





Throggs Neck Older Adult Center
Phone Number (718) 823-1771- 135 Einstein Loop North
June 2026 Activity Calender

Monday	Tuesday	Wednesday	Thursday	Friday
1 9am: Mindful Morning Tai-Chi 10:30AM- Carribean Dance with Juan U. 11am: Book Club 12:00PM-Congregate Lunch \$1.50 1:00PM- Blood Pressure Screening W. Jimmy	2 Pantry Day 10AM: Never Too Old To Learn Spanish 11AM: Bridge To Care Arthritis 12:00PM-Congregate Lunch \$1.50	3 10:00AM- Soca for Seniors w/ Cagney 11:00AM: Chair Aerobics-In person 12:00PM-Congregate Lunch \$1.50 1:00PM-Technology with Jimmy	4 10:00AM- Caribbean Dance with Juan U. 11AM: Salsa Dance w/ George 12:00PM-Congregate Lunch \$1.50 1:00PM- Zumba Class W Rufus-In person	5 9:30AM- Caribbean Dance with Juan 11:00AM- Board Games 12:00PM-Congregate Lunch \$1.50 1:00PM: Let's Get It On Zumba
8 9am: Mindful Morning Tai-Chi 10:30AM- Caribbean Dance with Juan U. 11am: Book Club 12:00PM-Congregate Lunch \$1.50 1:00PM- Blood Pressure Screening W. Jimmy	9 10AM: Never Too Old To Learn Spanish 11AM: Bridge To Care Arthritis 12:00PM-Congregate Lunch \$1.50	10 10:00AM- Soca for Seniors w/ Cagney 11:00AM: Bodies In Motion w/Ola 12:00PM-Congregate Lunch \$1.50 1:00PM- Technology with Jimmy	11 10AM: Visual Arts 11AM: Salsa Dance w/ George 12:00PM-Congregate Lunch \$1.50 1:00PM- Zumba Class W Rufus-In person	12 9:30AM- Caribbean Dance with Juan 11:00AM-Chess Club 12:00PM-Congregate Lunch \$1.50 1:00PM: Let's Get It On Zumba
15 9am: Mindful Morning Tai-Chi 10:30AM- Caribbean Dance with Juan U. 11am: Book Club 12:00PM-Congregate Lunch \$1.50 1:00PM- Blood Pressure Screening W. Jimmy	16 10AM: Never Too Old To Learn Spanish 11AM: Bridge To Care Arthritis 12:00PM-Congregate Lunch \$1.50	17 10:00AM- Soca for Seniors w/ Cagney 11:00AM- Chair Aerobics-In person 12:00PM-Congregate Lunch \$1.50 1:00PM- Nutrition Workshop w/ Tiana	18 10AM: Visual Arts 11AM: Salsa Dance w/ George 12:00PM-Congregate Lunch \$1.50 1:00PM- Zumba Class W Rufus-In person	<div style="text-align: center;"> WE ARE CLOSED  JUNETEENTH </div>
22 9am: Mindful Morning Tai-Chi 11am: Book Club 12:00PM-Congregate Lunch \$1.50 1:00PM- Blood Pressure Screening W. Jimmy	23 10AM: Never Too Old To Learn Spanish 11AM: Bridge To Care Arthritis 12:00PM-Congregate Lunch \$1.50	24 10:00AM- Soca for Seniors w/ Cagney 11:00-Bodies In Motion w/Ola 12:00PM-Congregate Lunch \$1.50 1:00PM-Technology with Jimmy	25 10AM: Visual Arts 11AM: Salsa Dance w/ George 12:00PM-Congregate Lunch \$1.50 1:00PM- Zumba Class W Rufus-In person	26 9:30am- Coloring for calmness 10AM-12PM- Soca CULMINATING PARTY 12:00PM-Congregate Lunch \$1.50 1:00PM: Let's Get It On Zumba
29 9am: Mindful Morning Tai-Chi 11am: Book Club 12:00PM-Congregate Lunch \$1.50 1:00PM- Blood Pressure Screening W. Jimmy	30 10AM: Never Too Old To Learn Spanish 11AM: Bridge To Care Arthritis 12:00PM-Congregate Lunch \$1.50	<div style="text-align: center;">  HELLO JUNE </div>	FUNDED BY NYC AGING *ACTIVITIES ARE SUBJECT TO CHANGE We are operating out of 135 Einstein Loop North. Join us every Monday- Friday 8AM-4PM If you need any assistance you can call at (718) 823-1771	<div style="text-align: center; background-color: #800000; color: #FFD700; padding: 5px;"> We Will Be Closed June 19 </div>

