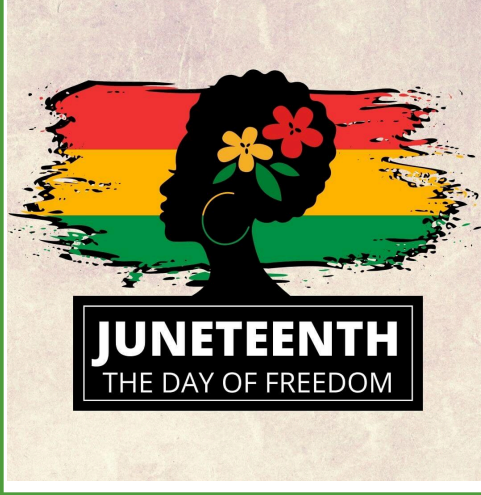


(718) 671-5161

June 2026 ACTIVITIES *(Schedule is Subject To Change)*

Monday	Tuesday	Wednesday	Thursday	Fridaywhiterose
<p>1 9AM-10AM: Mindful Mornings Tai-Chi 10:30AM-11:30AM: Line Dance 11AM-12PM: Book Club 12PM-1PM: LUNCH 1pm-3pm: Movies w/ Dennis: "The Boy Who Harness the Wind"</p>	<p>2 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1pm-2pm: BINGO</p>	<p>3 10AM-11AM: Stretch & Tone w/Ola 11AM-12PM: Bodies In Motion w/Ola 12PM-1PM: LUNCH 1pm-3pm: Aqua Aerobics (Off Site) 1PM-2PM: Board Games 1pm-2pm: Technology w Jimmy</p>	<p>4 10AM-12PAM: Visual Arts 11AM-12PM: Salsa Dance w/ George 12PM- 12PM-1PM: LUNCH 1PM-2PM: Fit For Life Exercise w/Gail 2pm-4pm: Crochet & Knitting w/ Sarah</p>	<p>5 9:30AM- 10:30 AM- Coloring for Calmness 10AM-12PM:Chess Club 10AM-12pm: Su Casa Art w/ TJ 10:30AM-12PM: Blood Pressure Screening 11:00AM-12PM: Health & Wellness: 12PM-1PM: LUNCH 1PM-2PM: Let's Get It On Zumba</p>
<p>8 9AM-10AM: Mindful Mornings Tai-Chi 10:30AM-11:30AM: Line Dance 11AM-12PM: Book Club 12PM-1PM: LUNCH 1PM-3PM: Ageless Facials & Self Care 1pm-3pm: Movies w/ Dennis: "The Devil Wears Prada 2"</p>	<p>9 10AM-3PM: Blend On The Water Restaurant 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1pm-2pm: BINGO</p>	<p>10 10AM-11AM: Stretch & Tone w/Ola 11AM-12PM: Bodies In Motion w/Ola 12PM-1PM: LUNCH 1pm-3pm: Aqua Aerobics (Off Site) 1PM-2PM: Board Games 1pm-2pm: Technology w Jimmy</p>	<p>11 10AM-12PAM: Visual Arts 11AM-12PM: Salsa Dance w/ George 12PM- 12PM-1PM: LUNCH 1PM-2PM: Fit For Life Exercise w/Gail 2pm-4pm: Crochet & Knitting w/ Sarah</p>	<p>12 9:45AM-2PM: Ferry Trip to Wall Street 9:30AM- 10:30 AM- Coloring for Calmness 10AM-12PM:Chess Club 10AM-12pm: Su Casa Art w/ TJ 10:30AM-12PM: Blood Pressure Screening 12PM-1PM: LUNCH 1PM-2PM: Let's Get It On Zumba</p>

