





## Van Cortlandt Older Adult Center

Phone Number (718) 549-4700 \* Address 185 W 231st Street, Bronx, NY 10463

### June 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>All Day- Technical Assistance w/Staff 10:00am Cardio/Strength w/ Patti 12:15pm Lunch 2:15pm Digital Literacy w/Ron 2:30-4:00pm Memoir Class w/Benjamin &amp; Vianca</p>	<p>2</p> <p>All Day- Technical Assistance w/Staff 10:00am IntenSati Method w/Patti 12:15pm Lunch 12:30pm <b>2nd Elder Abuse Presentation w/Cecile</b> 2:00pm - 4:00pm Leisure Bingo 2:15pm Mixed Media Arts w/Ron 4:00pm Book Club w/Horace Mann</p>	<p>3</p> <p>All Day- Technical Assistance w/Staff 11:00am Zumba w/Dorian 12:15pm Lunch 1:45pm Hot Topics w/Lucy 2:00-4:00pm Board Games w/Staff</p>	<p>4</p> <p>All Day- Technical Assistance w/Staff 10:00-11:30am Chair Yoga w/Patti 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Dorian 2:00pm-4:30pm Art Social 3:15pm-4:15pm Kingsbridge Heights Tween students</p>	<p>5 <b>National Donut Day</b></p> <p>All Day- Technical Assistance w/Staff 10:00am Exercise w/Cliff 12:15pm Lunch 2:00pm Leisure Bingo 3:00-4:30pm Men's Social</p> 
<p>8 <b>Nat'l Best friend Day</b></p> <p>All Day- Technical Assistance w/Staff 10:00am Cardio/Strength w/ Patti 12:15pm Lunch 1:00pm <b>S.E Thinking out of the Box W/Donna</b> 2:15pm Digital Literacy w/Ron 2:30-4:00pm Memoir Class w/Benjamin &amp; Vianca</p>	<p>9</p> <p>All Day- Technical Assistance w/Staff 10:00am IntenSati Method w/Patti 12:15pm Lunch 2:00pm - 4:00pm Leisure Bingo 2:15pm Mixed Media Arts w/Ron 4:00pm Book Club w/Horace Mann</p>	<p>10</p> <p>All Day- Technical Assistance w/Staff 11:00am Zumba w/Dorian 12:15pm Lunch 1:30-2:30pm <b>Karaoke w/ Melissa</b> 1:45pm Hot Topics w/Lucy 3:00pm Movie w/popcorn &amp; Juice</p>	<p>11</p> <p>All Day- Technical Assistance w/Staff 10:00-11:30am Chair Yoga w/Patti 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Dorian 2:00pm-4:30pm Art Social 3:15pm-4:15pm Kingsbridge Heights Tween students</p>	<p>12</p> <p>All Day- Technical Assistance w/Staff 10:00am Exercise w/Cliff 12:15pm Lunch 3:00-4:30pm Men's Social</p>
