


(718) 671-5161

NOVEMBER 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
 <i>WELCOME FALL SEASON!!</i>	<p>1 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise 12PM-1PM: LUNCH 1PM-3PM: Creative Arts & Painting</p>	<p>2 9AM-11AM: Hair Care 4 U 10AM-11AM: Spring In Your Step Stretch & Tone 11AM-12PM: Action Bodies In Motion 12PM-1PM: LUNCH 1PM-2PM: Prize BINGO & Board Games</p>	<p>3 10AM-11AM: Sultry Salsa Dancing 11AM-12PM: Smart Phones & Tablets 12PM: LUNCH 1PM-2PM: Indoor Walk Club 2PM-3PM: Go Easy On Us Computers</p>	<p>4 9:30AM- 10:30 AM- Coloring for Calmness 10:30AM-12PM: Blood Pressure Screening 11AM-12PM: Open Mic Singing & Poetry 12PM-1PM: LUNCH 1PM-2PM: Let's Get It On Zumba</p>
<p>7 9AM-10AM: Mindful Mornings Tai-Chi 10AM-11AM: Health & Wellness 11AM-12PM: Always Grand Line Dancing 12PM-1PM: Book Club 12PM-1PM: LUNCH 1PM-3PM: Ageless Facials & Self Care</p>	<p>8 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise 12PM-1PM: LUNCH 1PM-3PM: Creative Arts & Painting</p>	<p>9 10AM-11AM: Spring In Your Step Stretch & Tone 11AM-12PM: Action Bodies In Motion 12PM-1PM: LUNCH 1PM-2PM: Prize BINGO & Board Games</p>	<p>10 10AM-11AM: Sultry Salsa Dancing 11AM-12PM: Smart Phones & Tablets 12PM-1PM: LUNCH 1PM-2PM: Indoor Walk Club 2PM-3PM: Go Easy On Us Computers</p>	<p>11 <i>Center Closed for the Day</i> Make-Up Date: Saturday, 11/5 we are open !</p>
<p>14 9AM-10AM: Mindful Mornings Tai-Chi 10AM-11AM: Health & Wellness 11AM-12PM: Always Grand Line Dancing 12PM-1PM: LUNCH 1PM-3PM: Ageless Facials & Self Care</p>	<p>15 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise 12PM-1PM: LUNCH 1PM-3PM: Creative Arts & Painting</p>	<p>16 9AM-11AM: Hair Care 4 U 10AM-11AM: Spring In Your Step Stretch & Tone 11AM-12PM: Action Bodies In Motion 12PM-1PM: LUNCH 1PM-2PM: Prize BINGO & Board Games</p>	<p>17 10AM-11AM: Sultry Salsa Dancing 11AM-12PM: Smart Phones & Tablets 12PM-1PM: LUNCH 1PM-2PM: Indoor Walk Club 2PM-3PM: Go Easy On Us Computers</p>	<p>18 9:30AM- 10:30AM- Coloring for Calmness 10:30AM-12PM: Blood Pressure Screening 11AM-12PM: Open Mic Singing & Poetry 12PM-1PM: LUNCH 1PM-2PM: Let's Get It On Zumba</p>
<p>21 9AM-10AM: Mindful Mornings Tai-Chi 10AM-11AM: Health & Wellness 11AM-12PM: Always Grand Line Dancing 12PM-1PM: LUNCH 1PM-3PM: Ageless Facials & Self Care</p>	<p>22 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise 12PM-1PM: LUNCH 1PM-3PM: Creative Arts & Painting</p>	<p>23 10AM-11AM: Spring In Your Step Stretch & Tone 11AM-12PM: Action Bodies In Motion 12PM-1PM: LUNCH 1PM-2PM: Prize BINGO & Board Games</p>	 <i>Happy Thanksgiving</i> <i>Center Closed for the Day</i>	<p>25 <i>Center Closed for the Day</i> Make-Up Date: Saturday, 11/19 we are open!</p>
<p>28 9AM-10AM: Mindful Mornings Tai-Chi 10AM-11AM: Health & Wellness 11AM-12PM: Always Grand Line Dancing 12PM-1PM: LUNCH 1PM-3PM: Ageless Facials & Self Care</p>	<p>29 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise 12PM-1PM: LUNCH 1PM-3PM: Creative Arts & Painting</p>	<p>30 <i>Happy Birthday Celebration!</i> </p>		