<p>15 9AM-3PM: Walmart 9AM-10AM: Mindful Mornings Tai-Chi 10:30AM-11:30AM: Line Dance 11AM-12PM: Book Club 12PM-1PM: LUNCH 1PM-3PM: Ageless Facials & Self Care 1pm-3pm: Movies w/ Dennis: “Napliy Ever After”</p>	<p>16 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1pm-2pm: BINGO</p>	<p>17 9AM-11AM- Hair Care 4 U (appt. only) 10AM-11AM: Stretch & Tone w/Ola 11AM-12PM: Bodies In Motion w/Ola 12PM-1PM: LUNCH 1pm-3pm: Aqua Aerobics (Off Site) 1PM-2PM: Board Games 1pm-2pm: Technology w Jimmy</p>	<p>18 10AM-12PAM: Visual Arts 11AM-12PM: Salsa Dance w/ George 12PM-1PM: LUNCH 1PM-2PM: Fit For Life Exercise w/Gail 2pm-4pm: Crochet & Knitting w/ Sarah</p>	<p>19 CLOSED- JUNETEENTH OBSERVATION</p> 
<p>22 9AM-10AM: Mindful Mornings Tai-Chi 10:30AM-11:30AM: Line Dance 11AM-12PM: Book Club 12PM-1PM: LUNCH 1PM-3PM: Ageless Facials & Self Care 1pm-3pm: Movies w/ Dennis: “A History of Violence”</p>	<p>23 10am-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1pm-2pm: BINGO</p>	<p>24 10AM-11AM: Stretch & Tone w/Ola 11AM-12PM: Bodies In Motion w/Ola 12PM-1PM: LUNCH 1pm-3pm: Aqua Aerobics (Off Site) 1PM-2PM: Board Games 1pm-2pm: Technology w Jimmy</p>	<p>25 10AM-12PAM: Visual Arts 11AM-12PM: Salsa Dance w/ George 12PM-1PM: LUNCH 1PM-2PM: Fit For Life Exercise w/Gail 2pm-4pm: Crochet & Knitting w/ Sarah</p>	<p>26 9:30AM- 10:30 AM- Coloring for Calmness 10AM-12PM:Chess Club 10AM-12pm: Su Casa Art w/ TJ 10:30AM-12PM: Blood Pressure Screening 12PM-1PM: LUNCH 1PM-2PM: Let’s Get It On Zumba</p>
<p>29 10AM-3PM: 125th Street Shopping 9AM-10AM: Mindful Mornings Tai-Chi 10:30AM-11:30AM: Line Dance 11AM-12PM: Book Club 12PM-1PM: LUNCH 1pm-3pm: Movies w/ Dennis: “Fences”</p>	<p>30 9AM-1PM: Bowlerland 10am-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1pm-2pm: BINGO</p>			



