

Throgs Neck Older Adult Center: 1220 East 229th Street, Bronx, NY, 10466 (718) 823-1771

September 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*ACTIVITIES ARE SUBJECT TO CHANGE We are offering round trip Uber Health Rides from your home to our temporary location at Bay Eden Older Adult Center. Call the number above to book a ride.</p>	<p>National Older Adult Center Month Falls Prevention Week (September 18-22)</p>	<p>Breakfast 8:30am - 9:30am DAILY Contribution \$1.00 Lunch 12:00pm-1:00pm DAILY Contribution \$1.50</p>		<p>1 8:30AM- Congregate Breakfast \$1.00 9:00AM- Brian Teasers- In-Person 10:00AM- Tai Chi Hybrid 11AM-Stress Relief Coloring 12:00 AM- Congregate Lunch 1:00AM- Current Events - In-Person</p>
<p>4</p> <p>JASA Closed West Indian Day Carnival and Parade</p>	<p>5 NY Common Pantry @ 2705 Schley Avenue 8:30AM- Congregate Breakfast \$1.00 9AM-Brain Teasers- In-Person 10AM-Stress Relief Coloring - In-Person 11AM-Dance & Movement - In Person 12PM-Labor Day BBQ Congregate Lunch 1PM-Awareness Group - In-Person</p>	<p>6 8:30AM- Congregate Breakfast \$1.00 9AM-Brain Teasers- In-Person 10AM-BCHN Blood Pressure Screening - In Person 11AM-Stress Relief Coloring 12PM-Congregate Lunch 1PM-Awareness Group - In-Person</p>	<p>7 8:30AM- Congregate Breakfast \$1.00 9AM-Stress Relief Coloring- In-Person 10AM-Morning Stretch Hybrid 11AM-Dance & Movement- In Person 12PM-Congregate Lunch 1PM-Technology Class w Tim- In- Person</p>	<p>8 8:30AM- Congregate Breakfast \$1.00 9:00AM- Brian Teasers- In-Person 10:00AM- Tai Chi Hybrid 11AM-Spinal Health Awareness Presentation In person 12:00PM- Congregate Lunch 1:00PM- Current Events - In-Person</p>
<p>11 8:30AM- Congregate Breakfast \$1.00 9AM-Brian Teasers - In-Person 10AM-Computer Class-In Person 11AM-Currents Event- In-Person 12PM-Congregate Lunch 1PM-Puzzles - In-Person</p>	<p>12 8:30AM- Congregate Breakfast \$1.00 9AM-Brain Teasers- In-Person 10AM-Stress Relief Coloring - In-Person 11AM-Dance & Movement - In Person 12PM-Congregate Lunch 1PM-Awareness Group - In-Person</p>	<p>13 8:30AM- Congregate Breakfast \$1.00 9AM-Brain Teasers- In-Person 10AM-BCHN Blood Pressure Screening - In Person 11AM-Stress Relief Coloring 12PM-Congregate Lunch 1PM-Awareness Group - In-Person</p>	<p>14 8:30AM- Congregate Breakfast \$1.00 9AM-Stress Relief Coloring- In-Person 10AM-Morning Stretch Hybrid 11AM-Dance & Movement- In Person 12PM-Congregate Lunch 1PM-Technology Class w Tim- In- Person</p>	<p>15 8:30AM- Congregate Breakfast \$1.00 9:00AM- Brian Teasers- In-Person 10:00AM Tai Chi Hybrid 11AM-Stress Relief Coloring 12:00PM- Congregate Lunch 1:00PM-Current Events - In-Person</p>
<p>18 National HIV/AIDS and Aging Awareness Day 8:30AM- Congregate Breakfast \$1.00 9AM-Brian Teasers - In-Person 10AM-Computer Class-In Person 11AM-Currents Event- In-Person 12PM-Congregate Lunch 1PM-Puzzles - In-Person</p>	<p>19 8:30AM- Congregate Breakfast \$1.00 9AM-Brain Teasers- In-Person 10AM-Stress Relief Coloring - In-Person 11AM-Dance & Movement - In Person 12PM-Congregate Lunch 1PM-Awareness Group - In-Person</p>	<p>20 8:30AM- Congregate Breakfast \$1.00 9AM-Brain Teasers- In-Person 10AM- Hearing Loss & Falls Presentation Hybrid 12PM-Congregate Lunch 1PM-Awareness Group - In-Person</p>	<p>21 8:30AM- Congregate Breakfast \$1.00 9AM-Stress Relief Coloring- In-Person 10AM-Morning Stretch Hybrid 11AM-Dance & Movement- In Person 12PM-Congregate Lunch 1PM-Technology Class w Tim- In- Person</p>	<p>22 8:30AM- Congregate Breakfast \$1.00 9:00AM- Brian Teasers- In-Person 10:00AM- Falls Prevention w. Jimmy Britt Hybrid 11AM-Stress Relief Coloring 12:00PM- Congregate Lunch 1:00PM- Current Events - In-Person</p>
<p>25</p> <p>Yom Kippur JASA Closed</p>	<p>26 8:30AM- Congregate Breakfast \$1.00 9AM-Brain Teasers- In-Person 10:00AM- Discussion Group w. Donna Celebrating Older American Center Month: Role of Older Adults in Society 11AM-Dance & Movement - In Person 12PM-Congregate Lunch 1PM-Awareness Group - In-Person</p>	<p>27 8:30AM- Congregate Breakfast \$1.00 9AM-Brain Teasers- In-Person 10AM- BCHN Blood Pressure Screening - In Person 12PM-Birthday Congregate Lunch 1PM-Awareness Group - In-Person</p>	<p>28 8:30AM- Congregate Breakfast \$1.00 9AM-Stress Relief Coloring- In-Person 10AM-Morning Stretch Hybrid 11AM-Dance & Movement- In Person 12PM-Congregate Lunch 1PM-Technology Class w Tim- In- Person</p>	<p>29 8:30AM-Congregate Breakfast \$1.00 9:00AM -Brian Teasers- In-Person 10:00AM -Tai Chi Hybrid 11AM-Stress Relief Coloring 12:00PM- Congregate Lunch 1:00PM- Current Events - In-Person</p>

