





JASA VAN CORTLANDT OLDER ADULT CENTER
*** 3880 Sedgwick Ave Bronx, NY* 718-549-4700**
November 2022 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 am Walking with Daisy 11:15am Hot Topics (In person) 12:15pm Lunch 1:15pm Wii Sports Game 3:00pm Word Search	2 10:30am Knitting 12:15pm Lunch 1:15-3pm Crochet	3 11:00am Technology Class 12:15pm Lunch 1:15pm Movie Presentation- The Ice Road (2021) 1:15 Wii Sports Games	4 10:30am Latin Dance w/Angelica 11:00am Inflammatory Arthritis in Older Adults (Hybrid) * Special Event * 12:15pm Lunch 1:15pm Leisure Bingo 3:00pm -Word Search
7 10:00am Reading Health Labels (Hybrid) * Special Event * 10:30am Tai Chi 12:15pm Lunch 1:15pm Technology Class 2:00 Self Massage (Hybrid) 2:15pm Chinese Calligraphy (Hybrid) * NEW *	8 10:00 am Walking with Daisy 11:15am Hot Topics (In person) 12:15pm Lunch 1:15pm- 3pm 8- week Chronic Disease Self Management Program * NEW * 3:00pm Word Search	9 10:30am Knitting 12:15pm Lunch 1:15-3pm Latch Hook w/ Sandra * NEW * 3:00pm Flowing Yoga/ Kathleen (Hybrid)	10 11:00am Technology Class 12:15pm Lunch 1:15pm Movie Presentation- Last Seen Alive (2022) 2:15pm Wii Sports Games (In Person)	11 10:30am Latin Dance W/ Angelica 12:15pm Lunch 1:15pm Leisure Bingo 3:00pm -Word Search

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<p>14</p> <p>10:00am Blood Pressure Screen</p> <p>10:30am Tai Chi</p> <p>12:15pm Lunch</p> <p>1:15pm Technology Class</p> <p>2:00 Self Massage (Hybrid)</p> <p>2:15pm Chinese Calligraphy (Hybrid)</p>	<p>15</p> <p>10:00 am Walking with Daisy</p> <p>11:15am Hot Topics (In person)</p> <p>12:15pm Lunch</p> <p>1:15pm Medicare Orientation *Special Event*</p> <p>1:15pm- 3pm 8- week Chronic Disease Self Management Program</p> <p>3:00pm Word Search</p>	<p>16</p> <p>10:30am Knitting</p> <p>11am Cooking Demo: Cauliflower Mashed 'Potatoes Creamy *Special Event*</p> <p>12:15pm Lunch</p> <p>1:15-3pm Latch Hook w/ Sandra</p> <p>3:00pm Flowing Yoga/ Kathleen (Hybrid)</p>	<p>17</p> <p>11:00am Technology Class</p> <p>12:15pm Lunch</p> <p>1:15pm Movie Presentation- The Foreigner (2017)</p> <p>2:15pm Wii Sports Games (In Person)</p>	<p>18</p> <p>10:30am Latin Dance W/ Angelica</p> <p>12:15pm Lunch</p> <p>1:15pm Leisure Bingo</p> <p>3:00pm-Word Search</p>
<p>21</p> <p>10:00am Blood Pressure Screen</p> <p>10:30am Tai Chi</p> <p>12:15pm Lunch</p> <p>1:15pm Technology Class</p> <p>2:00 Self Massage (Hybrid)</p> <p>2:15pm Chinese Calligraphy (Hybrid)</p>	<p>22</p> <p>10:00 am Walking with Daisy</p> <p>11:15am Hot Topics (In person)</p> <p>12:15pm Lunch</p> <p>1:15-3pm Latch Hook w/ Sandra *Switch*</p> <p>1:15pm- 3pm 8- week Chronic Disease Self Management Program</p> <p>3:00pm Word Search</p>	<p>23</p> <p>10:30am Knitting</p> <p>12:15pm Lunch</p> <p>1:15pm- Thanksgiving Celebration- Pie Contest *Special Event*</p> <p>3:00pm Flowing Yoga/ Kathleen (Hybrid)</p>	<p>24</p> <p>OFFICE CLOSED</p> 	<p>25</p> <p>OFFICE CLOSED</p> 

