




Throgs Neck Older Adult Center

Phone Number (718) 823-1771-550 Balcom Ave, Bronx, NY, 10465

October 2024 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>FUNDED BY NYC AGING *ACTIVITIES ARE SUBJECT TO CHANGE We are now open at 135 Einstein loop . Join us every Monday- Friday 8AM-3PM If you need any assistance you can call at (718) 823-1771</p>	<p>1 10:00AM-Brain Teasers 11:00AM-Dance & Movement 12:00PM-Congregate Lunch \$1.50 1:00PM-Stress Relief Coloring 2:00PM-Board Games</p>	<p>2 10:00AM-Stress Relief Coloring 11:00 AM-Walking Group 12:00PM-Congregate Lunch \$1.50 1:00PM-Brain Teasers 2:00PM- Dance & movement</p>	<p>3 Rosh Hashanah  JASA CLOSED</p>	<p>4 10:00 AM-Walking Group 11:00AM- Stress Relief Coloring 12:00PM-Congregate Lunch \$1.50 1:00PM- Dance & Movement 2:00PM-Brain Teasers</p>
<p>7 10:00 AM-Brain Teaser 11:00AM-Stress Relief Coloring 12:00PM-Congregate Lunch \$1.50 1:00PM-Blood Pressure Screening W. Jimmy 2:00PM- Board Games</p>	<p>8 10:00AM-Brain Teasers 11:00AM-Dance & Movement 12:00PM-Congregate Lunch \$1.50 1:00PM-Stress Relief Coloring 2:00PM-Board Games</p>	<p>9 10:00AM-Stress Relief Coloring 11:00 AM-Walking Group 12:00PM-Congregate Lunch \$1.50 1:00PM-Brain Teasers 2:00PM- Dance & movement</p>	<p>10 10:00AM-Board Game 11:00AM-Dance & Movement 12:00PM-Congregate Lunch \$1.50 1:00PM-Walking Group 2:00PM- Stress Relief Coloring</p>	<p>11 10:00 AM-Walking Group 11:00AM- Stress Relief Coloring 12:00PM-Congregate Lunch \$1.50 1:00PM- Dance & Movement 2:00PM-Brain Teasers</p>
<p>14 10:00 AM-Brain Teaser 11:00AM-Stress Relief Coloring 12:00PM-Congregate Lunch \$1.50 1:00PM-Blood Pressure Screening W. Jimmy 2:00PM- Board Games</p>	<p>15 10:00AM-Brain Teasers 11:00AM-Dance & Movement 12:00PM-Congregate Lunch \$1.50 1:00PM-Stress Relief Coloring 2:00PM-Board Games</p>	<p>16 10:00AM-Stress Relief Coloring 11:00 AM-Walking Group 12:00PM-Congregate Lunch \$1.50 1:00PM-Brain Teasers 2:00PM- Dance & movement</p>	<p>17 10:00AM-Board Game 11:00AM-Dance & Movement 12:00PM-Congregate Lunch \$1.50 1:00PM-Walking Group 2:00PM- Stress Relief Coloring</p>	<p>18 10:00 AM-Walking Group 11:00AM- Stress Relief Coloring 12:00PM-Congregate Lunch \$1.50 1:00PM- Dance & Movement 2:00PM-Brain Teasers</p>
<p>21 10:00 AM-Brain Teaser 11:00AM-Stress Relief Coloring 12:00PM-Congregate Lunch \$1.50 1:00PM-Blood Pressure Screening W. Jimmy 2:00PM- Board Games</p>	<p>22 10:00 AM-Understanding Osteoarthritis- Lisa Mandl, M.D 11:00AM-Dance & Movement 12:00PM-Congregate Lunch \$1.50 1:00PM-Stress Relief Coloring 2:00PM-Board Games</p>	<p>23 10:00AM-Stress Relief Coloring 11:00 AM-Walking Group 12:00PM-Congregate Lunch \$1.50 1:00PM-Brain Teasers 2:00PM- Dance & movement</p>	<p>24 10:00AM-Board Game 11:00AM-Dance & Movement 12:00PM-Congregate Lunch \$1.50 1:00PM-Walking Group 2:00PM- Stress Relief Coloring</p>	<p>25 10:00 AM-Walking Group 11:00AM- Stress Relief Coloring 12:00PM-Congregate Lunch \$1.50 1:00PM- Dance & Movement 2:00PM-Brain Teasers</p>
<p>28 10:00 AM-Brain Teaser 11:00AM-Stress Relief Coloring 12:00PM-Congregate Lunch \$1.50 1:00PM-Blood Pressure Screening W. Jimmy 2:00PM- Board Games</p>	<p>29 10:00AM-Managing Arthritis- Pain- Fay Rim M.D 11:00AM-Dance & Movement 12:00PM-Congregate Lunch \$1.50 1:00PM-Stress Relief Coloring 2:00PM-Board Games</p>	<p>30 10:00AM-Brain Teasers 11:00AM-Dance & Movement 12:00PM-Congregate Lunch \$1.50 1:00PM-Stress Relief Coloring 2:00PM-Board Games</p>	<p>31 Halloween 10:00AM-Brain Teasers 11:00AM-Dance & Movement 12:00PM-Congregate Lunch \$1.50 1:00PM-Stress Relief Coloring 2:00PM-BINGO</p>	