<p>15</p> <p>All Day- Technical Assistance w/Staff 10:00am Cardio/Strength w/ Patti 12:15pm Lunch 12:30pm <b>Nutrition Presentation w/Amelia</b> 2:15pm Digital Literacy w/Ron 2:30-4:00pm Memoir Class w/Benjamin &amp; Vianca</p>	<p>16</p> <p>All Day- Technical Assistance w/Staff 10:00am IntenSati Method w/Patti 12:15pm Lunch 2:00pm-4:00pm Leisure Bingo 2:15pm Mixed Media Arts w/Ron 4:00pm Book Club w/Horace Mann</p>	<p>17</p> <p>All Day- Technical Assistance w/Staff 10:00am <b>Fall Prevention</b> 11:00am Zumba w/Dorian 12:15pm Lunch 1:45pm Hot Topics w/Lucy 2:00-4:00pm <b>Pride Celebration, Lets make a Tie Dye T-shirt</b></p> 	<p>18 <b>Wear Blue Men's Health Day</b></p> <p>All Day- Technical Assistance w/Staff 10:00-11:30am Chair Yoga w/Patti 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Dorian 2:00pm-4:30pm Art Social 3:15pm-4:15pm Kingsbridge Heights Tween students</p>	<p>19</p> <p><b>Center is Closed Juneteeth</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>22</p> <p>All Day- Technical Assistance w/Staff</p> <p>10:00am Cardio/Strength w/ Patti</p> <p>12:15pm Lunch</p> <p>2:15pm Digital Literacy w/Ron</p> <p>2:30-4:00pm Memoir Class w/Benjamin &amp; Vianca</p>	<p>23</p> <p>All Day- Technical Assistance w/Staff</p> <p>10:00am IntenSati Method w/Patti</p> <p>12:15pm Lunch</p> <p>2:00pm Leisure Bingo</p> <p>2:15pm Mixed Media Arts w/Ron</p> <p>4:00pm Book Club w/Horace Mann</p>	<p>24</p> <p>All Day- Technical Assistance w/Staff</p> <p>11:00am Zumba w/Dorian</p> <p>12:15pm Lunch</p> <p>1:45pm Hot Topics w/Lucy</p> <p>2:00-4:00pm Art Project w/Staff</p>	<p>25</p> <p>All Day- Technical Assistance w/Staff</p> <p>10:00-11:30am Chair Yoga w/ Patti</p> <p>12:15pm Lunch</p> <p>1:30pm Produce Distribution</p> <p>1:30pm Jewelry Making w/Dorian</p> <p>2:00pm-4:30pm Art Social</p> <p>3:15pm-4:15pm Kingsbridge Heights Tween students</p>	<p>26</p> <p>All Day- Technical Assistance w/Staff</p> <p>10:00am Exercise w/Cliff</p> <p>12:15pm Lunch</p> <p>2:30pm Leisure Bingo</p> <p>3:00-4:30pm Men's Social</p>
<p>29</p> <p>All Day- Technical Assistance w/Staff</p> <p>10:00am Cardio/Strength w/ Patti</p> <p>12:15pm Lunch</p> <p>2:15pm Digital Literacy w/Ron</p> <p>2:30-4:00pm <b>Last Memoir Class w/Benjamin &amp; Vianca</b></p> <p><b>Public Reading of Participants Memoir</b></p>	<p>30</p> <p>All Day- Technical Assistance w/Staff</p> <p>10:00am IntenSati Method w/Patti</p> <p>12:15pm Lunch</p> <p>2:00pm Leisure Bingo</p> <p>2:15pm Mixed Media Arts w/Ron</p> <p>4:00pm Book Club w/Horace Mann</p>	<p><b>National/ Observed</b></p> <p><b>Nat'l Safety Month</b></p> <p><b>Nat'l Health Month</b></p> <p><b>Nat'l PTSD Awareness Month</b></p> <p><b>Nat'l LGBT Pride Month</b></p> <p><b>June 14th Flag Day</b></p> <p><b>June 19th Juneteenth</b></p> <p><b>June 21st Father's Day</b></p>		