<p>28</p> <p>10:00am Blood Pressure Screen</p> <p>10:30am Tai Chi</p> <p>12:15pm Lunch</p> <p>1:15pm Technology Class</p> <p>2:00 Self Massage (Hybrid)</p> <p>2:15pm Chinese Calligraphy (Hybrid)</p>	<p>29</p> <p>10:00 am Walking with Daisy</p> <p>11:15am Hot Topics (In person)</p> <p>12:15pm Lunch</p> <p>1:15pm- 3pm 8- week Chronic Disease Self Management Program</p> <p>3:00pm Word Search</p>	<p>30</p> <p>10:30am Knitting</p> <p>11:30am Caption Call Presentation *Special Event*</p> <p>12:15pm Lunch</p> <p>1:15-3pm Latch Hook w/ Sandra</p> <p>3:00pm Flowing Yoga w/ Kathleen (Hybrid)</p>	 <p>Happy birthday to all born in November !!</p>	<p><i>All Activities are subject to change.</i></p> <p><i>HABLAMOS ESPAÑOL</i></p> <p><i>Must be the age of 60 and over to register</i></p>
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JASA VAN CORTLANDT OLDER ADULT CENTER
***3880 Sedgwick Ave Bronx, NY* 718-549-4700**
November 2022 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Grilled Chicken Breast Egg Barley w/Mushrooms Grilled Vegetables Alt: Baked Breaded Fish	2 Hamburger Roasted Potatoes Lettuce, tomato, onions Tomato and Cucumber Salad w/dressing Alt: Salmon Burger	3 Baked Salmon Brown Rice Sauteed Green Beans Alt: Chicken Salad	4 Orange Chicken with Rosemary Bowtie Pasta with Kasha Steamed Red or Green Cabbage. Alt: Gefilte Fish
7 Meat Sauce Pasta Steamed Green Beans Alt: Tuna Noodle Casserole	8 Mediterranean Fish Couscous Roasted Eggplant Alt: Vegetable Cutlet	9 Lentil Soup Pasta Primavera Roasted Mushrooms Alt: Egg Salad	10 Stuffed Cabbage with Beef Mashed Potato Steamed Carrots Alt: Baked Breaded Fish	11 Caribbean BBQ Chicken Garlic and Rosemary Roasted Potatoes Grilled Vegetables Alt: Gefilte Fish
14 Beef Moussaka Roasted Butternut Squash Tossed Salad with Dressing Alt: Baked Breaded Fish	15 Breaded Chicken Cutlet Egg Barley w/Mushrooms Roasted Peppers Alt: Tuna Noodle Casserole	16 Vegetable Cutlet Baked Sweet Potato Normandy Blend Alt: Egg Frittata	17 Apricot Glazed Salmon Wild Rice California Blend Vegetables Alt: Chicken Salad	18 Sweet and Sour Chicken Thighs Spinach Noodle Kugel Capri Blend Vegetables Alt: Gefilte Fish

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<p>21</p> <p>Oven Fried Chicken Baked Potato Normandy Blend</p> <p>Alt: Salmon Burger</p>	<p>22</p> <p>Chickpea Stew Brown Rice Toss Salad with dressing</p> <p>Alt: Vegetarian Stuffed Peppers</p>	<p>23</p> <p>Baked Breaded Fish Roasted Potatoes Winter Blend Vegetables</p> <p>Alt: Egg Salad</p>	<p>24</p> <p>OFFICE CLOSED</p> 	<p>25</p> <p>OFFICE CLOSED</p> 
<p>28</p> <p>Tofu Lasagna Tossed Salad w/Dressing</p> <p>Alt: Vegetable Cutlet</p>	<p>29</p> <p>Baked Salmon Baked Sweet Potato Normandy Blend</p> <p>Alt: Sliced Deli Turkey</p>	<p>30</p> <p>Chicken Cacciatore Pasta Italian Blend Vegetables</p> <p>Alt: Baked Breaded Fish</p>		



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November 2022 MENU

Come and Join us!
We are Open Sunday November 13th

Menu:	Activities:
12:15pm Lunch: Baked Ziti	<u>11am-</u> NIA Stretching <u>1:30 pm-</u> Creative Writing <u>2:30 pm -</u> Movie Presentation