Alt: Chicken Salad Quinoa Steamed Carrots Fruit, Juice, W. W. bread Non Kosher Stewed Codfish (Bacalao Fresco Guisado) Whole Wheat Dinner Roll</p>	<p>21 Kosher : Lemon Herb Chicken Alt: Gefilte Fish Kasha and Noodles Ratatouille Challah slice, fruit & juice Non Kosher: Spanish Style Baked Chicken Brown Rice (1/2 cup) Whole Wheat Bread Baby Carrots with Parsley Apple/Orange Juice</p>

<p>Wheat Bread Steamed Kale Apple Juice/Orange</p>	<p>Banana/Orange Juice</p>	<p>Apple/Orange Pineapple Juice</p>	<p>Steamed Spinach Yuca Apple Juice/Banana</p>	
<p>24 Kosher: Beef Stuffed Cabbage Alt: Vegetarian Stuffed Cabbage Mashed Potato Steamed Carrots Fruit, Juice, W. W. bread Non Kosher Tofu and Vegetable Fried Rice Whole Wheat Bread Braised Collard Greens Apple Juice/Orange</p>	<p>25 Kosher: Sesame Chicken Alt: Tuna Salad Lo Mein Oriental Blend Vegetables Fruit, Juice, W.W. Bread Non Kosher: Tofu and Vegetable Fried Rice Whole Wheat Bread Braised Collard Greens Apple Juice/Orange</p>	<p>26 Kosher: Soup Humus Plate Alt: Chicken Wrap Potato Salad Beet Salad Fruit, Juice & Pita. Non Kosher: Pork Tenderloin with Zesty Cilantro Sauce Baked Red Potato Wedges Whole Wheat Bread Steamed Broccoli Apple/Orange Juice</p>	<p>27 Kosher: Baked Salmon w/dill sauce Alt: Egg Frittata Orzo with vegetables Normandy Blend Vegetables Fruit, Juice, Whole Wheat bread. Non Kosher: Baked Fish Fillets Baked Macaroni and Cheese Whole Wheat Bread Normandy Blend Apple Juice/Banana</p>	<p>28 Kosher: BBQ Chicken Legs Alt: Gefilte Fish Baked Potato Grilled Vegetables Challah slice, fruit & juice. Non Kosher: Curried Chicken Legs Brown Rice with Pigeon Peas Whole Wheat Bread Okra Apple/Orange Juice</p>
<p>31 Kosher Beef Meatballs w/Marinara sauce Spaghetti California Blend Vegetables Fruit, Juice & W.W. bread Non Kosher: Curried Chicken Legs Brown Rice with Pigeon Peas Whole Wheat Bread Okra Apple/Orange Juice</p>				



Dreiser Older Adult Center
177 Dreiser Loop room# 7
Bronx, NY 10475
718-320-1345 -pogando@jasa.org
www.jasa.org

M-F 8am-4pm

Art Class every Friday **virtual**
Meditation every Friday **in person**
Digital Photography begins every Thursday **in person**
Age *Statics every Tuesdays for 8 weeks **in person**

New Classes for January 2022

Piano Class- Mondays 11:00am (Starts Jan 24)
Tai-Chi Tuesdays- 2:00pm (Starts Jan 25)
Self Defense Class Wednesdays 2:00pm (Starts Jan 26)
Spanish Class Thursdays 1:00pm (Starts Jan 27)
(ALL IN PERSON)

