






Van Cortlandt Older Adult Center

Phone Number: (718) 549-4700
 3880 Sedgwick Avenue, Bronx, NY, 10463
 June 2024 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>"All Sponsored classes are subject to change." Lunch/Almuerzo 12:15pm-1:15pm HABLAMOS ESPAÑOL Must be the age of 60 and over to register *Trips are by reservation only*</p>	<p>Open on the following Sundays June 2nd June 9th June 30th</p> <p>Lunch will be provided</p>	<p>A Fathers Day Celebration on June 9th</p>		
<p>3 10:00am Strength Training w/Patti 12:15pm Lunch 1:15pm Technology w/ Joel 1:30pm who's afraid of the big bad wolf Lecture w/Donna 2:15pm Chinese Calligraphy w/Mr.Tang 3:00pm Coloring Hour</p>	<p>4 10:30am Tai Chi for Arthritis w/ Jimmy 11:00am Hot Topics w/Lucy 12:15pm Lunch 1:30pm Improv/Memoir w/Frank NEW 1:30pm Leisure Bingo 3:00pm Coloring Hour</p>	<p>5 10:00am Evidence Base SAIL w/ Patti 11:00am Knitting 12:15pm Lunch 1:00 pm Presentation w/Ja'Keia Grow your own Herb kit 1:30pm Movie 3:00pm Flowing Yoga/ Kathleen(Hybrid)</p>	<p>6 10:00 am Self Defense w/Patti 11:00am Technology Class 12:00pm Nutrition w/Amelia 12:15pm Lunch 1:30pm Visual Arts w/Kilynne NEW 3:00pm Dominos</p>	<p>7 10:00am Exercise w/Cliff 12:15pm Lunch 1:30pm Leisure Bingo 1:30pm Wii Bowling 3:00pm-Word Search</p>
<p>10 10:00am Strength Training w/Patti 12:15pm Lunch 1:15pm Technology w/ Joel 1:30pm Take care of yourself L. w/Donna 2:15pm Chinese Calligraphy w/Mr.Tang 3:00pm Coloring Hour</p>	<p>11 10:30am Tai Chi for Arthritis w/ Jimmy 11:00am Hot Topics w/Lucy 12:15pm Lunch 12:30pm Fall Prevention 1:00pm MTA Presentation 1:30pm Improv/Memoir w/Frank NEW 3:00pm Coloring Hour</p>	<p>12</p> <p>Building is closed due to a Jewish Holiday Shabbat</p>	<p>13</p> <p>Building is closed due to a Jewish Holiday Shabbat</p>	<p>14 10:00am Exercise w/Cliff 12:15pm Lunch 1:30pm Leisure Bingo 1:30pm Wii Bowling 3:00pm-Word Search</p>
<p>17 10:00am Strength Training w/Patti 12:15pm Lunch 1:15pm Technology w/ Joel 1:30pm Keep your business in your home Lecture w/Donna 2:15pm Chinese Calligraphy w/Mr.Tang 3:00pm Coloring Hour</p>	<p>18 10:30am Tai Chi for Arthritis w/ Jimmy 11:00am Hot Topics w/Lucy 12:15pm Lunch 1:30pm Improv/Memoir w/Frank NEW 1:30pm Leisure Bingo 3:00pm Coloring Hour</p>	<p>19</p> 	<p>20 10:00 am Self Defense w/Patti 11:00am Technology Class 12:15pm Lunch 1:30pm Visual Arts w/Kilynne NEW 3:00pm Dominos</p>	<p>21 10:00am Exercise w/Cliff 12:15pm Lunch 1:30pm Leisure Bingo 1:30pm Wii Bowling 3:00pm-Word Search</p>
<p>24 10:00am Strength Training w/Patti 12:15pm Lunch 1:15pm Technology w/ Joel 1:30pm Relax, Relate and Release w/Donna 2:15pm Chinese Calligraphy w/Mr.Tang 3:00pm Coloring Hour</p>	<p>25 10:30am Tai Chi for Arthritis w/ Jimmy 11:00am Hot Topics w/Lucy 12:15pm Lunch 1:30pm Improv/Memoir w/Frank NEW 1:30pm Leisure Bingo 3:00pm Coloring Hour</p>	<p>26 10:00am Evidence Base SAIL w/ Patti 11:00am Knitting 12:15pm Lunch 1:15pm Elder Financial Exploitation w/Michelle 1:30pm Movie 3:00pm Flowing Yoga/ Kathleen(Hybrid)</p>	<p>27 10:00 am Self Defense w/Patti 11:00am Technology Class 12:15pm Lunch 1:30pm Visual Arts w/Kilynne NEW 3:00pm Dominos</p>	<p>28 10:00am Exercise w/Cliff 12:15pm Lunch 1:30pm Leisure Bingo 1:30pm Wii Bowling 3:00pm-Word Search</p>

