



JASA BAY EDEN OLDER ADULT CENTER 1220 East 229th Street Bronx, NY 10466 (718)-882-3815
JUNE 2022 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1. 8:30 Congregate Breakfast 10:00 Nutrition Education - Hybrid 11:00 BCHN Blood Pressure Management - Virtual 12:00 Congregate Lunch 1:00 Line Dancing - Hybrid</p>	<p>2. 8:30 Congregate Breakfast 10:00 Open Discussion w. Tim Sinclair - In Person 11:00 Dance & Movement In-Person 12:00 Congregate Lunch</p>	<p>3. 8:30 Congregate Breakfast 10:00 Tech Class- Hybrid 11:00 DOT Pedestrian Safety Presentation - In Person 12:00 Congregate Lunch 1:00 Meditation - Virtual</p>
<p>6. 8:30 Congregate Breakfast 9:00 Tips & Tricks for Saving- w. Joseph - In Person 10:00 Indoor Gardening - In Person 11:00 Painting - In Person 12:00 Congregate Lunch 12:30 Uncommon Connections Discussion Group - In- Person 1:00 Tech Class - Virtual</p>	<p>7. 8:30 Congregate Breakfast 10:00 Zumba - Virtual 10:00 Presentation: COVID Safety - In Person 10:00 Cell phones & Tablet Tech Class w. Joseph - In Person 11:00 Chair Yoga - Hybrid 12:00 Congregate Lunch</p>	<p>8. 8:30 Congregate Breakfast 10:00 Nutrition Education - Hybrid 11:00 Elder Abuse Awareness Day - Bronx DA Ellen Kolodney - In-Person 11:00 BCHN Blood Pressure Management - Virtual 12:00 Congregate Lunch 1:00 Line Dancing - Hybrid</p>	<p>9. 8:30 Congregate Breakfast 9:30 Pride Month Awareness Discussion - In-Person 10:00 Open Discussion w. Tim Sinclair - In Person 11:00 Dance & Movement In-Person 12:00 Congregate Lunch</p>	<p>10. 8:30 Congregate Breakfast 10:00 Tech Class- Hybrid 10:00 Afro-Caribbean Music Class- In Person 12:00 Congregate Lunch 1:00 Meditation - Virtual</p>
<p>13. 8:30 Congregate Breakfast 9:00 Tips & Tricks for Saving- w. Joseph - In Person 10:00 Indoor Gardening - In Person 11:00 Painting - In Person 11:00 Garden Club Mtg - In-Person 12:00 Congregate Lunch 12:30 Uncommon Connections Discussion Group - In- Person 1:00 Tech Class - Virtual</p>	<p>14. 8:30 Congregate Breakfast 10:00 Zumba - Virtual 10:00 Cell phones & Tablet Tech Class w. Joseph - In Person 11:00 Chair Yoga - Virtual 11:00 Caribbean Heritage Celebration - In-Person 12:00 Congregate Lunch</p>	<p>15. 8:30 Congregate Breakfast 10:00 Nutrition Education - In-Person 11:00 BCHN Blood Pressure Management - Virtual 11:00 General Membership -In-Person 12:00 Congregate Lunch 1:00 Line Dancing - Hybrid</p>	<p>16. 8:30 Congregate Breakfast 10:00 Open Discussion w. Tim Sinclair - In Person 11:00 Dance & Movement In-Person 12:00 Congregate Lunch</p>	<p>17. 8:30 Congregate Breakfast 10:00 Tech Class- Hybrid 10:00 Afro-Caribbean Music Class- In Person 12:00 Father's Day Lunch 1:00 Meditation - Virtual</p>

