



Einstein Older Adult Center: 135 Einstein Loop, Rm 49 Bronx, NY, 10475



(718) 671-5161

**May 2023 ACTIVITIES** *(Schedule is Subject To Change)*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</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>2</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>3</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>4</b> 10AM-11AM: Sultry Salsa Dancing 10AM-12PM: Su Casa Art 11AM-12PM: Smart Phones & Tablets 12PM-1PM: LUNCH	<b>5</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>8</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>9</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>10</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>11</b> 10AM-11AM: Sultry Salsa Dancing 10AM-12PM: Su Casa Art 11AM-12PM: Smart Phones & Tablets 12PM-1PM: LUNCH	<b>12</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
<b>15</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>16</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>17</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>18</b> 10AM-11AM: Sultry Salsa Dancing 10AM-12PM: Su Casa Art 11AM-12PM: Smart Phones & Tablets 12PM-1PM: LUNCH	<b>19</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>22</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>23</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>24</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>25</b> 10AM-11AM: Sultry Salsa Dancing 10AM-12PM: Su Casa Art 11AM-12PM: Smart Phones & Tablets 12PM-1PM: LUNCH	<b>26</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

**29**  
**CENTER CLOSED FOR  
 MEMORIAL DAY**  
  
**MEMORIAL DAY**  
 REMEMBER AND HONOR  
 2023

**30**  
 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

**31**  
 10AM-11AM: Spring In Your Step Stretch & Tone  
 11AM-12PM: Action Bodies In Motion  
 12PM-1PM: LUNCH  
 1PM-2PM: Prize BINGO & Board Games





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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b>  <b>Kosher:</b>            Chickpea Stew            Basmati Rice            Toss Salad w/ Dressing</p> <p><b>Nonkosher:</b>            Italian Sausage            Penne            Sauteed Green Beans</p>	<p><b>2</b>  <b>Kosher:</b>            Roast Turkey            Mashed Sweet Potato            Steamed Green Beans</p> <p><b>Nonkosher:</b>            Lentil Stew w/ Carrots &amp; Turnips            Yellow Rice            Sauteed Spinach</p>	<p><b>3</b>  <b>Kosher:</b>            Baked Crispy Cod            Roasted Potatoes            Roasted Root Vegetables</p> <p><b>Nonkosher:</b>            Smothered Pork Chops            Homemade Mashed Potatoes            Vegetable Mix (non-starchy)</p>	<p><b>4</b>  <b>Kosher:</b>            Pepper Steak            Brown Rice            Oriental Blend Veg</p> <p><b>Nonkosher:</b>            Curry Chicken            Perfect White Rice            Cooked Cabbage w/ Shredded Carrots</p>	<p><b>5</b>  <b>Kosher:</b>            Moroccan Chicken            Brown Rice            Roasted String Beans</p> <p><b>Nonkosher:</b>            Lemon Pepper Fish            Pasta            Steamed Broccoli</p>
<p><b>8</b>  <b>Kosher:</b>            Falafel            Humus            Israeli Salad</p> <p><b>Nonkosher:</b>            Jerk Chicken            Rice and Beans            Mixed Vegetables (starchy)</p>	<p><b>9</b>  <b>Kosher:</b>            Baked Salmon            Baked Sweet Potato            Normandy Blend Veg</p> <p><b>Nonkosher:</b>            Turkey Chili w/ Sweet Potatoes &amp; Corn            Steamed Green Beans</p>	<p><b>10</b>  <b>Kosher:</b>            BBQ Grilled Chicken Cutlet            Toasted Egg Barley w/ Mushroom &amp; Onion            Grilled Vegetables</p> <p><b>Nonkosher:</b>            Beef &amp; Broccoli            Bowtie Pasta            Carrots</p>	<p><b>11</b>  <b>Kosher:</b>            Beef Stew            Brown Rice            California Blend Veg</p> <p><b>Nonkosher:</b>            Stewed Beans (Habichuelas Guisadas)            White Rice            California Blend Veg</p>	<p><b>12</b>  <b>Kosher:</b>            Lemon Herb Chicken            Potato Kugel            Ratatouille</p> <p><b>Nonkosher:</b>            Italian Roast Chicken            Potatoes            Oriental Blend Veg</p>
<p><b>15</b>  <b>Kosher:</b>            Stuffed Pepper w/ Turkey            Couscous            Yellow Squash</p> <p><b>Nonkosher:</b>            BBQ Pork Chops            Baked Macaroni &amp; Cheese            Normandy Blend</p>	<p><b>16</b>  <b>Kosher:</b>            Chicken Marsala            Rice Pilaf            Roasted String Beans</p> <p><b>Nonkosher:</b>            Brown Stew Chicken            Yellow Rice            Sauteed Spinach</p>	<p><b>17</b>  <b>Kosher:</b>            Vegetarian Stuffed Cabbage            Mashed Potato            Steamed Carrots</p> <p><b>Nonkosher:</b>            Baked Fish w/ Sweet &amp; Sour Sauce            Pasta            Steamed Carrots</p>	<p><b>18</b>  <b>Kosher:</b>            Yankee Pot Roast            Bulgar            Winter Blend Veg</p> <p><b>Nonkosher:</b>            Vegetable Baked Ziti w/ Whole Wheat Pasta            Sauteed String Beans</p>	<p><b>19</b>  <b>Kosher:</b>            Apricot Glazed Chicken            Sweet Noodle Kugel            Roasted Butternut Squash</p> <p><b>Nonkosher:</b>            Spanish Style Baked Chicken            Yellow Rice            Cabbage w/ Green Peas</p>

