



MAY 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		1 stay well Exercise 10:00 Ladies line dancing 11am-12pm Smartphones Class 12:00 PM Men's Dominoes 1:00 pm	2 Knitting & Crocheting 10:00 Movie 12:45	3 Men's Line Dancing w/Voncile 9-10am Ladies Line Dancing 10-11am Sing-A-Long 11 am - 12 PM
6 Health & Wellness 10:am-11:00 am "Staying Fresh and Alive" 11am-Noon Dominoes 1:00 pm	7 Creative Art with Gina Clark 10:00am - 12pm	8 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	9 Jasa annual Mother's day event 11:00am-3:00pm Pickup Hours. Bartow: 10:15am Dreiser: 10:30 am	10 Men Line Dancing w/Voncile 9-10am Ladies line dancing 10-11am Sing-A-Long 11 am - 12 PM
13 Health & Wellness 10:am-11:00 am "Staying Fresh and Alive" 11am-Noon Dominoes 1:00 pm	14 Creative Art with Gina Clark 10:am-12pm	15 JASA ANNUAL HEALTH FAIR Bartow Senior Center Closed Lunch will be served from Einstein Senior Center.	16 Knitting & Crocheting 10:00 Movie 12:45	17 Men Line Dancing w/Voncile 9-10am Ladies line dancing 10-11am Sing-A-Long 11 am - 12 PM
20 Health & Wellness 10:am-11:00 am "Staying Fresh and Alive" 11am-Noon Dominoes 1:00 PM	21 Creative Art with Gina Clark 10:00 am-12 pm	22 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	23 Knitting & Crocheting 10:00 Movie 12:45 Monthly Birthday celebration	24 Men Line Dancing w/Voncile 9-10am Ladies line dancing 10-11am Sing-A-Long 11 am - 12 PM
27 Jasa Closed " Memorial day"	28 Common Pantry 9-12Pm Creative Art with Gina Clark 10:00 am-12 pm	29 Stay well Exercise 10:00 Ladies line dancing 11am-12pm Smartphones Class 12:00 PM Dominoes 1:00 pm	30 Knitting & Crocheting 10:00 Movie 12:45	31 Men Line Dancing w/Voncile 9-10am Ladies line dancing 10-11am Sing-A-Long 11 am - 12 PM



MAY 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 KOSHER: Chicken fajita, white rice, garden salad ALTERNATIVE: Tuna salad w/ eggs, lentil salad, garden salad NON-KOSHER: Homemade fish cake, coleslaw, roasted potatoes</p>	<p>2 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>3 KOSHER: Hawaiian chicken legs, california blend veg, mashed potatoes ALTERNATIVE: Gefilte fish, carrot salad, israeli salad NON-KOSHER: Chicken salad, classic macaroni salad, israeli salad</p>
<p>6 KOSHER: Turkey burger w/ BBQ sauce, spiced sweet potatoes, green beans ALTERNATIVE: Tuna salad, sweet potato salad, green beans salad. NON-KOSHER: Oven fried chicken, baked macaroni and cheese, green bean sautee</p>	<p>7 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>8 KOSHER: Beef lasagna, tossed salad/dressing ALTERNATIVE: Salmon salad, southwestern quinoa salad, tossed salad NON-KOSHER: "Arroz con pollo" Chicken breast w/ rice, Okra w/ tomatoes,</p>	<p>9 KOSHER: Poached salmon, barley, corn and, black bean salad, cucumber salad NON-KOSHER: Chicken cordon bleu</p>	<p>10 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 tomatoes</p>
<p>13 KOSHER: California turkey meatloaf, homemade mashed potatoes, steamed carrots and green beans ALTERNATIVE: Tuna salad, carrot apple raisin salad, herb potato salad w/ mustard vinaigrette NON-KOSHER: Baked asian style honey chicken, green beans, smashed red potatoes</p>	<p>14 KOSHER: Chicken shawarma, israeli salad ALTERNATIVE: Baked falafel patties, hummus, israeli salad NON-KOSHER: BBQ pork chop, Rice and beans, normandy blend</p>	<p>15 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>16 KOSHER: Salmon burger, home fries w/ peppers and onions, cucumber dill salad ALTERNATIVE: Curried chicken salad, potato salad, cucumber dill salad NON-KOSHER: Baked breaded fish, pasta primavera, steamed broccoli</p>	<p>17 KOSHER: Roasted chicken, kasha varnishkes, spinach souffle ALTERNATIVE: gefilte fish, couscous salad w/ lentils carrots and parsley NON-KOSHER: Turkey salad, garden salad, sweet potato salad</p>
<p>20 KOSHER: Pepper steak, chinese style spaghetti, cabbage w/ shredded carrots ALTERNATIVE: Tuna salad w/ eggs, macaroni and pea salad, red cabbage salad NON-KOSHER: Beef pot roast, italian blend veg, roasted potatoes</p>	<p>21 KOSHER: Spanish style roast chicken, rice and beans, green beans ALTERNATIVE: Salmon salad, orzo w/ veg, carrot salad NON-KOSHER: Baked chicken, brown rice, cabbage carrots slaw</p>	<p>22 KOSHER: Shepherd's pie w/ beef and turkey, tossed salad ALTERNATIVE: Egg salad, potato salad, tossed salad w/ dressing NON-KOSHER: Sweet and sour pork loin, cauliflower w/ carrots and parsley, instant mashed potatoes</p>	<p>23 KOSHER: Breaded sole fish, bulgur salad, creamy spinach ALTERNATIVE: Turkey salad, bulgur salad, green bean salad NON-KOSHER: Curried chicken legs, white rice, broccoli w/ toasted garlic</p>	<p>24 KOSHER: Grilled caribbean chicken breast, noodle kugel, beet salad ALTERNATIVE: Gefilte fish, bowtie pasta salad, beet salad NON-KOSHER: Baked fish w/ black bean sauce, egg noodles, steamed green beans</p>
<p>27 JASA CLOSED "Memorial day"</p>	<p>28 KOSHER: Garlic chicken meatballs, pasta, winter blend veg ALTERNATIVE: Salmon salad, lentil salad, red cabbage salad NON-KOSHER: Teriyaki chicken thighs, chinese style spaghetti, oriental blend</p>	<p>29 KOSHER: Beef moussaka, garden salad ALTERNATIVE: Tuna salad, classic macaroni salad, garden salad NON-KOSHER: Baked whiting fish, baked red potato wedges, sauteed spinach</p>	<p>30 KOSHER: Tilapia fish francaise, rice aroni, israeli salad ALTERNATIVE: chicken salad, rice salad, israeli salad NON-KOSHER: Jerk chicken, rice and beans, cabbage w/ shredded carrots</p>	<p>31 KOSHER: Honey glazed chicken, kasha varnishkes, broccoli souffle ALTERNATIVE: Gefilte fish, tricolor pasta salad, carrot and raisin salad NON-KOSHER: Tuna fish salad, pasta salad, cucumber 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

May 9th- Mother's day Celebration

May18th-Norc "cinco de mayo" celebration