<p>20.</p> <p>CENTER CLOSED</p>	<p>21.</p> <p>8:30 Congregate Breakfast 10:00 Zumba - Virtual 10:00 Cell phones & Tablet Tech Class w. Joseph - In Person 11:00 Chair Yoga - Virtual 11:00 Juneteenth - In-Person Celebration & Lunch</p>	<p>22.</p> <p>8:30 Congregate Breakfast 10:00 Nutrition Education - In-Person 11:00 BCHN Blood Pressure Management - Virtual 12:00 Birthday Lunch - In-Person 1:00 Line Dancing - Hybrid</p>	<p>23.</p> <p>8:30 Congregate Breakfast 10:00 Open Discussion w. Tim Sinclair - In Person 11:00 Dance & Movement In-Person 12:00 Congregate Lunch</p>	<p>24.</p> <p>8:30 Congregate Breakfast 10:00 Tech Class- Hybrid 10:00 Red Hatter's Mtg - Mrm 10:00 Afro-Caribbean Music Class Performance - In Person 12:00 Congregate Lunch 1:00 Meditation - Virtual</p>
<p>27.</p> <p>8:30 Congregate Breakfast 9:00 Tips & Tricks for Saving- w. Joseph - In Person 10:00 Indoor Gardening - In Person 11:00 Painting - In Person 12:00 Congregate Lunch 12:30 Uncommon Connections Discussion Group - In- Person 1:00 Tech Class - Virtual</p>	<p>28.</p> <p>8:30 Congregate Breakfast 10:00 Zumba - Virtual 10:00 Cell phones & Tablet Tech Class w. Joseph - In Person 11:00 Advisory Board Mtg - MRm 11:00 Chair Yoga - Hybrid 12:00 Congregate Lunch</p>	<p>29.</p> <p>8:30 Congregate Breakfast 11:00 Nutrition Education - In-Person 11:00 BCHN Blood Pressure Management - Virtual 1:00 Line Dancing - Hybrid</p>	<p>30.</p> <p>8:30 Congregate Breakfast 10:00 Open Discussion w. Tim Sinclair - In Person 11:00 Dance & Movement In-Person 12:00 Congregate Lunch</p>	<p>JASA BAY EDEN OLDER ADULT CENTER PHONE : 718-882-3815 ADDRESS: 1220 East 229th Bronx NY 10466</p>



JASA BAY EDEN OLDER ADULT CENTER 1220 East 229th Street Bronx, NY 10466



JUNE 2022 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast Contribution is \$1.00</p> <p>Breakfast is 8:30am - 9:30am</p>	<p>You must call to reserve your meal a week in advance</p> <p>Call 718-882-3815</p>	<p>1. Apple Juice Spinach & Feta Omelet Shredded Wheat Cereal Whole Wheat Bread Butter</p>	<p>2. Orange Juice Muffin Bran Flakes Nonfat Greek Yogurt Butter</p>	<p>3. Orange Pineapple Juice Omelet w. pepper & onion Oatmeal Whole Wheat Bread Butter</p>
<p>6. Orange Juice Cottage Cheese Bran Muffin Whole Wheat Bread Butter</p>	<p>7. Apple Juice Egg White Omelet w. pepper & onion Cheesy Grits Whole Wheat Bread Butter / Wheat Germ</p>	<p>8. Orange Pineapple Juice Scrambled Egg w. Swiss Cheese Home Fries Whole Wheat Bread Butter</p>	<p>9. Orange Juice Apple Pancake Turkey Sausage Link Shredded Wheat Cereal Butter/ Syrup</p>	<p>10. Apple Juice Scrambled Eggs Multi Grain Cereal Whole Wheat Bread Butter / Wheat Germ</p>
<p>13. Orange Juice Non Fat Greek Yogurt Bran Flakes French Toast Butter / Syrup</p>	<p>14. Apple Juice Baked Egg Omelet Blueberry Muffin Butter</p>	<p>15. Orange Juice Western Omelet Home Fries Whole Wheat Bread Butter</p>	<p>16. Pineapple Juice Cinnamon French Toast Bran Flakes Cereal Greek Yogurt Butter/Walnuts</p>	<p>17. Grape Juice Scrambled Egg Turkey Bacon Whole Wheat Bread Butter</p>
<p>20. CENTER CLOSED</p>	<p>21. Orange Juice Grilled Cheese Oatmeal</p>	<p>22. Pineapple Juice Hard Boiled Egg Pork Sausage Patty Whole Wheat Bread Butter</p>	<p>23. Orange Juice Banana Walnut Oatmeal Turkey Bacon Whole Wheat Bread Butter</p>	<p>24. Apple Juice Scrambled Egg w. Swiss Sauteed Sweet Potato Whole Wheat Bread Butter</p>
<p>27. Apple Juice Greek Yogurt (Plain) Coconut Granola Whole Wheat Bread Butter</p>	<p>28. Orange Pineapple Juice Scrambled Egg w. Swiss Toasted Oats Whole Wheat Bread Butter</p>	<p>29. Orange Juice Turkey Sausage Patty Pancake Butter /Syrup</p>	<p>30. Pineapple Juice Omelet w. peppers & Onions Raisin Bran Whole Wheat Bread Butter</p>	<p>JASA BAY EDEN OLDER ADULT CENTER PHONE : 718-882-3815 ADDRESS: 1220 East 229th Bronx NY 10466</p>