Partially funded by: NYC Aging & NYC Council



Throgs Neck Older Adult Center

Phone Number (718) 823-1771-550 Balcom Ave, Bronx, NY, 10465

October 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Spare Ribs Instant Mashed Potatoes Sauteed Green Beans Orange	2 PB Smoky Black Bean and Sweet Potato Chili Brown Rice Steamed Green Beans Apple	3 Rosh Hashanah  JASA CLOSED	4 Arroz con Pollo Chicken Breast and Rice Steamed Broccoli Orange
7 Spanish Style Catfish Chinese Style Spaghetti Apple	8 Aromatic Lentil Stew with Carrots and Turnips White Rice Steamed Cauliflower Orange	9 Spanish Style Beef Stew Homemade Mashed Potatoes Vegetable Mix Apple	10 Jerk Chicken Black Beans and Rice Steamed Broccoli Banana	11 Homemade Coconut Breaded Fish Brown Rice Sauteed Spinach Orange
14 Baked Asian Style Honey Chicken Pasta Steamed Green Cabbage Apple	15 BBQ Pork Chops White Rice California Blend Vegetables Orange	16 Baked Fish with Mushrooms and Peppers Couscous Sauteed Green Beans Apple	17 PB Lemony Chickpea and Kale Stir-Fry Brown Rice Cauliflower with Carrots Banana	18 Oven Fried Chicken Baked Macaroni and Cheese Steamed Collard Greens Orange
21 Caribbean Style BBQ Chicken Roasted Potatoes Sauteed Spinach Apple	22 Spanish Style Roast Pork Black Beans and Rice Steamed Collard Greens Orange	23 Curried Chicken Legs Pasta Baby Carrots and Parsley Apple	24 PB Chickpea and Vegetable Curry with Quinoa Steamed Broccoli Banana	25 Fish with Mushrooms, Peppers, and Tomatoes Coconut Rice and Pigeon Peas Normandy Blend Vegetables Orange
28 Spanish Style Baked Chicken Roasted Sweet Potato Slices Italian Blend Vegetables Apple	29 Spanish Style Beef Stew Homemade Mashed Potatoes Steamed Broccoli Orange	30 Jerk Chicken Rice and Beans Braised Collard Greens Apple	31 PB Buffalo Chickpea Power Grain Bowl Basic Pasta Salad Banana	

Partially funded by: NYC Aging & NYC Council

Throgs Neck Older Adult Center
550 Balcom Avenue, Bronx , NY 10465
(718) 823-1771 • Email
www.jasa.org

Hours

Mondays - Fridays 8:00am - 2:00pm
Closed for Federal and Jewish Holidays

Throgs Neck Older Adult Center Staff

Martha Montero, Assistant Director Mmontero@jasa.org

Luis Galvan, Case Manager Lgalvan@jasa.org

Jose Rodriguez, Program Coordinator jrodriguez@jasa.org

Fletcher Antoine, Food Technician/Porter fantonie@jasa.org

Partially funded by: NYC Aging & NYC Council