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September 2023 Breakfast MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:30am - 9:30am DAILY Contribution \$1.00 Lunch 12:00pm-1:00pm DAILY Contribution \$1.50				1. Egg White Omelet w Peppers & Onions Oatmeal Apple
4. CENTER CLOSED LABOR DAY	5. Egg White Omelet w Peppers & Onions Cheesy Grits Orange	6. Scrambled Eggs w Swiss Cheese Home Fries Banana	7. Apple Pancakes Stewed Beans Shredded Wheat Cereal Apple	8. Baked Egg Omelet Multigrain Cheerios Orange
11. Plain French Toast Bran Flakes Non-Fat Plain Greek Yogurt	12. Baked Egg Omelet Whole Wheat Blueberry Muffin Orange	13. Western Omelette Home Fries Banana	14. Cinnamon Whole Wheat French Toast Bran Flakes Cereal Banana	15. Grilled Mozzarella & Tomato Sandwich Scrambled Eggs Orange
18. Egg a la Mexicana Mini Whole Wheat Bagel Bran Muffin Apple	19. Whole Wheat Grilled Cheese Sandwich Oatmeal Banana	20. Hard Boiled Egg Pork Sausage Patty Orange	21. Banana Walnut Oatmeal Non-Fat Plain Greek Yogurt Apple	22. Scrambled Eggs w Swiss Cheese Sautéed Sweet Potatoes Banana
25. CENTER CLOSED YOM KIPPUR	26. Scrambled Eggs w Swiss Cheese Toasted Oats Apple	27. Baked Beans Turkey Sausage Patty Banana	28. Omelet w Peppers & Onions Raisin Bran Cereal Orange	29. Tofu Scramble Home Fries Apple

September 2023 Lunch MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast 8:30am - 9:30am DAILY Contribution \$1.00</p> <p>Lunch 12:00pm-1:00pm DAILY Contribution \$1.50</p>				<p>1. Chicken Thigh Stew w Ginger & Pumpkin Yellow Rice Cabbage w Green Peas Banana</p>
<p>4. CENTER CLOSED LABOR DAY</p>	<p>5. Labor Day BBQ BBQ Chicken Macaroni Salad Garden Salad Dinner Roll</p>	<p>6. (PB) Whole Wheat Mac & Cheese w Butternut Squash Baby Carrots w Parsley Sautéed Green Beans w Onions Orange</p>	<p>7. Fish w Fresh Salsa Relish Brown Rice Normandy Blend Vegetables Apple</p>	<p>8. Beef Franks Home Fries Cooked Cabbage w Shredded Carrots Banana</p>
<p>11. Chicken & Broccoli Stir Fry Yellow Rice Sautéed Green Beans w Onions Apple</p>	<p>12. Spanish Style Roast Pork ALT. Chicken Sweet Baked Yams Normandy Blend Vegetables Orange</p>	<p>13. Baked Fish w Rustic Tomato Sauce Pasta Mixed Vegetable Orange</p>	<p>14. (PB) Kidney Bean & Vegetable Stew White Rice Steamed Spinach Apple</p>	<p>15. Curry Chicken Mashed Potatoes Steamed Carrots & Green Beans Banana</p>
<p>18. Pork Loin w Curried Pineapple ALT. Chicken Brown Rice Baby Carrots & Parsley Sautéed String Beans</p>	<p>19. Jerk Chicken Rice & Red Beans Broccoli w Toasted Garlic Banana</p>	<p>20. Breaded Fish Filet Mashed Sweet Potatoes Cooked Carrots Cabbage w Shredded Cabbage Orange</p>	<p>21. Italian Sausage Alt. Chicken Sautéed Onions & Peppers Baked Potato Steamed Spinach Apple</p>	<p>22. (PB) Soft Whole Wheat Tacos w Vegetables Rice Pilaf Baby Carrots w Parsley Banana</p>
<p>25. CENTER CLOSED YOM KIPPUR</p>	<p>26. (PB) Black Bean Fajitas Sautéed Spinach Orange</p>	<p>27. Birthday Lunch Oven Fried Chicken Roasted Baby Red Potato String Beans w. Carrots & Almonds Cake</p>	<p>28. Beef Hamburgers ALT Turkey Hamburgers Home Fries Cabbage & Apple Slaw Apple</p>	<p>29. Apricot- Glazed Pork Chop ALT. Chicken Brown Rice Italian Blended Vegetable Banana</p>