Einstein Older Adult Center: 135 Einstein Loop, Bronx, NY, 10475

(718) 671-5161

June 2026 Lunch MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 KOSHER: Chicken Salad Rice w/ Vegetables Vegetables Mix</p> <p>NON KOSHER: Beef Meat Sauce w/ Peppers & Onions White Rice & Quinoa Steamed Green Beans</p>	<p>2 KOSHER: Breaded Vegetables Cutlet Garlic & Rosemary Potatoes Coleslaw</p> <p>NON KOSHER: Buffalo Chickpea Power Grain Bowl Macaroni Salad</p>	<p>3 KOSHER: Chicken Gumbo Mediterranean Couscous Steamed Green Beans</p> <p>NON KOSHER: Jerk Fish Black Beans & Rice Steamed Kale</p>	<p>4 KOSHER: Beef Meatballs in Tomato Sauce Spaghetti Capri Blend Vegetables</p> <p>NON KOSHER: Sweet & Sour Pork w/ Pineapple Baked Red Potatoe Wedges Steamed Sliced Carrots</p>	<p>5 KOSHER: Baked Chicken Quarters Potato Kugel Normandy Blend Vegetables</p> <p>NON KOSHER: Curried Chicken Legs White Rice Cooked Cabbage w Shredded Carrots</p>
<p>8 KOSHER: Vegetarian Stuffed Cabbage Pearled Barley Spiced Mixed Vegetables</p> <p>NON KOSHER: Pork Roast w/ Mango Chutney Brown Rice Cooked Cabbage w Shredded Carrots</p>	<p>9 KOSHER: Chicken Salad Potato Salad Cabbage & Beet Salad</p> <p>NON KOSHER; Baked Chicken Thighs Mashed Sweet Potatoes California Blend Vegetables</p>	<p>10 KOSHER: Teriyaki Baked Fish Mexican Confetti Rice Seamed Yellow Squash</p> <p>NON KOSHER: Blackeye Pea Curry w/ Potatoes & Tomatoes Mashed Potatoes Steamed Broccoli</p>	<p>11 KOSHER: Grilled Chicken Breast Brown Rice Vegetable Mix</p> <p>NON KOSHER: Baked Ziti w/ Turkey Baby Carrots & Parsley</p>	<p>12 KOSHER: BBQ Chicken Leg Quarters Spinach Noodle Kugel Capri Blend Vegetables</p> <p>NON KOSHER: Spanish Chicken w/ Potatoes & Garlic Yellow Rice Steamed Green Beans</p>

<p>15 KOSHER: Beef Hamburger Baked Red Potato Wedges Health Slaw</p> <p>NON KOSHER: Pork Spare Ribs Garlic Mashed Potatoes Steamed Collard Greens</p>	<p>16 KOSHER: Chickpea Curry Medley Brown Rice Roasted Eggplant</p> <p>NON KOSHER: Latin Sweet Potato & Red Bean Chilli White Rice Steamed Cauliflower</p>	<p>17 KOSHER: Chicken Stew California Blend Vegetables</p> <p>NON KOSHER: Jumbo Stuffed Shells w Meat sauce Vegetable Mix</p>	<p>18 KOSHER: Ginger & Lime Salmon Baked Sweet Potato Prince Edward Blend Vegetables</p> <p>NON KOSHER: Baked Asian Style Honey Chicken White Rice & Quinoa Steamed Broccoli</p>	<p>19 CLOSED- JUNETEENTH OBSERVATION</p> 
<p>22 KOSHER: Baked Fish w/ Garlic Sauce Cous Cous w/ Peas & Lemon Steamed Carrots</p> <p>NON KOSHER: BBQ Chicken Legs Quarters Baked Mac & Cheese Steamed Cabbage</p>	<p>23 KOSHER: Veggie Chicken Cacciatore Spaghetti Sautéed String Beans</p> <p>NON KOSHER: Spanish Style Roast Pork White Rice California Blend Vegetables</p>	<p>24 KOSHER: Eggplant Chickpea Tagine Egg Barley Vegetables Mix</p> <p>NON KOSHER: No Cheese Spring Vegetables Lasagna Sautéed Green w/ Beans</p>	<p>25 KOSHER: Dairy- Free Baked Ziti w/ Beef Capri Blend Vegetables</p> <p>NON KOSHER: Baked Fish w Mushrooms & Peppers Cous Cous Cauliflower w/ Carrots & Parsley</p>	<p>26 KOSHER: Baked Chicken Quarters Apple Noodle Kugel Roasted Zucchini</p> <p>NON KOSHER: Caesar Salad w/ Grilled Chicken Breast Pasta Salad Cabbage Carrot Slaw</p>
<p>29 KOSHER: Moroccan Salmon Rice Mixed Vegetables</p> <p>NON KOSHER:</p>	<p>30 KOSHER: Breaded Vegetable Cutlet Tomato Sauce Mixed Vegetables</p> <p>NON KOSHER:</p>			



Einstein Older Adult Center

135 Einstein Loop Rm 46

Bronx, New York

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Assistant Director: [Dennis Hugee](#)

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Generously Funded By Councilman Riley

