



JUNE 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Health & Wellness 10:am-11:00 am "Staying Fresh and Alive" 11am-Noon Dominoes 1:00 pm</p>	<p>4 Word search 9 am-10am Adult coloring Hour 10 am-11 am Current Events 11am -12 noon Creative Art with Gina Clark 10:00am - 12pm</p>	<p>5 Blood Pressure 9-10:00AM stay well Exercise 10:00 Ladies line dancing 11am-12pm Smartphones Class 12:00 PM Men's Dominoes 1:00 pm</p>	<p>6 Knitting & Crocheting 10:00 Walk w/ease 10:0am Elder Abuse presentation 11-12pm Movie 12:45 TBA</p>	<p>7 JASA ANNUAL FATHER'S DAY CELEBRATION</p>
<p>10 Health & Wellness 10:am-11:00 am Nutrition Education presentation 10:15AM "Staying Fresh and Alive" 11am-Noon Dominoes 1:00 pm</p>	<p>11 Word search 9 am-10am Adult coloring Hour 10 am-11 am Current Events 11am -12 noon Creative Art with Gina Clark 10:00 am - 12 pm Norc "Jazzmobile concert" 12-1:30PM</p>	<p>12 Stay well Exercise 10:00 am Ladies line dancing 11am-12pm Smartphones Class 12:00 PM Men's Dominoes 1:00 pm</p>	<p>13 Knitting & Crocheting 10:00 Walk w/ease 10:00am Movie 12:45 "Creative Arts with Gina Showcase" 1 pm to 2 pm</p>	<p>14 Men Line Dancing w/Voncile 9-10am Ladies line dancing 10-11am Sing-A-Long 11 am - 12 PM HAPPY FLAG DAY</p>
<p>17 Health & Wellness 10:am-11:00 am "Staying Fresh and Alive" 11am-Noon Dominoes 1:00 pm</p>	<p>18 Word search 9 am-10am Adult coloring Hour 10 am-11 am Current Events 11am -12 noon</p>	<p>19 Blood Pressure 9-10:00AM stay well Exercise 10:00 Ladies line dancing 11am-12pm Smartphones Class 12:00 PM Men's Dominoes 1:00 pm</p>	<p>20 Knitting & Crocheting 10:00 Walk w/ease 10:00am Movie 12:45</p>	<p>21 Men Line Dancing w/Voncile 9-10am Ladies line dancing 10-11am Sing-A-Long 11 am - 12 PM</p>
<p>24 Health & Wellness 10:am-11:00 am "Staying Fresh and Alive" 11am-Noon Dominoes 1:00 PM</p>	<p>25 Word search 9 am-10am Adult coloring Hour 10 am-11 am Current Events 11am -12 noon</p>	<p>26 Blood Pressure 9-10am stay well Exercise 10:00 am Ladies line dancing 11am-12pm Smartphones Class 12:00 PM Men's Dominoes 1:00 pm</p>	<p>27 Knitting & Crocheting 10:00 Movie 12:45 Walk w/ ease 10:00am Monthly Birthday Celebration</p>	<p>28 Men Line Dancing w/Voncile 9-10am Ladies line dancing 10-11am Sing-A-Long 11 am - 12 PM Norc "JAZZMOBILE CONCERT" 12-1:30PM</p>



