





Monday	Tuesday	Wednesday	Thursday	Friday
	<p>PROUD PARTNER  </p>	<p><b>1</b>            9AM-11AM: Hair Care 4 U            10AM-11AM: Spring In Your Step Stretch &amp; Tone            11AM-12PM: Action Bodies In Motion            12PM-1PM: LUNCH            1PM-2PM: Prize BINGO &amp; Board Games</p>	<p><b>2</b>            10AM-11AM: Sultry Salsa Dancing            11AM-12PM: Smart Phones &amp; Tablets            12PM-1PM: LUNCH            1PM-2PM: Indoor Walk Club</p>	<p><b>3</b>            9:30AM- 10:30 AM- Coloring for Calmness            10:30AM-12PM: Blood Pressure Screening            11AM-12PM: Chess Club            12PM-1PM: LUNCH            1PM-2PM: Let's Get It On Zumba</p>
<p><b>6</b>            9AM-10AM: Mindful Mornings Tai-Chi            10AM-11AM: Health &amp; Wellness            11AM-12PM: Book Club            12PM-1PM: LUNCH            1PM-3PM: Ageless Facials &amp; Self Care</p>	<p><b>7</b>            10AM-11AM: Never Too Old To Learn Spanish            11AM-12PM: Bridge To Care Arthritis Exercise            12PM-1PM: LUNCH            1PM-2PM: Creative Arts &amp; Painting            2:30PM-3:30PM - Go Easy On Us Computers</p>	<p><b>8</b>            10AM-11AM: Spring In Your Step Stretch &amp; Tone            11AM-12PM: Action Bodies In Motion            12PM-1PM: LUNCH            1PM-2PM: Prize BINGO &amp; Board Games</p> 	<p><b>9</b>            10AM-11AM: Sultry Salsa Dancing            11AM-12PM: Smart Phones &amp; Tablets            12PM-1PM: LUNCH            1PM-2PM: Indoor Walk Club</p>	<p><b>10</b>            9:30AM- 10:30AM- Coloring for Calmness            10:30AM-12PM: Blood Pressure Screening            11AM-12PM: Chess Club            12PM-1PM: LUNCH            1PM-2PM: Let's Get It On Zumba</p>
<p><b>13</b>            9AM-10AM: Mindful Mornings Tai-Chi            10AM-11AM: Health &amp; Wellness            11AM-12PM: Book Club            12PM-1PM: LUNCH            1PM-3PM: Ageless Facials &amp; Self Care</p>	<p><b>14</b>            10AM-11AM: Never Too Old To Learn Spanish            11AM-12PM: Bridge To Care Arthritis Exercise            1PM-2PM: Creative Arts &amp; Painting            2:30PM-3:30PM - Go Easy On Us Computers</p>	<p><b>15</b>            9AM-11AM: Hair Care 4 U            10AM-11AM: Spring In Your Step Stretch &amp; Tone            11AM-12PM: Action Bodies In Motion            12PM-1PM: LUNCH            1PM-2PM: Prize BINGO &amp; Board Games</p>	<p><b>16</b>            10AM-11AM: Sultry Salsa Dancing            11AM-12PM: Smart Phones &amp; Tablets            12PM-1PM: LUNCH            1PM-2PM: Indoor Walk Club</p>	<p><b>17</b>            9:30AM- 10:30 AM- Coloring for Calmness            10:30AM-12PM: Blood Pressure Screening            11AM-12PM: Chess Club            12PM-1PM: LUNCH            1PM-2PM: Let's Get It On Zumba</p> 

