




(718) 671-5161

**October 2024 ACTIVITIES** *(Schedule is Subject To Change)*

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b>            10AM-11AM: Never Too Old To Learn Spanish            11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien            12PM-1PM: LUNCH            1PM-2PM: Technology Lab w/Steve</p>	<p><b>2</b>            9AM-11AM- Hair Care 4 U (appt. only)            10AM-11AM: Stretch &amp; Tone w/Ola            11am-12pm: Bodies in Motion            12PM-1PM: LUNCH            1PM-2PM: Prize BINGO &amp; Board Games</p>	<p><b>3</b></p> 	<p><b>4</b>            9:30AM- 10:30 AM- Coloring for Calmness            10AM-12PM: Chess Club            10:30AM-12PM: Blood Pressure Screening            11:00 AM- 12:00 AM- Health &amp; Wellness 2.0- Celebrating each other            12PM-1PM: LUNCH            1PM-2PM: Let's Get It On Zumba</p>
<p><b>7</b>            9AM-10AM: Mindful Mornings Tai-Chi            10:30AM-11:30AM: Line Dance            11AM-12PM: Book Club            12PM-1PM: LUNCH            1PM-3PM: Ageless Facials &amp; Self Care (Appointments only)            1pm-3pm: Movies w/ Dennis            TRIP: Schomburg Center/ Manna Restaurant 10am-2pm</p>	<p><b>8</b>            10AM-11AM: Never Too Old To Learn Spanish            11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien            12PM-1PM: LUNCH            1PM-2PM: Technology Lab w/Steve</p>	<p><b>9</b>            10AM-11AM: Stretch &amp; Tone w/Ola            11AM-12PM: Bodies In Motion w/Ola            12PM-1PM: LUNCH            1PM-2PM: Prize BINGO &amp; Board Games            2PM-3PM- Art Lounge w/ Tijay</p>	<p><b>10</b>            10AM-12PAM: Visual Arts            11AM-12PM: Salsa Dance w/ George            12PM- 12PM-1PM: LUNCH            1PM-2PM: Fit For Life Exercise w/Gail</p>	<p><b>11</b>            9:30AM- 10:30 AM- Coloring for Calmness            10AM-12PM: Chess Club            10:30AM-12PM: Blood Pressure Screening            11:00 AM- 12:00 AM- Health &amp; Wellness 2.0- Benefits of Music            12PM-1PM: LUNCH            1PM-2PM: Let's Get It On Zumba</p>


<p>14</p> <p>9AM-10AM: Mindful Mornings Tai-Chi 10:30AM-11:30AM: Line Dance 11AM-12PM: Book Club 12PM-1PM: LUNCH 1pm-3pm: Movies w/ Dennis</p>	<p>15</p> <p>10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH TRIP: High Line/ Pier 57 10am-2pm 1PM-2PM: Technology Lab w/Steve</p>	<p>16</p> <p>9AM-11AM- Hair Care 4 U (appt. only) 10AM-11AM: Stretch &amp; Tone w/Ola 11AM-12PM: Bodies In Motion w/Ola 12PM-1PM: LUNCH 1PM-2PM: Prize BINGO &amp; Board Games 2PM-3PM- Art Lounge w/Tijay</p>	<p>17</p> <p>10AM-12PAM: Visual Arts 11AM-12PM: Salsa Dance w/ George 12PM-1PM: LUNCH 1PM-2PM: Fit For Life Exercise w/Gail</p>	<p>18</p> <p>9:30AM- 10:30 AM- Coloring for Calmness 10AM-12PM:Chess Club 10:30AM-12PM: Blood Pressure Screening 11:00 AM- 12:00 AM- Health &amp; Wellness 2.0- Feelings around the season 12PM-1PM: LUNCH 1PM-2PM: Let's Get It On Zumba</p>
<p>21</p> <p>9AM-10AM: Mindful Mornings Tai-Chi 10:30AM-11:30AM: Line Dance 11AM-12PM: Book Club 12PM-1PM: LUNCH 1PM-3PM: Ageless Facials &amp; Self Care(Appointments only) 1PM-3PM: Movies w/ Dennis TRIP: Walmart 10am-2pm</p>	<p>22</p> <p>10am-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1PM-2PM: Technology Lab w/Steve</p>	<p>23</p> <p>10AM-11AM: Stretch &amp; Tone w/Ola 11AM-12PM: Bodies In Motion w/Ola 12PM-1PM: LUNCH 1PM-2PM: Prize BINGO &amp; Board Games 2PM-3PM- Art Lounge w/Tijay</p>	<p>24</p> <p>10AM-12PAM: Visual Arts 11AM-12PM: Salsa Dance w/ George 12PM-1PM: LUNCH 1PM-2PM: Fit For Life Exercise w/Gail</p>	<p>25</p> <p>9:30AM- 10:30 AM- Coloring for Calmness 10AM-12PM:Chess Club 10:30AM-12PM: Blood Pressure Screening 11:00 AM- 12:00 AM- Health &amp; Wellness 2.0- Arthritis &amp; its effects on our well being 12PM-1PM: LUNCH 1PM-2PM: Let's Get It On Zumba</p>
<p>28</p> <p>9AM-10AM: Mindful Mornings Tai-Chi 10:30AM-11:30AM: Line Dance 11AM-12PM: Book Club 12PM-1PM: LUNCH 1PM-3PM: Movies w/Dennis</p>	<p>29</p> <p>10am-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1PM-2PM: Technology Lab w/Steve</p>	<p>30</p> <p>10AM-11AM: Stretch &amp; Tone w/Ola 11AM-12PM: Bodies In Motion w/Ola 12PM-1PM: LUNCH 1PM-2PM: Prize BINGO &amp; Board Games 2PM-3PM- Art Lounge w/Tijay  TRIP: Bronx Museum of the Arts 11am-2pm</p>	<p>31</p> <p>10AM-12PM: Visual Arts 11AM-12PM: Salsa Dance w/ George 12PM-1PM: LUNCH 1PM-2PM: Fit For Life Exercise w/Gail</p>	

