

# Van Cortlandt Older Adult Center: 3880 Sedgwick Ave, Bronx, NY, 10463 (718)549-4700

## May 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1            10:00am High Blood Pressure            11:00 am Nutritional lecture            12:15pm Lunch            1: 15pm Technology w/Joel            2:00 Self Massage (Hybrid)            3:00pm Coloring Hour</p>	<p>2            10:30 am Tai Chi for Arthritis            11:15am Hot Topics (In person)            12:15pm Lunch            1:30pm- Create a life vision w/Janice            3:00pm Word Search</p>	<p>3            11:00am Knitting            12:15pm Lunch            1:15-3pm Latch Hook            3:00pm Flowing Yoga/ Kathleen(Hybrid)</p>	<p>4            11:00am Technology Class            12:15pm Lunch            1:30pm <b>More money in your pocket</b>            2:15pm WII Sports Games (In Person)            3:00pm Board games</p>	<p>5            10:30am - 11:30am Exercise w/ Tommy            12:15pm Lunch            1:15pm Leisure Bingo            3:00pm-Word Search</p>
<p>8            10:00am High Blood Pressure            11:00 am Walking with ease            12:15pm Lunch            1: 15pm Technology w/Joel            2:00 Self Massage (Hybrid)            3:00pm Coloring Hour</p>	<p>9            10:30 am Tai Chi for Arthritis            11:15am Hot Topics (In person)            12:15pm Lunch            1:30pm- Managing Stress w/Janice            3:00pm Word Search</p>	<p>10            11:00am Knitting            12:15pm Lunch            1:15-3pm Latch Hook            3:00pm Flowing Yoga/ Kathleen(Hybrid)</p>	<p>11            11:00am Technology Class            12:15pm Lunch            1:30pm <b>More money in your pocket</b>            2:15pm WII Sports Games (In Person)            3:00pm Board games</p>	<p>12            10:30am - 11:30am Exercise w/ Tommy            12:15pm Lunch            1:15pm Leisure Bingo            3:00pm-Word Search</p>
<p>15            10:00am High Blood Pressure            11:00 am Walking with ease            12:15pm Lunch            1:15pm Technology w/ Joel            2:00 Self Massage (Hybrid)            3:00pm Coloring Hour</p>	<p>16            10:30 am Tai Chi for Arthritis            11:15am Hot Topics (In person)            12:15pm Lunch            1:30pm- How to motivate yourself w/Janice            3:00pm Word search</p>	<p>17            11:00am Knitting            12:15pm Lunch            1:15-3pm Latch Hook            3:00pm Flowing Yoga/ Kathleen(Hybrid)</p>	<p>18            10:30am <b>City Island Trip</b>            11:00am Technology Class            12:15pm Lunch            1:15pm Movie Presentation            2:15pm Board Games</p>	<p>19            10:30am - 11:30am Exercise w/ Tommy            12:15pm Lunch            1:30pm <b>Mother's Day Celebration</b>            3:00pm-Word Search</p>
<p>22            10:00am High Blood Pressure            10:30am <b>A Day at the Movie's (Trip)</b>            12:15pm Lunch            1:15pm Technology w/Joel            2:00 Self Massage (Hybrid)            3:00pm Coloring Hour</p>	<p>23            10:30 am Tai Chi for Arthritis            11:15am Hot Topics (In person)            12:15pm Lunch            1:30pm <b>Advisory Board Meeting</b>            3pm Board Games</p>	<p>24            11:00am Knitting            12:15pm Lunch            1:15-3pm Latch Hook            3:00pm Flowing Yoga/ Kathleen(Hybrid)</p>	<p>25            11:00am Technology Class            12:15pm Lunch            1:15pm Movie Presentation            2:15pm WII Sports Games (In Person)            3:00pm Board games</p>	<p>26  <div style="text-align: center;"><b>Center Closed</b></div></p>
<p>29  <div style="text-align: center;"><b>Memorial Day</b></div>  <div style="text-align: center;"><b>Center Closed</b></div></p>	<p>30            10:30 am Tai Chi for Arthritis            11:15am Hot Topics (In person)            12:15pm Lunch            1:30pm- Self Esteem w/Janice            3:00pm Word Search</p>	<p>31            11:00am Knitting            12:15pm Lunch            1:15-3pm Latch Hook            3:00pm Flowing Yoga/ Kathleen(Hybrid)</p>		<p><b>*All Sponsored classes are subject to change*</b>            Lunch/Almuerzo 12pm-1pm  <b>HABLAMOS ESPAÑOL</b>            Must be the age of 60 and over to register            We will be open on Sunday May 21st  <b>Art Exhibition w/Wei Tang 1:15pm-2:15pm</b>  <b>*Trips are by reservation only*</b></p>

