

Bay Eden Older Adult Center 1220 East 229th Street Bronx NY 10466 (718-882-3815)
November 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1. 8:30 Congregate Breakfast 10:00 Cell phones & Tablet - In Person 11:00 Chair Yoga - Hybrid 12:00 Congregate Lunch 1:00 Travel the World - Uniper	2. 8:30 Congregate Breakfast 10:00 Crochet Class - In Person 10:00 BCHN Blood Pressure Screening- In Person 11:00 Nutrition Education - In Person 12:00 Congregate Lunch 1:00 Chair Exercise - Uniper	3. 8:30 Congregate Breakfast 9:30 Leisure Games - Billiards/Pool- In-Person 10:00 Open Discussion w. Tim - In Person 11:00 Current events w. Tim- In Person 11:00 Dance & Movement - In Person 12:00 Congregate Lunch	4. 8:30 Congregate Breakfast 9:30 Leisure Games - Billiards/Pool- In-Person 10:00 Tips & Tricks for Saving - In Person 12:00 Congregate Lunch 1:00 Meditation Group - Virtual
7. 8:30 Congregate Breakfast 10:30 Discussion Group w.Juliana - In-Person 11:00 Painting - In- Person 12:00 Congregate Lunch 1:00 Indoor Gardening - In-Person	8. 8:30 Congregate Breakfast 10:00 Cell phones & Tablet - In Person 11:00 Chair Yoga - Hybrid 12:00 Congregate Lunch 1:00 Travel the World - Uniper	9. 8:30 Congregate Breakfast 10:00 Crochet Class - In -Person 10:00 BCHN Blood Pressure Screening- In Person 11:00 Nutrition Education - In Person 12:00 Congregate Lunch 1:00 Chair Exercise - Uniper	10. 8:30 Congregate Breakfast 9:30 Leisure Games - Billiards/Pool- In-Person 10:00 Open Discussion w. Tim - In Person 11:00 Current events w. Tim- In Person 11:00 Dance & Movement - In Person 12:00 Congregate Lunch	11. 8:30 Congregate Breakfast 9:30 Leisure Games - Billiards/Pool- In-Person 10:00 Tips & Tricks for Saving - In Person 12:00 Congregate Lunch 1:00 Meditation Group - Virtual
14. 8:30 Congregate Breakfast 10:30 Discussion Group w.Juliana - In-Person 10:00 Garden Club Meeting- In person 10:00 Lung Cancer Presentation- In Person 11:00 Painting - In- Person 12:00 Congregate Lunch 1:00 Indoor Gardening - In-Person	15. 8:30 Congregate Breakfast 10:00 Cell phones & Tablet - In Person 11:00 Chair Yoga - Hybrid 12:00 Congregate Lunch 1:00 Travel the World - Uniper	16. 8:30 Congregate Breakfast 10:00 Crochet Class - In -Person 10:00 BCHN Blood Pressure Screening- In Person 10:00 Nutrition Education - In Person 12:00 Birthday Lunch 1:00 Chair Exercise - Uniper	17. 8:30 Congregate Breakfast 9:30 Leisure Games - Billiards/Pool- In-Person 10:00 Open Discussion w. Tim - In Person 11:00 Current events w. Tim- In Person 11:00 Dance & Movement - In Person 12:00 Congregate Lunch	18. 8:30 Congregate Breakfast 9:30 Leisure Games - Billiards/Pool- In-Person 10:00 Tips & Tricks for Saving - In Person 10:00 Red Hatters Mtg - In Person 11:00 Presentation: Elder Sexual Abuse - In Person 12:00 Congregate Lunch 1:00 Meditation Group - Virtual
21. 8:30 Congregate Breakfast 10:30 Discussion Group w.Juliana - In-Person 11:00 Presentation: Montefiore Diabetes 11:00 Painting - In- Person 12:00 Congregate Lunch 1:00 Indoor Gardening - In-Person	22. 8:30 Congregate Breakfast 10:00 Cell phones & Tablet - In Person 11:00 Chair Yoga - Hybrid 12:00 Thanksgiving Lunch 1:00 Travel the World - Uniper	23. 8:30 Congregate Breakfast 10:00 Crochet Class - In -Person 10:00 Nutrition Education - Virtual 10:00 BCHN Blood Pressure Screening- In Person 12:00 Congregate Lunch 1:00 Chair Exercise - Uniper	24. Thanksgiving CENTER CLOSED	25. 8:30 Congregate Breakfast 9:30 Leisure Games - Billiards/Pool- In-Person 10:00 Tips & Tricks for Saving - In Person 12:00 Congregate Lunch 1:00 Meditation Group - Virtual
28. 8:30 Congregate Breakfast 10:00 Presentation: COVID Vaccine & Monkeypox Vaccine Equity Partner Engagement Project 10:30 Discussion Group w.Juliana - In-Person 11:00 Painting - In- Person 12:00 Congregate Lunch 1:00 Indoor Gardening - In-Person	29. 8:30 Congregate Breakfast 10:00 Cell phones & Tablet - In Person 11:00 Chair Yoga - Hybrid 12:00 Congregate Lunch 1:00 Travel the World - Uniper	30. 8:30 Congregate Breakfast 9:00 Shopping Trip: Walmart 10:00 BCHN Blood Pressure Screening- In Person 11:00 Nutrition Education - In Person 12:00 Congregate Lunch 1:00 Chair Exercise - Uniper		

