

**JASA BAY EDEN & MECHLER HALL OLDER ADULT CENTER**  
**2158 Watson Avenue Bronx, NY 10472**  
**JANUARY 2022 ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 10:00 Current Events - Virtual & In Person 10:00 Indoor Gardening - Virtual 11:00 Arts & Crafts - In-Person 11:00 Nutrition Education - In Person 12:00 Lunch 1:00 Technology - Virtual & In Person	<b>4</b> 10:00 Zumba - Virtual & In Person 11:00 Chair Yoga - Virtual 11:00 EB Matter of Balance Fall Prevention - In Person 12:00 Lunch 1:00 Coloring For Relaxation - In Person	<b>5</b> 10:00 Nutrition Education - Virtual & In Person 11:00 Virtual BCHN Blood Pressure Management 12:00 Lunch 1:00 Line Dancing Virtual - In Person	<b>6</b> 10:00 Tech Class - In Person 11:00 Dance & Movement - In Person 11:00 DGMH What's On Your Mind (Virtual) 12:00 Lunch 1:00 Coloring For Relaxation - In Person	<b>7</b> 10:00 Tech Class- Virtual & In Person 11:00 Zumba - In Person 12:00 Lunch 1:00 Meditation - Virtual 1:00 Coloring For Relaxation - In Person
<b>10</b> 10:00 Current Events - Virtual & In Person 10:00 Indoor Gardening - Virtual 11:00 Arts & Crafts - In-Person 11:00 Nutrition Education - In Person 12:00 Lunch 1:00 Technology - Virtual & In Person	<b>11</b> 10:00 Zumba - Virtual & In Person 11:00 Chair Yoga - Virtual 11:00 EB Matter of Balance Fall Prevention - In Person 12:00 Lunch 1:00 Coloring For Relaxation - In Person	<b>12</b> 10:00 Nutrition Education - Virtual & In Person 11:00 BCHN Blood Pressure Management - Virtual 11:00 Nutrition Cooking Demo - In Person 12:00 Lunch 1:00 Line Dancing - Virtual & In Person	<b>13</b> 10:00 Tech Class - In Person 11:00 Dance & Movement - In Person 11:00 DGMH What's On Your Mind (Virtual) 12:00 Lunch 1:00 Coloring For Relaxation - In Person	<b>14</b> 10:00 Tech Class- Virtual & In Person 11:00 Zumba - In Person 12:00 Lunch 1:00 Meditation - Virtual 1:00 Coloring For Relaxation - In Person
<b>17</b> <p style="text-align: center;"><b>CENTER CLOSED</b>  <b>Martin Luther King Jr. Day</b></p>	<b>18</b> 10:00 Zumba - Virtual & In Person 11:00 Chair Yoga - Virtual 11:00 EB Matter of Balance Fall Prevention - In Person 12:00 Lunch 1:00 Coloring For Relaxation - In Person	<b>19</b> 10:00 Nutrition Education - Virtual & In Person 11:00 BCHN Blood Pressure Management - Virtual 11:00 Nutrition Cooking Demo - In Person 12:00 Lunch 1:00 Line Dancing - Virtual & In Person	<b>20</b> 10:00 Tech Class - In Person 11:00 Dance & Movement - In Person 11:00 DGMH What's On Your Mind (Virtual) 12:00 Lunch 1:00 Coloring For Relaxation - In Person	<b>21</b> 10:00 Tech Class- Virtual & In Person 11:00 Zumba - In Person 12:00 Lunch 1:00 Meditation - Virtual 1:00 Coloring For Relaxation - In Person