Partially funded by:NYC Aging & NYC Council



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June 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Meat Sauce with Peppers and Onions Half White Rice Half Quinoa Steamed Green Beans Apple	2 PB Buffalo Chickpea Power Grain Bowl Classic Macaroni Salad Orange	3 Jerk Fish Black Beans and Rice Steamed Kale Apple	4 Sweet and Sour Pork with Pineapple Baked Red Potato Wedges Steamed Sliced Carrots Banana	5 Curried Chicken Legs Perfect White Rice Cooked Cabbage with Shredded Carrots orange
8 Pork Roast with Mango Chutney Brown Rice Cooked Cabbage with Shredded Carrots Apple	9 Baked Chicken Thighs Mashed Sweet Potatoes California Blend Vegetables Orange	10 PB Blackeye Pea Curry with Potatoes and Tomatoes Instant Mashed Potatoes Steamed Broccoli Apple	11 Dairy-Free Baked Ziti with Beef Baby Carrots and Parsley Banana	12 Spanish Chicken with Potatoes and Garlic Steamed Green Beans Orange
15 Pork Spare Ribs Garlic Mashed Potatoes Steamed Collard Greens Apple	16 PB Latin Sweet Potato and Red Bean Chili White Rice Steamed Cauliflower Orange	17 Jumbo Stuffed Shells with Meat Sauce Vegetable Mix Apple	18 Baked Asian Style Honey Chicken Half White Rice Half Quinoa Steamed Broccoli Banana	19 WE ARE CLOSED
22 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Steamed Red or Green Cabbage Apple	23 Spanish Style Roast Pork White Rice California Blend Vegetables orange	24 PB No Cheese Spring Vegetable Lasagna Sautéed Green Beans with Onions Apple	25 Baked Fish with Mushrooms and Peppers Cous Cous, Cauliflower with Carrots and Parsley Banana	26 Caesar Salad with Grilled Chicken Basic Pasta Salad Orange
29 PB Blackeye Pea Curry with Potatoes and Tomatoes Instant Mashed Potatoes Steamed Broccoli Apple	30 Dairy-Free Baked Ziti with Beef Whole Wheat Bread Baby Carrots and Parsley Banana			

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Throggs Neck Older Adult Center

We are currently Operating in **135 Einstein Loop North Bronx New York 10475**

Hours: Mondays - Fridays 8:00am - 4:00pm

Throggs Neck Older Adult Center Staff

Martha Montero, Program Director Mmontero@jasa.org

Elisabeth Flores, Assistant Director eflores@jasa.org

Jose Rodriguez, Program Coordinator jrodriguez@jasa.org

Luis Galvan, Case Manager Lgalvan@jasa.org

Fletcher Antoine, Foodtech fantonie@jasa.org

Jeremie Ortega, Porter jortega@jasa.org

New 2025 Activities/Programming

Zumba Class with Rufus- In person Every Thursday @ 1pm

Chair Aerobics twice a month with Jimmy @ 11am: 6/3 & 6/17

Blood Pressure Screening with Jimmy @1pm every Monday

Soca for Seniors with Cagney every Wednesday @ 10am

Caribbean Dance with Juan every Monday @ 10:30am and Friday @ 9:30am

Nutrition Presentation with Tiana 6/17 @ 1pm

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