Please be advised that taking any food items from this location to consume elsewhere is entirely at your own risk. For your personal safety and to prevent potential foodborne illnesses, it is crucial to either consume the food or promptly refrigerate it within thirty minutes of departing the premises. When reheating, ensure it is done so in an oven set to 350 degrees Fahrenheit for a minimum of five minutes to achieve a safe internal temperature. Furthermore, it is imperative to discard any remaining food after a maximum of three days. These guidelines are in place to protect your health and well-being.



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Phone Number (718) 549-4700 \* Address 185 W 231st Street, Bronx, NY 10463

### June 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Moroccan Salmon Rice with Vegetables Mix Vegetables Alt: Chicken Salad	2 <u>Plant Based</u> Breaded Vegetable Cutlet Garlic & Rosemary Roasted potato Cole Slaw Alt: Four Bean Salad	3 Chicken Gumbo Mediterranean Couscous Steamed Green Beans Alt: Tuna Salad	4 Beef Meatballs in Tomato Sauce Spaghetti Capri Blend Vegetables Alt: Egg Salad	5 Baked Chicken Quarters Potato Kugel Normandy Blend Alt: Gefilte Fish
8 <u>Plant Based</u> Comforting Red Lentil Bolognese Pearled Barley Spiced Mixed Vegetables Alt: Vegetarian Stuffed Cabbage	9 <u>Cold Food</u> Chicken Salad Potato Salad Cabbage and Beet Salad Alt: Tuna Salad	10 Teriyaki Baked Fish Mexican Confetti Rice Steamed Yellow Squash Alt: Egg Salad	11 Beef & String Beans Brown Rice Vegetable Mix Alt: Grilled Chicken Breast	12 BBQ Chicken Leg Quarters Spinach Noodle Kugel Capri Blend Vegetables Alt: Gefilte Fish
15 Beef Hamburger Baked Red Potato Wedges Health Slaw Alt: Breaded Vegetable Cutlet	16 <u>Plant Based</u> Chickpea Curry Medley Brown Rice Roasted Eggplant Alt: Vegan Stuffed Peppers	17 Chicken Stew (Asopao de Pollo) California Blend Vegetables  Alt: Tuna Cakes	18 Ginger & Lime Salmon Baked Sweet Potato Prince Edward Blend Vegetables Alt: Baked Falafel balls	19 <b>Center is Closed Juneteenth</b>
22 Baked Fish w/Garlic Sauce Couscous w/Peas & Lemon Steamed Carrots Alt: Egg Salad	23 Veggie Chicken Cacciatore Spaghetti Sauteed String Beans Alt: Tuna Cakes	24 <u>Plant Based</u> Eggplant Chickpea Tagine Egg Barley Vegetable Mix Alt: Falafel	25 Dairy-Free Baked Ziti w/Beef Capri Blend Vegetables Alt: Curried Chicken Salad	26 Baked Chicken Quarters Apple Noodle Kugel Roasted Zucchini Alt: Gefilte Fish
29 <b>Meal Information regarding the final two days of the calendar will be provided to all members at a later time.</b>	30		Produce Distribution @ 1:30pm	Please note: Menu items are subject to change based on food availability.



**June 2026**

**Van Cortlandt Older Adult Center**

185 W 231st Street, Bronx, NY 10463 (718) 549-4700 • Email [www.jasa.org](http://www.jasa.org)

Hours of Operation Mondays - Fridays 9:00am - 5:00pm

**June 19th Center is Closed Juneteenth**

Daily Lunch- Mondays - Fridays 12:15pm - 1:15pm - Dining Room

**Van Cortlandt Older Adult Center Staff**

Indira Ortiz, Program Director [lortiz@jasa.org](mailto:lortiz@jasa.org)

Anna Barcene, Assistant Director [Abarcene@jasa.org](mailto:Abarcene@jasa.org)

Daisy Ruiz, Program Coordinator [Druiz@jasa.org](mailto:Druiz@jasa.org)

Nadira Khanam, Case Assistant [Nkhanam@jasa.org](mailto:Nkhanam@jasa.org)

Carla Luna, Food technician [Cluna@jasa.org](mailto:Cluna@jasa.org)

Donna Williams, Social Worker/Clinician [Dwilliams@jasa.org](mailto:Dwilliams@jasa.org)

Xylina Rosario, Porter [Xrosario@jasa.org](mailto:Xrosario@jasa.org)

**June 2nd @12:30pm Elder Abuse Presentation**

**June 8th @ 1pm Structure Engagement W/Donna Topic:Thinking out of the Box**

**June 10th @ 1:30pm Karaoke W/Melissa**

**June 15th @ 12:30pm Nutrition Presentation w/Amelia**

**June 17th @ 10:00am Fall Prevention**

**June 17 @ 1:00pm Pride celebration: Let's make a Tie Dye Tee!**

Join us for a fun and colorful Pride celebration as we create our own tie dye t-shirts! Express yourself with vibrant colors, creativity, and community spirit. Attention Memoir Class Participants: Our final session is scheduled for June 29th. During this concluding class, everyone will be sharing their memoirs by reading them aloud.