<p><b>24</b>  <b>10:00 Current Events - Virtual &amp; In Person</b>  <b>10:00 Indoor Gardening - Virtual</b>  <b>11:00 Arts &amp; Crafts - In-Person</b>  <b>11:00 Nutrition Education - In Person</b>  <b>12:00 Lunch</b>  <b>1:00 Technology - Virtual &amp; In Person</b></p>	<p><b>25</b>  <b>10:00 Zumba - Virtual &amp; In Person</b>  <b>11:00 Chair Yoga - Virtual</b>  <b>11:00 EB Matter of Balance Fall Prevention - In Person</b>  <b>12:00 Lunch</b>  <b>1:00 Coloring For Relaxation - In Person</b></p>	<p><b>26</b>  <b>10:00 Nutrition Education - Virtual &amp; In Person</b>  <b>11:00 BCHN Blood Pressure Management - Virtual</b>  <b>11:00 Nutrition Cooking Demo - In Person</b>  <b>12:00 Lunch</b>  <b>1:00 Line Dancing - Virtual &amp; In Person</b></p>	<p><b>27</b>  <b>10:00 Tech Class - In Person</b>  <b>11:00 Dance &amp; Movement - In Person</b>  <b>11:00 DGMH What's On Your Mind (Virtual)</b>  <b>12:00 Lunch</b>  <b>1:00 Coloring For Relaxation - In Person</b></p>	<p><b>28</b>  <b>10:00 Tech Class- Virtual &amp; In Person</b>  <b>11:00 Zumba - In Person</b>  <b>12:00 Lunch</b>  <b>1:00 Meditation - Virtual</b>  <b>1:00 Coloring For Relaxation - In Person</b></p>
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<p><b>31</b>  <b>10:00 Current Events - Virtual &amp; In Person</b>  <b>10:00 Indoor Gardening - Virtual</b>  <b>11:00 Arts &amp; Crafts - In-Person</b>  <b>11:00 Nutrition Education - In Person</b>  <b>12:00 Lunch</b>  <b>1:00 Technology - Virtual &amp; In Person</b></p>
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**JASA BAY EDEN & MECHLER HALL Older Adult Center**  
**2158 Watson Avenue Bronx, NY 10472**  
**JANUARY 2022 MENU**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>3</b> <b>Apricot-Glazed Pork Chops</b> Baked Potato Whole Wheat Bread Steamed Spinach Apple Juice Orange	<b>4</b> <b>Chicken Marsala</b> Couscous Whole Wheat Bread Italian Blend Vegetables Orange Juice Banana	<b>5</b> <b>Beef Meatballs with Sofrito</b> Whole Wheat Spaghetti <b>OR</b> Dinner Roll Baby Carrots with Parsley Orange Pineapple Juice Apple	<b>6</b> <b>Baked Breaded Fish</b> Barley Whole Wheat Bread Steamed Green Beans Orange Juice Pineapple Juice Banana	<b>7</b> <b>Vegetarian Chili</b> Baked Brown Rice Pilaf <b>OR</b> Whole Wheat Bread Broccoli with Toasted Garlic Apple Juice Orange
<b>10</b> <b>Chili con Carne</b> Perfect White Rice Whole Wheat Bread Baby Carrots with Parsley Collard Greens Apple Juice Orange	<b>11</b> <b>Baked Turkey Breast</b> Chinese Style Spaghetti Whole Wheat Bread Oriental Blend Orange Juice Banana	<b>12</b> <b>Chicken Cacciatore</b> Orzo Whole Wheat Bread Steamed Broccoli Orange Pineapple Juice Apple	<b>13</b> <b>Rasta Pasta Sauce Tofu</b> Pasta Whole Wheat Bread Roasted Zucchini Apple Juice Orange	<b>14</b> <b>Baked Tilapia</b> Quinoa Whole Wheat Bread Sauteed Spinach Orange Juice Apple
<b>17</b> <b>CENTER CLOSED</b> <b>Martin Luther King Jr. Day</b>	<b>18</b> <b>Jerk Chicken</b> Whole Wheat Bread Baked Sweet Potato Steamed Red OR Green Cabbage Orange Juice Banan	<b>19</b> <b>Sweet and Sour Tofu</b> Whole Wheat Bread Yellow Rice and Pigeon Peas Okra with Tomatoes Orange Pineapple Juice Apple	<b>20</b> <b>Stewed Codfish (Bacalao Fresco Guisado)</b> Whole Wheat Dinner Roll Steamed Spinach Yuca Apple Juice Banana	<b>21</b> <b>Spanish Style Baked Chicken</b> Brown Rice Whole Wheat Bread Baby Carrots with Parsley Orange Juice Apple

<p><b>24</b>  <b>Tofu and Vegetable Fried Rice</b>  Whole Wheat Bread  Braised Collard Greens  Apple Juice  Orange</p>	<p><b>25</b>  <b>BBQ Chicken Leg Quarters</b>  Roasted Butternut Squash  Whole Wheat Dinner Roll  Sauteed Spinach  Orange Pineapple Juice  Banana</p>	<p><b>26</b>  <b>Pork Tenderloin with Zesty Cilantro Sauce</b>  Baked Red Potato Wedges  Whole Wheat Bread  Steamed Broccoli  Orange Juice  Apple</p>	<p><b>27</b>  <b>Baked Fish Fillets</b>  Baked Macaroni and Cheese  Whole Wheat Bread  Normandy Blend  Apple Juice  Banana</p>	<p><b>28</b>  <b>Curried Chicken Legs</b>  Brown Rice with Pigeon Peas  Whole Wheat Bread  Okra  Orange Juice  Apple</p>
<p><b>31</b>  <b>Eggplant and Lentil Curry</b>  Bowtie Pasta  Steamed Carrots  Apple Juice  Orange</p>			<p><b>Congregate meals will be served at Mechler Hall Older Adult Center</b>   <b>From 12:00pm to 1:00pm</b>   <b>Meal Contribution \$1.50</b></p>	<p><b>You must call to reserve your meal a week in advance</b>  <b>Call 718-892-1396</b></p>

**JASA BAY EDEN & MECHLER HALL OLDER ADULT CENTER**  
Director: MICHELLE PARCHMENT - Email: mparchment@jasa.org  
PHONE NUMBER: 718- 892- 1396  
ADDRESS 2158 Watson Avenue Bronx NY 10472  
**Hours: Monday through Friday 8am- 2pm**