JUNE 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8 KOSHER: Stuffed peppers w/turkey,roasted veg,couscous,green beans ALTERNATIVE: Tuna fish salad,bulgur salad,green bean salad NON-KOSHER: BBQ chicken legs,baked macaroni and cheese,braised collard greens</p>	<p>9 KOSHER: Shake and amp bake chicken,succotash salad,winter blend veg ALTERNATIVE: Egg salad,succotash salad,beet salad NON-KOSHER: baked tilapia,rice pilaf,broccoli and red peppers</p>	<p>5 KOSHER: Beef hamburger,potato salad,coleslaw w/olive oil and vinegar ALTERNATIVE: Salmon salad,potato salad,coleslaw w/olive oil and vinegar NON-KOSHER: stewed pork chops,green bean saute, instant mashed potatoes</p>	<p>6 KOSHER: Baked salmon w/cilantro citrus sauce,brown rice w/mushrooms,baby carrots w/parsley ALTERNATIVE: Curried chicken salad,lentil salad,carrot salad NON-KOSHER: spanish style baked chicken</p>	<p>7 KOSHER: Roasted chicken ,potato kugel,creamy spinach ALTERNATIVE: Gefilte fish ,cucumber salad,red cabbage salad NON-KOSHER: cod fillet O' fish sandwich,roasted sweet potatoes fries,baby spinach salad</p>
<p>10 Kosher: Turkey w/ gravy,mashed sweet potatoes,broccoli souffle ALTERNATIVE: egg salad,potato salad,red cabbage salad NON-KOSHER: beef salisbury steak w/mushrooms sauce,yellow rice,carrots</p>	<p>11 kosher: Sweet and sour meatballs,kasha,green beans ALTERNATIVE: salmon salad,three beans salad,cucumber salad NON-KOSHER: lemon chicken,gg noodles,italian blend veg</p>	<p>12 KOSHER: chicken fajitas,white rice,garden salad ALTERNATIVE: tuna salad w/egg,lentil salad,garden salad NON-KOSHER: homemade fish cake,coleslaw,roasted potatoes</p>	<p>13 KOSHER: Breaded pollock fish fillet , corn and red peppers,coleslaw ALTERNATIVE: chicken salad,tricolor pasta salad,coleslaw NON-KOSHER: pork stir fry w/veg,white rice,broccoli w/ toasted garlic</p>	<p>14 KOSHER: Hawaiian chicken legs,california blend veg,mashed potatoes ALTERNATIVE: gefilte fish,carrot salad,israeli salad NON-KOSHER: chicken salad,classic macaroni salad,pita halves,israeli salad</p>
<p>17 KOSHER: Turkey burger,spiced sweet potatoes,green beans ALTERNATIVE: tuna salad,sweet potato salad,green bean salad NON-KOSHER: oven fried chicken,baked macaroni and cheese,green bean sautee</p>	<p>18 KOSHER: Chicken francaise,orzo w/veg,california blend veg ALTERNATIVE: egg salad,orzo w/veg,red cabbage salad NON-KOSHER: mango chutney pork roast,baked potatoes,normandy blend</p>	<p>19 KOSHER: Beef lasagna ,tossed salad ALTERNATIVE: salmon salad,southwestern quinoa salad,tossed salad w/dressing NON-KOSHER: arroz con pollo(chicken breast and rice),okra w/tomatoes</p>	<p>20 KOSHER: Poached salmon,barley ,corn and black bean salad,cucumber salad ALTERNATIVE: turkey salad,barley,corn,and black bean salad,cucumber salad NON-KOSHER: beef and pepper pasta,sauteed spinach</p>	<p>21 KOSHER: Rosemary chicken,noodle kugel,steamed carrots ALTERNATIVE: gefilte fish,three bean salad,carrot salad NON-KOSHER: fish w/creole sauce,black beans and rice,lettuce and rice</p>
<p>24 Kosher: California turkey meatloaf,home made mashed potatoes,steamed carrots and green beans ALTERNATIVE: Tuna salad,carrot and raisin salad,herb potatoes NON-KOSHER: Baked asian style honey chicken,green bean saute,smashed red potatoes</p>	<p>25 KOSHER: Chicken shawarma,israeli salad,pita halves ALTERNATIVE: Baked falafel patties,hummus,israeli salad NON-KOSHER: BBQ pork chops,rice and beans,normandy blend</p>	<p>26 KOSHER: Stuffed cabbage w/beef,pasta,california blend veg ALTERNATIVE: Salmon salad,macaroni and pea salad,beet salad NON-KOSHER: Rosemary chicken, baby carrots w/parsley,baked potatoes</p>	<p>27 KOSHER: Salmon burger,home fries w/peppers and onions,cucumber salad ALTERNATIVE: Curried chicken salad,potato salad,cucumber salad NON-KOSHER: Baked breaded fish,pasta primavera,steamed broccoli</p>	<p>28 KOSHER: Roasted chicken,kasha varnishkes,spinach souffle ALTERNATIVE: Gefilte fish,couscous salad w/lentils carrots and parsley,green bean salad NON-KOSHER: turkey salad homemade,garden salad,sweet potato salad</p>



Bartow Senior Center

2049 Bartow Ave

Room 31

Bronx NY, 10475

929-399-1394

Opening Hours: 8 am - 4 pm

Staff

Program Director: Ann Moncrieffe

Program Coordinator: Dennisses Cardenas

Daily Lunch

Daily hot cold, and hot meals.

Kosher , Alternative,Non-kosher

(12:00pm-1:15pm)

Monthly Activities/Trips Offered

6/6-elder abuse presentation

6/7-Father's day celebration

6/10-Nutrition education