<b>20</b> 9AM-10AM: Mindful Mornings Tai-Chi 10AM-11AM: Health & Wellness 11AM-12PM: Book Club 12PM-1PM: LUNCH 1PM-3PM: Ageless Facials & Self Care	<b>21</b> 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise 1PM-2PM: Creative Arts & Painting 2:30PM-3:30PM - Go Easy On Us Computers	<b>22</b> 10AM-11AM: Spring In Your Step Stretch & Tone 11AM-12PM: Action Bodies In Motion 12PM-1PM: LUNCH 1PM-2PM: Prize BINGO & Board Games	<b>23</b> 10AM-11AM: Sultry Salsa Dancing 11AM-12PM: Smart Phones & Tablets 12PM: LUNCH 1PM-2PM: Indoor Walk Club	<b>24</b> 9:30AM- 10:30 AM- Coloring for Calmness 10:30AM-12PM: Blood Pressure Screening 11AM-12PM: Chess Club 12PM-1PM: LUNCH 1PM-2PM:Let's Get It On Zumba
<b>27</b> 9AM-10AM: Mindful Mornings Tai-Chi 10AM-11AM: Health & Wellness 11AM-12PM: Book Club 12PM-1PM: LUNCH 1PM-3PM: Ageless Facials & Self Care	<b>28</b> 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise 12PM-1PM: Lunch 1PM-2PM: Creative Arts & Painting 2:30PM-3:30PM - Go Easy On Us Computers	<b>29</b> 9AM-11AM: Hair Care 4 U 10AM-11AM: Spring In Your Step Stretch & Tone 11AM-12PM: Action Bodies In Motion 12PM-1PM: LUNCH 1PM-2PM: Prize BINGO & Board Games	<b>30</b> 10AM-11AM: Sultry Salsa Dancing 11AM-12PM: Smart Phones & Tablets 12PM-1PM: LUNCH 1PM-2PM: Indoor Walk Club	<b>31</b> 9:30AM- 10:30 AM- Coloring for Calmness 10:30AM-12PM: Blood Pressure Screening 11AM-12PM: Chess Club 12PM-1PM: <b>BIRTHDAY CELEBRATIONS</b> 1PM-2PM:Let's Get It On Zumba

**Einstein Older Adult Center: 135 Einstein Loop, Bronx, NY, 10475**  
**(718) 671-5161**



**March 2023 Menu** *(Menu is Subject To Change)*

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Kosher:</b> General Tso's Chicken Lo Mein Noodles Oriental Blend Veg  <b>Nonkosher:</b> BBQ Pulled Pork Garlic Mashed Potatoes Sauteed Spinach	<b>2</b> <b>Kosher:</b> Meatball Hero Butternut Squash Toss Salad  <b>Nonkosher:</b> Sweet Potato Coconut Curry Fish Brown Rice Sauteed Green Beans	<b>3</b> <b>Kosher:</b> Malaysian Chicken Yellow Rice Green Beans  <b>Nonkosher:</b> Baked Fish w/ Garlic Parmesan Crust Pasta Cooked Cabbage w/ Shredded Carrots
<b>6</b> <b>Kosher:</b> Vegetarian Chili White Rice Toss Salad w/ Dressing  <b>Nonkosher:</b> Pernil (Roasted Pork Shoulder) Sweet Baked Yams Baby Carrots w/ Parsley	<b>7</b> <b>Kosher:</b> Shake and Bake Chicken Roasted Potatoes Moroccan Vegetables  <b>Nonkosher:</b> BBQ Chicken Yellow Rice Sauteed Green Beans	<b>8</b> <b>Kosher:</b> Rib Eye Roast Mashed Potato w/ Gravy Steamed Carrots  <b>Nonkosher:</b> Cornmeal Crusted Fish Home Fries w/ Peppers & Onions Cooked Cabbage w/ Shredded Carrots	<b>9</b> <b>Kosher:</b> Baked Flounder Couscous Roasted Eggplant  <b>Nonkosher:</b> Vegetarian Chicken Brown Stew White Rice Steamed Spinach	<b>10</b> <b>Kosher:</b> Roast Chicken Kasha w/ Noodles Steamed Cabbage  <b>Nonkosher:</b> Curry Chicken Instant Mashed Potatoes Steamed Carrots and Green Beans

