



**Throggs Neck Older Adult Center \* 2705 Schley Avenue, Bronx, NY, 10465 \* 718.823.1771**  
**January 2022 ACTIVITIES**



| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
| <p align="center">3</p> <p>Chair Aerobics at 10:30 a.m. (Online/In person)</p> <p>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm</p> <p>Stress Relief Coloring Group 2pm</p> <p>Board Games 3pm</p>                       | <p align="center">4</p> <p>Brain Teasers 10am (in person)</p> <p>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm</p> <p>Crafting with Sandra 1p.m. (Online/In Person)</p> <p>*NY Common Pantry 9a-12pm</p> <p>2p.m. Dance Social (in person)</p> | <p align="center">5</p> <p>Brain Teasers 10 a.m. (in person)</p> <p>Thyroid Awareness Health Presentation by Dr.Bay 12pm</p> <p>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm</p> <p>Chair Aerobics 2 p.m. (Online/In Person)</p> | <p align="center">6</p> <p>Blood Pressure Screening 10:30 am - 11:30 am (in person)</p> <p>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm</p> <p>Meditation 2 p.m. (Online/In Person)</p> <p>Beginners Knitting and Crochet with Sandra 3p.m. (Online/In Person)</p>  | <p align="center">7</p> <p>Tai Chi 10 a.m. (Online/In Person)</p> <p>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm</p> <p>Concerts In Motion (Spanish) 12p.m. (Online/In Person)</p> <p>Brain Teasers 2pm (in person)</p> <p>Board Games 3pm (in person)</p>            |
| <p align="center">10</p> <p>Chair Aerobics at 10:30 a.m. (Online/In person)</p> <p>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm</p> <p>Smartphone Technology 2pm (online/ in person)</p> <p>3pm Puzzles (in person)</p> | <p align="center">11</p> <p>Brain Teasers 10am (in person)</p> <p>Crafting with Sandra 1p.m. (Online/In Person)</p> <p>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm</p> <p>Zumba 2pm (Online/In Person)</p>                                   | <p align="center">12</p> <p>Brain Teasers 10 a.m. (in person)</p> <p>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm</p> <p>Chair Aerobics 2 p.m. (Online/In Person)</p> <p>3pm Jewelry Making (in person)</p>                      | <p align="center">13</p> <p>Blood Pressure Screening 10:30 am - 11:30 am (in person)</p> <p>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm</p> <p>Meditation 2 p.m. (Online/In Person)</p> <p>Beginners Knitting and Crochet with Sandra 3p.m. (Online/In Person)</p> | <p align="center">14</p> <p>Tai Chi 10 a.m. (Online/In Person)</p> <p>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm</p> <p>Concerts In Motion (Spanish) 12p.m. (Online/In Person)</p> <p>Dance Social 1pm- 2:30 (in person)</p> <p>Stress Relief Coloring Group 3pm</p> |

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|---|---|---|--|---|
| <p>17<br/>JASA Closed<br/>Martin Luther King Day</p>  | <p>18<br/>Brain Teasers 10am (in person)<br/>Lunch Shift 1- 11:30am - 12: 30 pm<br/>Shift 2- 12:35-1:35pm<br/><br/>Sip and Paint with Sandra 1p.m. (Online/In Person)<br/><br/>2pm Movie (in person)</p>                        | <p>19<br/>Brain Teasers 10 a.m. (in person)<br/><br/>Cooking Live with DFTA 11a.m. (Online/ in person)<br/><br/>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm<br/><br/>Chair Aerobics 2 p.m. (Online/In Person)<br/><br/>Jewelry Making 3pm (in person)</p>   | <p>20<br/><br/>Blood Pressure Screening 10:30 am - 11:30 am (in person)<br/><br/>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm<br/><br/>Meditation 2 p.m. (Online/In Person)<br/><br/>Beginners Knitting and Crochet with Sandra 3p.m. (Online/In Person)</p>  | <p>21<br/>Tai Chi 10 a.m.(Online/In Person)<br/>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm<br/><br/>Concerts In Motion (Spanish) 12p.m. (Online/In Person)<br/><br/>Dance Social 1pm (In person)<br/><br/>Baking Group 2pm (In person)</p> |
| <p>24<br/>Chair Aerobics at 10:30 a.m. (Online/in person)<br/><br/>Brain Teasers 11:30 a.m. (in person)<br/><br/>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm<br/><br/>Smartphone Technology 2pm (online/ in person)</p>         | <p>25<br/>Brain Teasers 10am (in person)<br/><br/>Crafting with New York Public Library 12 pm (Online/In person)<br/><br/>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm<br/><br/>Zumba 2pm (Online/In Person)</p> | <p>26<br/>Brain Teasers 10 a.m. (in person)<br/><br/>Glaucoma Awareness Health Management Presentation 12pm<br/><br/>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm<br/><br/>Nutrition Presentation by Kiahni McFadden 1pm (Online/In Person)<br/><br/>Chair Aerobics at 2 pm (Online/In Person)</p> | <p>27<br/><br/>Blood Pressure Screening 10:30 am - 11:30 am (in person)<br/><br/>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm<br/><br/>New York Public Library Trivia 12pm ((Online/In Person)<br/><br/>Meditation 2 p.m. (Online/In Person)<br/><br/>Beginners Knitting and Crochet with Sandra 3p.m. (Online/In Person)</p> | <p>28<br/>Tai Chi 10 a.m.(Online/In Person)<br/><br/>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm<br/><br/>Concerts In Motion (Spanish) 12p.m. (Online/In Person)<br/><br/>Bingo 2pm (in person)</p>   |
| <p>31<br/>Chair Aerobics at 10:30 a.m. (Online/in person)<br/>Lunch Shift 1- 11:30am - 12: 30pm<br/>Shift 2- 12:35-1:35pm<br/>New York Public Library Dark Fairy Tale Read Aloud 12pm (online/in person)<br/>Jewelry Making (in person) 2pm</p> | <p><b>Hot Meals served Mon-Fri in 2 shifts 11:30-12:30pm &amp; 12:35pm-1:35pm. Call to reserve your seat as social distancing is being enforced.</b></p>  |   |  |   |