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June 2024 Menu Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Baked Fish Marsala W/ Mushrooms Pasta Prince Edward Blend Vegetables</p> <p style="text-align: center;">Alt: Egg Salad</p>	<p>4</p> <p>Pepper Flank Steak Vegetable Lo Mein Oriental Blend Vegetables</p> <p style="text-align: center;">Alt: Baked Breaded Fish Filets</p>	<p>5</p> <p>Vegetarian Chili Brown Rice Vegetables Mix</p> <p style="text-align: center;">Alt: Breaded Veg. Cutlet</p>	<p>6</p> <p>Curried Chicken Salad Four Bean Salad Tossed Salad w/Dressing</p> <p style="text-align: center;">Alt:Tuna Fish Salad</p>	<p>7</p> <p>BBQ Chicken Leg Quarters Baked Potato Capri Blend Vegetables</p> <p style="text-align: center;">Alt: Gefilte Fish</p>
<p>10</p> <p>Turkey Bean Chili Perfect White Rice Tossed Salad w/Dressing</p> <p style="text-align: center;">Alt: Chicken Salad</p>	<p>11</p> <p>Chickpea & Vegetable Curry w/Quinoa Couscous Capri Blend Vegetables</p> <p style="text-align: center;">Alt: Breaded Vegetable Cutlet</p>	<p>12</p> <p style="background-color: yellow;">Center is Closed</p>	<p>13</p> <p style="background-color: yellow;">Center is Closed</p>	<p>14</p> <p>Baked Chicken Quarters Potato Kugel Sauteed Zucchini</p> <p style="text-align: center;">Alt: Gefilte Fish</p>
<p>17</p> <p>Sesame Orange Chicken Vegetable Lo Mein Prince Edward Blend Vegetables</p> <p style="text-align: center;">Alt: Tuna Cakes</p>	<p>18</p> <p>Roasted Turkey Breast Baked Sweet Potato Mixed Vegetables</p> <p style="text-align: center;">Alt: Egg Salad</p>	<p>19</p> <p style="background-color: yellow;">Center will be Closed due to Juneteenth Holiday</p>	<p>20</p> <p>Breaded Fish Filet Baked Potato Carrot Salad</p> <p style="text-align: center;">Alt: Chicken Salad</p>	<p>21</p> <p>BBQ Chicken Leg Quarters Potato Blintzes Cole Slaw</p> <p style="text-align: center;">Alt: Gefilte Fish</p>
<p>24</p> <p>Garlic Beef Meatballs Pasta Tossed Salad w/Dressing</p> <p style="text-align: center;">Alt: Chicken Salad</p>	<p>25</p> <p>Moroccan Salmon Couscous Steamed Yellow Squash</p> <p style="text-align: center;">Alt: Egg Salad</p>	<p>26</p> <p>Comforting Lentil & Bean Chilli Brown Rice Capri Blend Vegetables</p> <p style="text-align: center;">Alt: Breaded Vegetable Cutlet</p>	<p>27</p> <p>Baked Breaded Chicken Cutlet Garlic & Rosemary Roasted Potato Cucumber Dill Salad</p> <p style="text-align: center;">Alt: Salmon Burger</p>	<p>28</p> <p>Italian Roasted Chicken Sweet Noodle Kugel Spiced Mixed Vegetables (non Starchy)</p> <p style="text-align: center;">Alt; Gefilte Fish</p>
			<p>Fresh Produce Distribution Every Thursday @1pm</p>	



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www.jasa.org



Our Hours

Mondays - Fridays 9:00am - 5:00pm

Closed for Federal and Jewish Holidays

Older Adult Center Staff

Indira Ortiz, Program Director Iortiz@jasa.org

Anna Barcene, Assistant Director Abarcene@jasa.org

Daisy Ruiz, Program Coordinator Druiz@jasa.org

Nadira Khanam, Case Manager Nkhanam@jasa.org

Donna Willians, Social Worker/Clinician Dwilliams@jasa.org

Carla Luna, Food Technician Cluna@jasa.org

John Clark, Porter Jclark@jasa.org

JASA VAN CORTLANDT OLDER ADULT CENTER

***3880 Sedgwick Ave Bronx, NY* 718-549-4700**

We will also be Open on the following Sundays in June.

Lunch will be provided

Sunday June 2nd

Activities

Visual Arts with Kilynne @ 1:15 pm - 2:45 pm

Movie showtime @ 1:30pm

Sunday June 9th

Activities

SAIL w/Patti @ 10:00am

Fathers day Celebration @ 1:30pm - 3:30pm

Sunday June 30th Breakfast will be served

Activities

Self Defense @ 10:00am

Board Games @ 1:30pm