JUNE 2022 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call to reserve your meal a week in advance</p> <p>718-882-3815</p>	<p>Lunch Contribution \$1.50</p> <p>Lunch is from 12:00pm - 1:00pm</p>	<p>1. Apple Beef Meatballs w/ Sofrito Whole Wheat Spaghetti Baby Carrots w/ Parsley</p>	<p>2. Banana Stewed Codfish w/ Eggplant Barley Steamed Green Beans Whole Wheat Bread</p>	<p>3. Orange Arroz con Pollo (Chicken w/ Rice) Broccoli w/ Toasted Garlic Whole Wheat Bread</p>
<p>6. Orange Vegetarian Brown Stew Baby Carrots w/ Parsley Collard Greens Whole Wheat Bread</p>	<p>7. Banana Spanish Style Catfish Chinese Style Spaghetti Oriental Blend Vegetables</p>	<p>8. Apple Jerk Chicken Orzo Steamed Broccoli</p>	<p>9. Orange Spanish Style Beef Stew Baked Red Potato Wedges Roasted Zucchini</p>	<p>10. Pear Coconut Bread Tilapia Quinoa Sautéed Spinach</p>
<p>13. Orange BBQ Pork Chop White Rice Steamed Kale</p>	<p>14. Caribbean Heritage Lunch Pineapple Ginger Juice Coconut Cupcake Sweet Plantains / Patty / Chicken Wings Escovitch Fish / Rice with Gandules Cabbage & Carrot</p>	<p>15. Apple Baked Ziti w. cheese Steamed Broccoli</p>	<p>16. Banana Stewed Codfish Steamed Spinach Yucca</p>	<p>17. Father's Day Lunch Cupcake Fruit Juice Steak w. mushroom sauce Alt. Chicken Macaroni Salad Corn on the Cob</p>
<p>20. CENTER CLOSED</p>	<p>21. Juneteenth Celebration Sweet Potato Pie / Fruit Juice Oven Fried Chicken Collard Greens Macaroni & Cheese</p>	<p>22. Birthday Lunch Cake Roast Beef Greek Salad Roasted Red Potato</p>	<p>23. Banana Fish w/ Fresh Salsa Relish Baked Mac & Cheese Normandy Blend</p>	<p>24. Kiwi Curried Chicken Legs Brown Rice w/ Pigeon Peas Okra</p>
<p>27 Tangerine Baked Ziti w. cheese Steamed Carrots</p>	<p>28. Orange Jerk Chicken Rice & Beans Braised Collard Greens</p>	<p>29. Apple Beef Stew Baked Potato Wedges Steamed Broccoli</p>	<p>30. Banana Baked Chicken Couscous Italian Blend Vegetables</p>	<p>JASA BAY EDEN OLDER ADULT CENTER PHONE : 718-882-3815 ADDRESS: 1220 East 229th Bronx NY 10466</p>



JASA BAY EDEN OLDER ADULT CENTER

Director: MICHELLE PARCHMENT - Email: mparchment@jasa.org

PHONE NUMBER: 718- 882- 3815

ADDRESS 1220 East 229th Street Bronx NY 10466

Hours: Monday through Friday 8am- 4pm