<p><b>22</b>  <b>Kosher:</b>  Vegetable Cutlet  White Rice  Toss Salad w/ Dressing</p> <p><b>Nonkosher:</b>  Stuffed Shells w/ Cheese  Steamed Broccoli</p>	<p><b>23</b>  <b>Kosher:</b>  Moroccan Salmon  Brown Rice  Steamed Green Beans</p> <p><b>Nonkosher:</b>  Spanish Chicken w/ Potatoes &amp; Garlic  Perfect White Rice  Carrots</p>	<p><b>24</b>  <b>Kosher:</b>  General Tso's Chicken  Lo Mein Noodles  Oriental Blend Veg</p> <p><b>Nonkosher:</b>  BBQ Pulled Pork  Garlic Mashed Potatoes  Sautéed Spinach</p>	<p><b>25</b>  <b>Kosher:</b>  Meatball Hero  Butternut Squash  Toss Salad</p> <p><b>Nonkosher:</b>  Sweet Potato Coconut Curry Fish  Brown Rice  Sautéed Green Beans</p>	<p><b>26</b>  <b>Kosher:</b>  Malajian Chicken  Yellow Rice  Green Beans</p> <p><b>Nonkosher:</b>  Baked Fish w/ Garlic Parmesan Crust  Pasta  Cooked Cabbage w/ Shredded Carrots</p>
<p><b>29</b></p> <p style="text-align: center;"><i>CENTER CLOSED FOR  MEMORIAL DAY</i></p>  <p style="text-align: center;"><b>MEMORIAL DAY</b>  REMEMBER AND HONOR  2023</p>	<p><b>30</b>  <b>Kosher:</b>  Shake and Bake Chicken  Roasted Potatoes  Moroccan Vegetables</p> <p><b>Nonkosher:</b>  BBQ Chicken  Yellow Rice  Sautéed Green Beans</p>	<p><b>31</b>  <b>Kosher:</b>  Rib Eye Roast  Mashed Potato w/ Gravy  Steamed Carrots</p> <p><b>Nonkosher:</b>  Cornmeal Crusted Fish  Home Fries w/ Peppers &amp; Onions  Cooked Cabbage w/ Shredded Carrots</p>		



## **Einstein Older Adult Center**

**135 Einstein Loop Rm 49**

**Bronx, New York**

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**(718) 671-5161**

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

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



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