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

(718) 671-5161

October 2024 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 KOSHER: Tuna Salad</p> <p>NON KOSHER: Pork Spare Ribs Instant Mashed Potatoes Sautéed Green Beans</p>	<p>2 KOSHER: Fish with Fresh Salsa Relish</p> <p>NON KOSHER: Smoke Black Bean &amp; Sweet Potato Chilli Steamed Green Beans</p>	<p>3</p>  <p>Happy Rosh HaShanah</p>	<p>4 KOSHER: BBQ Chicken Leg Quarters</p> <p>NON KOSHER: Arroz Con Pollo Chicken Breast &amp; Rice Steamed Broccoli</p>
<p>7 KOSHER: Vegan Stuffed Peppers Brown Rice</p> <p>NON KOSHER: Spanish Style Catfish Chinese Style Spaghetti Oriental Blend Vegetables</p>	<p>6 KOSHER: Turkey Burger</p> <p>NON KOSHER: Aromatic Lentil Stew w/ carrots &amp; turnips Steamed Cauliflower</p>	<p>9 KOSHER: Beef Stew</p> <p>NON KOSHER: Spanish Style Beef Stew Homemade Mashed Potatoes</p>	<p>10 KOSHER: Apricot Glazed Salmon</p> <p>NON KOSHER: Jerk Chicken Steamed Broccoli</p>	<p>11 KOSHER: Chicken Legs with Stewed Tomatoes</p> <p>NON KOSHER: Homemade Coconut Breaded Fish Sautéed Spinach</p>

<p><b>14</b> KOSHER: Falafel with a Twist Whole Wheat Bread</p> <p>NON KOSHER: Baked asian Style Honey Chicken Steamed red or green cabbage</p>	<p><b>15</b> KOSHER: Turkey Meatloaf with Mushroom Gravy</p> <p>NON KOSHER: BBQ Pork Chops California Blend Vegetables</p>	<p><b>16</b> KOSHER: Baked Fish with garlic Sauce</p> <p>NON KOSHER: Baked Fish w Mushrooms &amp; Peppers Sautéed Green Beans</p>	<p><b>17</b> KOSHER: Dairy Free Baked Ziti with Beef</p> <p>NON KOSHER: Lemony Chickpea &amp; Kale Stir Fry Cauliflower w Carrots &amp; Parsley</p>	<p><b>18</b> KOSHER: Baked Chicken Quarters</p> <p>NON KOSHER: Over Fried Chicken Steamed Collard Greens</p>
<p><b>21</b> KOSHER: Baked Falafel Balls Whole Wheat Pita</p> <p>NON KOSHER: Caribbean Style BBQ Chicken Roasted Potatoes</p>	<p><b>22</b> KOSHER: Beef Pot Roast</p> <p>NON KOSHER: Spanish Style Roast Pork Steam Collared Greens</p>	<p><b>23</b> KOSHER: Baked Breaded Fish</p> <p>NON KOSHER: Curried Chicken Legs Baby Carrots &amp; Parsley</p>	<p><b>24</b> KOSHER: Pepper Flank Steak</p> <p>NON KOSHER: Chickpea and Vegetable Curry w Quinoa Steamed Broccoli</p>	<p><b>25</b> KOSHER: BBQ Chicken Leg Quarters</p> <p>NON KOSHER: Fish w Mushrooms, Peppers &amp; Tomatoes Normandy Blend Vegetables</p>
<p><b>28</b> KOSHER: Breaded Vegetables Cutlet</p> <p>NON KOSHER: Spanish Style Baked Chicken</p>	<p><b>29</b> KOSHER: Moroccan Salmon</p> <p>NON KOSHER: Spanish Style Beef Stew Homemade Mashed Potatoes</p>	<p><b>30</b> KOSHER: Beef Meatloaf</p> <p>NON KOSHER: Jerk Chicken Braised Collard Greens</p>	<p><b>31</b> KOSHER: Baked Fish</p> <p>NON KOSHER: Buffalo Chickpea Power Grain bowl</p>	



## **Einstein Older Adult Center**

**135 Einstein Loop Rm 49**

**Bronx, New York**

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

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



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