**Throggs Neck Older Adult Center \* 2705 Schley Avenue, Bronx, N.Y., 10465 \* 718.823.1771**  
**January 2022 Menu**

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| <p align="center">3</p> <p>Apricot-Glazed Pork Chops<br/>           Baked Potatoes Whole Wheat Bread<br/>           Steamed Spinach<br/>           Apple Juice /Orange</p>                    | <p align="center">4</p> <p>Chicken Marsala<br/>           Couscous Whole Wheat Bread<br/>           Italian Blend Vegetables<br/>           Banana / Orange Juice</p>                          | <p align="center">5</p> <p>Beef Meatballs with Sofrito<br/>           Whole Wheat Spaghetti - OR - Whole Wheat Dinner Roll<br/>           Baby Carrots with Parsley<br/>           Apple/Orange Pineapple Juice</p> | <p align="center">6</p> <p>Baked Breaded Fish<br/>           Barley Whole Wheat Bread<br/>           Steamed Green Beans<br/>           Banana /Orange Pineapple Juice</p>                 | <p align="center">7</p> <p>Vegetarian Chili<br/>           Baked Brown Rice Pilaf - OR - Whole Wheat Bread<br/>           Broccoli with Toasted Garlic<br/>           Apple Juice/Orange</p> |
| <p align="center">10</p> <p>Chili con Carne<br/>           Perfect White Rice/Whole Wheat Bread<br/>           Baby Carrots with Parsley Collard Greens<br/>           Apple Juice/Orange</p> | <p align="center">11</p> <p>Baked Turkey Breast<br/>           Chinese Style Spaghetti Whole Wheat Bread<br/>           Oriental Blend<br/>           Banana/Orange Juice</p>                  | <p align="center">12</p> <p>Chicken Cacciatore<br/>           Orzo Whole Wheat Bread<br/>           Steamed Broccoli<br/>           Apple/ Orange Pineapple Juice</p>   | <p align="center">13</p> <p>Rasta Pasta Sauce Tofu<br/>           Pasta (1/2 cup) /Whole Wheat Bread<br/>           Roasted Zucchini<br/>           Apple Juice/ Orange</p>                | <p align="center">14</p> <p>Baked Tilapia<br/>           Quinoa (1/2 cup)<br/>           Whole Wheat Bread<br/>           Sauteed Spinach<br/>           Apple/Orange Juice</p>              |
| <p align="center">17</p> <p>Sweet and Sour Pork Loin<br/>           White Rice - OR - Whole Wheat Bread<br/>           Steamed Kale<br/>           Apple Juice/Orange</p>                     | <p align="center">18</p> <p>Jerk Chicken<br/>           Whole Wheat Bread<br/>           Baked Sweet Potato<br/>           Steamed Red or Green Cabbage<br/>           Banana/Orange Juice</p> | <p align="center">19</p> <p>Sweet and Sour Tofu<br/>           Whole Wheat Bread Yellow Rice and Pigeon Peas<br/>           Okra with Tomatoes<br/>           Apple/Orange Pineapple Juice</p>                      | <p align="center">20</p> <p>Stewed Codfish (Bacalao Fresco Guisado)<br/> <br/>           Whole Wheat Dinner Roll<br/>           Steamed Spinach Yuca<br/>           Apple Juice/Banana</p> | <p align="center">21</p> <p>Spanish Style Baked Chicken<br/>           Brown Rice (1/2 cup) Whole Wheat Bread<br/>           Baby Carrots with Parsley<br/>           Apple/Orange Juice</p> |

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|---|--|---|--|--|
| <p>24<br/>Tofu and Vegetable Fried Rice<br/>Whole Wheat Bread<br/>Braised Collard Greens<br/>Apple Juice/Orange</p> | <p>25<br/>BBQ Chicken Leg Quarters<br/>Roasted Butternut Squash<br/>Whole Wheat Dinner Roll<br/>Banana/Orange<br/>Pineapple Juice</p>                    | <p>26<br/>Pork Tenderloin with Zesty Cilantro Sauce<br/>Baked Red Potato Wedges<br/>Whole Wheat Bread<br/>Steamed Broccoli<br/>Apple/Orange Juice</p> | <p>27<br/>Baked Fish Fillets<br/>Baked Macaroni and Cheese<br/>Whole Wheat Bread<br/>Normandy Blend<br/>Apple Juice/Banana</p> | <p>28<br/>Curried Chicken Legs<br/>Brown Rice with Pigeon Peas<br/>Whole Wheat Bread<br/>Okra<br/>Apple/Orange Juice</p> |
| <p>31<br/>Eggplant and Lentil Curry<br/>Bowtie Pasta<br/>Steamed Carrots<br/>Apple Juice/Orange</p>                 | <p><b>Hot Meals served Mon-Fri in 2 shifts 11:30-12:30pm &amp; 12:35pm-1:35pm. Call to reserve your seat as social distancing is being enforced.</b></p> |   |  |  |



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**2705 Schley Avenue, Bronx, N.Y., 10465**  
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**[www.jasa.org](http://www.jasa.org)**

**Monday-Friday 8 am- 4pm**