Funded by NYC Department for the Aging***Activities Subject to Change***

November 2022 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Baked Egg Omelet Whole Wheat Blueberry Muffin Apple Juice Orange	2. Western Omelet Home Fries Banana Orange Juice	3. Cinnamon French Toast Bran Flakes Cereal Banana Orange Pineapple juice Non- Fat Plain Greek Yogurt	4. Scrambled Eggs Turkey Bacon Grape Juice
7. Egg a la Mexicana Bran muffin Apple Orange pineapple juice	8. Grilled Cheese Oatmeal Banana Orange juice	9. Hard Boiled Egg Pork Sausage Patty Apple Juice Orange	10. Turkey Bacon Banana Walnut Oatmeal Apple Orange Juice	11. Scrambled Eggs w Swiss Sauteed Sweet Potato Apple Juice Banana
14. Non Fat Plain Greek Yogurt Coconut Granola Apple Juice Orange	15. Scrambled Eggs w Swiss Toasted Oats Cereal Banana Orange Pineapple Juice	16. Turkey Sausage Patty Pancakes Apple Orange Juice	17. Omelet w peppers and onions Raisin bran cereal Orange Pineapple juice	18. Turkey Bacon Home Fries Apple Grape Juice
21. Turkey Link Sausage Blueberry Pancake Wheat Flake Cereal Apple Orange juice	22. Western Omelet Creamy Oat Bran Apple juice Orange	23. Baked Egg Omelet Cheesy Home Fries Banana Orange juice	24. Thanksgiving Center Closed	25. Egg a la Mexicana Oatmeal Apple Orange Pineapple Juice
28. Non Fat Plain Greek Yogurt Pumpkin Muffin Raisin Bran Cereal Apple Juice Orange	29. Turkey bacon Bran Flakes Cereal Waffle Banana Orange juice	30. Spinach & Feta Omelet Shredded Wheat Cereal Biscuit Apple juice Orange		

November 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1. BBQ Chicken Yellow Rice Sauteed Green Beans Banana	2. Cornmeal Crusted Fish Cabbage w Shredded Carrots Orange	3. Vegetarian Chicken Brown Stew White Rice Steamed Spinach Apple	4. Curry Chicken Mashed Potatoes Steamed Carrots & Green Beans Apple
7. Spanish Style Beef Stew Alt: Chicken Brown rice Sauteed String Beans Apple	8. Baked Chicken Thighs Baked Sweet Potato Broccoli w Toasted Garlic Banana	9. Baked Fish w. Mushrooms & Peppers Rice Pilaf Caribbean Style Cabbage w Carrots Orange	10. Pork Roast w Mango Chutney Alt: Chicken Brown Pasta Steamed Spinach Apple	11. Vegetable Lasagna Baby Carrots w Parsley Banana
14. Italian Sausage Alt: Chicken Penne Sauteed Green Bean Apple	15. Lentil Stew w.Carrots & Turnips Yellow Rice Sauteed Spinach Orange	16. Birthday Lunch Herb Grilled Chicken Mashed Potatoes Green Salad Cupcake	17. Curry Chicken White Rice Cabbage w Shredded Carrots	18. Lemon Pepper Fish Pasta Steamed Broccoli Banana
21. Jerk Chicken Rice & Beans Mixed Vegetables Apple	22. Thanksgiving Lunch Sweet Potato Pie Roasted Turkey w. Gravy Cornbread Stuffing String Beans with Almonds Whipped Sweet Potato Baked Macaroni and Cheese	23. Beef & Broccoli Alt: Chicken Bowtie Pasta Steamed Sliced Carrots Orange	24. Thanksgiving Center Closed	25. Chicken w Oyster Sauce Orential Blend Vegetables Smashed Red Potatoes Banana
28. Pork Spare Ribs Alt: Chicken Baked Macaroni & Cheese Normandy Blend Apple	29. Brown Stew Chicken Yellow Rice Sauteed Spinach Banana	30. Baked Fish w Sweet & Sour Sauce Pasta Steamed Carrots Orange		



JASA BAY EDEN OLDER ADULT CENTER

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Hours: Monday through Friday 8am- 4pm