November 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Kosher: BBQ Chicken, Egg Barley, Grilled Veggies</p> <p>Alt:</p> <p>Nonkosher BBQ Chicken, Yellow Rice, Green Beans</p>	<p>2 Kosher: Hamburgers, Roasted Potatoes, Cucumber Salad</p> <p>Alt:</p> <p>Nonkosher Cornmeal Crusted Fish, Home Fries, Cabbage</p>	<p>3 Kosher: Baked Salmon, Brown Rice, Green Beans</p> <p>Alt:</p> <p>Nonkosher Vegetarian Chicken, White Rice, Spinach</p>	<p>4 Kosher: Orange Chicken, Pasta, Blend</p> <p>Alt:</p> <p>Nonkosher Curry Chicken, Mashed Potatoes, Carrots & Beans</p>
<p>7 Kosher: Pasta, Meat Sauce, Green Beans</p> <p>Alt:</p> <p>Nonkosher: Spanish Stew Beef, Brown Rice, String Beans</p>	<p>8 Kosher: Mediterranean Fish, Cous Cous, Eggplant</p> <p>Alt:</p> <p>Nonkosher: Baked Chicken, Sweet Potato, Broccoli</p>	<p>9 Kosher: Lentil Soup, Pasta Primavera, Mushrooms</p> <p>Alt:</p> <p>Nonkosher Baked Fish, Rice Pilaf, Cabbage & Carrots</p>	<p>10 Kosher: Stuffed Cabbage Beef, Mashed Potatoes, Carrots</p> <p>Alt:</p> <p>Nonkosher: Roast Pork, Bowtie Pasta, Spinach</p>	<p>11</p> <p><i>Center Closed for the Day</i> Make-Up Date: Saturday, 11/5 we are open !</p>
<p>14 Kosher: Beef Moussaka, Squash, Salad</p> <p>Alt:</p> <p>Nonkosher Italian Sausage, Penne, Green Beans</p>	<p>15 Kosher: Breaded Chicken Cutlet, Egg Barley, Peppers</p> <p>Alt:</p> <p>Nonkosher Lentil Stew, Yellow Rice, Spinacj</p>	<p>16 Kosher: Veggie Cutlet, Sweet Potato, Normandy Blend</p> <p>Alt:</p> <p>Nonkosher Smothered Pork Chops, Potatoes, Mix Veggie</p>	<p>17 Kosher: Apricot Cutlet, Sweet Potato, Normandy Blend</p> <p>Alt:</p> <p>Nonkosher Curry Chicken, White Rice, Cabbage</p>	<p>18 Kosher: Sweet & Sour Chicken, Spinach Noodle, Blend Veggies</p> <p>Alt:</p> <p>Nonkosher Lemon Pepper Fish, Pasta, Broccoli</p>
<p>21 Kosher: Oven Fried Chicken, Baked Potato, Veggie</p> <p>Alt:</p> <p>Nonkosher Jerk Chicken, Rice & Beans, Mix Veggie</p>	<p>22 Kosher: Chickpea Stew, Brown Rice, Salad</p> <p>Alt:</p> <p>Nonkosher Turkey Chilli W/ Sweet Potato & Corn, Green Beans</p>	<p>23 Kosher: Breaded Fish, Roasted Potato, Blend Veggies</p> <p>Alt:</p> <p>Nonkosher Beef & Broccoli, Pasta, Carrots</p>	<p>24</p>  <p><i>Center Closed for the Day</i></p>	<p>25</p> <p><i>Center Closed for the Day</i> Make-Up Date: Saturday, 11/19 we are open !</p>
<p>28 Kosher: Tofu, Tomato Sauce, Tossed Salad</p> <p>Alt:</p> <p>Non Kosher BBQ Pork Chops, Mac & Cheese, Normandy Blend Veggies</p>	<p>29 Kosher: Baked Salmon, Sweet Potato, Normandy Blend</p> <p>Alt:</p> <p>Non Kosher Brown Stew Chicken, Yellow Rice, Spinach</p>	<p>30 <i>Happy Birthday Celebration Luncheon w/ Ice Cream & Cake</i></p> 		



Einstein Older Adult Center

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Bronx, New York

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M-F 8am-4pm

www.jasa.org



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