# Van Cortlandt Older Adult Center: 3880 Sedgwick Ave, Bronx, NY, 10463 (718)549-4700

## May 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  Chickpea Stew Basmati Rice Toss Salad w/ dressing  Alt: Egg Frittata	<b>2</b>  Roasted Turkey Mashed Sweet Potato Steamed Green Beans  Alt: Baked Breaded Fish	<b>3</b>  Baked Crispy Cod Roasted Potatoes Roasted Root vegetables  Alt: Salmon Burger	<b>4</b>  Pepper Steak Brown Rice Oriental Blend Vegetables  Alt:Vegetable Cutlet	<b>5</b>  Moroccan Chicken Brown Rice Roasted string Beans  Alt: Gefilte Fish
<b>8</b>  Falafel/ Hummus Israeli Salad  Alt: Egg Frittata	<b>9</b>  Sliced Deli Turkey Baked Sweet Normandy Blend Vegetables  Alt: Baked Salmon	<b>10</b>  (Soup De Jour) BBQ Grilled Chicken Cutlet Toasted Egg Barley w/ Mushroom & Onion  Alt: Vegetable Cutlet	<b>11</b>  Beef Stew Brown Rice California Blend Veg  Alt:Baked Breaded Fish	<b>12</b>  Lemon Herb Chicken Potato Kugel Ratatouille  Alt: Gefilte Fish
<b>15</b>  Stuffed pepper w/Turkey Couscous Yellow squash  Alt: Baked Breaded Fish	<b>16</b>  Chicken Marsala Rice Pilaf Roasted String Beans  Alt: Egg Frittata	<b>17</b>  Vegetarian Stuffed Cabbage Mashed potato Steamed Carrots  Alt: Vegetable Cutlet	<b>16</b>  Yankee Pot Roast Bulgar Winter Blend Veg  Alt: Tuna Noodle Casserole	<b>17</b>  Apricot Glazed Chicken Sweet Noodle Kugel Roasted Butternut Squash  Alt: Gefilte Fish
<b>22</b>  Vegetable Cutlet Baked Sweet Potato California Blend Veg  Alt: Egg Frittata	<b>23</b>  Moroccan Salmon Brown Rice Steamed Green Beans  Alt: Chicken Salad	<b>24</b>  General Tso's Chicken Lo Mein Noodles Oriental Blend Vegetables  Alt: Baked Breaded Fish	<b>25</b>  Meatball Hero Butternut Squash Tossed Salad  Alt: Tuna Noodle Casserole	<b>26</b>  <div style="background-color: yellow; padding: 5px; text-align: center;"><b>Center is Closed</b></div>
<b>29</b>  <div style="background-color: yellow; padding: 2px; display: inline-block;">Memorial Day!</div>  <div style="background-color: yellow; padding: 2px; display: inline-block;">Center is Closed</div>	<b>30</b>  Shake and Bake Chicken Roasted Potatoes Moroccan Vegetables  Alt: Baked Breaded Fish	<b>3</b>  (Soup Du Jour) Rib Eye Roast Mashed Potato w/ Gravy Steamed Carrots  Alt: Tuna Patty	<div style="background-color: yellow; padding: 5px;"> <p><b>*All Sponsored classes are subject to change*</b>  <b>Lunch/Almuerzo 12pm-1pm</b>  <b>HABLAMOS ESPAÑOL</b>  <b>Must be the age of 60 and over to register</b>  <b>We will be open on Sunday May 21st</b>  <b>Art Exhibition w/Wei Tang 1:15pm-2:15pm</b>  <b>*Trips are by reservation only*</b></p> </div>	



**JASA VAN CORTLANDT OLDER ADULT CENTER**  
**\*3880 Sedgwick Ave Bronx, NY\* 718-549-4700**  
**May 2023 MENU**

**Come and Join us!**  
**We are Open Sunday May 21,2023**

May 21,2023 - 10am- Breakfast: Waffles, Scrambled Eggs, Grilled Turkey  
12:15pm- Lunch: Tuna Salad Or Chicken Salad

11am- Exercise video  
1:15 pm- 2:15pm - Art Exhibition w/Wei Tang  
2:30 pm - Movie Presentation- To Be Determined