<p><b>13</b> <b><u>Kosher:</u></b> Hot Deli Roast Beef Baked Potato Roasted String Beans</p> <p><b><u>Nonkosher:</u></b> Spanish Style Beef Stew Brown Rice Sauteed String Beans</p>	<p><b>14</b> <b><u>Kosher:</u></b> Italian Herb Chicken Cutlet Toasted Egg Barley w/ Mushrooms &amp; Onion Roasted Zucchini</p> <p><b><u>Nonkosher:</u></b> Baked Chicken Thighs Baked Sweet Potato Broccoli w/ Toasted Garlic</p>	<p><b>15</b> <b><u>Kosher:</u></b> Pasta Primavera Roasted Mushrooms</p> <p><b><u>Nonkosher:</u></b> Baked Fish w/ Mushrooms &amp; Peppers Rice Pilaf Caribbean Style Roasted Cabbage w/ Carrots</p>	<p><b>16</b> <b><u>Kosher:</u></b> Apricot Glazed Salmon Wild Rice California Blend Veg</p> <p><b><u>Nonkosher:</u></b> Pork Roast w/ Mango Chutney Bowtie Pasta Steamed Spinach</p>	<p><b>17</b> <b><u>Kosher:</u></b> Sweet &amp; Sour Chicken Spinach Noodle Kugel Winter Blend Veg</p> <p><b><u>Nonkosher:</u></b> Vegetable Lasagna Baby Carrots w/ Parsley</p>
<p><b>20</b> <b><u>Kosher:</u></b> Chickpea Stew Basmati Rice Toss Salad w/ Dressing</p> <p><b><u>Nonkosher:</u></b> Italian Sausage Penne Sauteed Green Beans</p>	<p><b>21</b> <b><u>Kosher:</u></b> Roast Turkey Mashed Sweet Potato Steamed Green Beans</p> <p><b><u>Nonkosher:</u></b> Lentil Stew w/ Carrots &amp; Turnips Yellow Rice Sauteed Spinach</p>	<p><b>22</b> <b><u>Kosher:</u></b> Baked Crispy Cod Roasted Potatoes Roasted Root Vegetables</p> <p><b><u>Nonkosher:</u></b> Smothered Pork Chops Homemade Mashed Potatoes Vegetable Mix (non-starchy)</p>	<p><b>23</b> <b><u>Kosher:</u></b> Pepper Steak Brown Rice Oriental Blend Veg</p> <p><b><u>Nonkosher:</u></b> Curry Chicken White Rice Cooked Cabbage w/ Shredded Carrots</p>	<p><b>24</b> <b><u>Kosher:</u></b> Moroccan Chicken Brown Rice Roasted String Beans</p> <p><b><u>Nonkosher:</u></b> Lemon Pepper Fish Pasta Steamed Broccoli</p>
<p><b>27</b> <b><u>Kosher:</u></b> Falafel Pita Bread Israeli Salad</p> <p><b><u>Nonkosher:</u></b> Jerk Chicken Rice &amp; Beans Mixed Vegetables (starchy)</p>	<p><b>28</b> <b><u>Kosher:</u></b> Baked Salmon Baked Sweet Potato Normandy Blend Veg</p> <p><b><u>Nonkosher:</u></b> Turkey Chilli w/ Sweet Potatoes &amp; Corn Steamed Green Beans</p>	<p><b>29</b> <b><u>Kosher:</u></b> BBQ Grilled Chicken Cutlet Toasted Egg Barley w/ Mushrooms &amp; Onion Grilled Vegetables</p> <p><b><u>Nonkosher:</u></b> Beef &amp; Broccoli Bowtie Pasta Carrots</p>	<p><b>30</b> <b><u>Kosher:</u></b> Beef Stew Brown Rice California Blend Veg</p> <p><b><u>Nonkosher:</u></b> Stewed Beans (Habichuelas Guisadas) White Rice Arugula Salad w/ Balsamic Vinaigrette</p>	<p><b>31</b> <b><u>Kosher:</u></b> Lemon Herb Chicken Potato Kugel Ratatouille</p> <p><b><u>Nonkosher:</u></b> Italian Roast Chicken Smashed Red Potatoes Oriental Blend Veg</p>



## **Einstein Older Adult Center**

**135 Einstein Loop Rm 49**

**Bronx, New York**

**Program Director:** [Michelle Hammett](#) (P) 347-682-8845 (E) ([mhammett@jasa.org](mailto:mhammett@jasa.org))

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**M-F 8am-4pm**

**[www.jasa.org](http://www.jasa.org)**



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