

**JASA Bay Eden \*1220 East 229<sup>th</sup> Street, Bronx NY 10466 \*718-882-3815**  
**MAY 2019 ACTIVITIES**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*****</p> <p><b>TRIPS</b></p> <p><b>05/08/19</b></p> <p><b>05/23/19</b></p> <p><b>05/31/19</b></p>	<p>*****</p> <p><b>Lunch Specials</b></p> <p><b>05/15/19</b></p> <p><b>05/17/19</b></p> <p><b>05/22/19</b></p> <p><b>05/30/19</b></p>	<p><b>1</b></p> <p>9:00 Health Motivation</p> <p>9:00 BCHN: Blood Pressure</p> <p><b>11:00 Zumba</b></p> <p>1:00 Computer Practice</p>	<p><b>2</b></p> <p><b>10:00 Chair Aerobics</b></p> <p>10:00 Open Discussion</p> <p>11:00 Current Events</p> <p><b>1:00 International Club Meeting</b></p> <p>1:00 Computer Practice</p>	<p><b>3</b></p> <p>10:00 Leisure Games/ Dominoes</p> <p><b>10:00 Drawing/ Painting w. Tiffany</b></p> <p><b>10:00 Presentation: Bronx Financial Center/ Financial Literacy</b></p> <p><b>10:00 Phones &amp; Tablets W. Joseph</b></p> <p>1:15 Meditation</p>
<p><b>6</b></p> <p><b>10:00 Salsa</b></p> <p><b>10:00 Coloring for Tranquility</b></p> <p><b>10:00 CDSM Workshop w. Joseph &amp; Yasmin</b></p> <p>10:00 Leisure Billiard</p> <p><b>11:00 Zumba</b></p> <p>1:00 Computer Practice</p>	<p><b>7</b></p> <p><b>10:00 Dance Aerobics</b></p> <p><b>10:00 Drawing/ Painting w. Tiffany</b></p> <p><b>10:00 Blood Pressure - MRm</b></p> <p>1:00 Computer Practice</p>	<p><b>8</b></p> <p>9:00 Health Motivation</p> <p>9:00 BCHN: Blood Pressure</p> <p><b>11:00 Zumba</b></p> <p><b>11:30 Trip: Broadway Show/ Dinner</b></p> <p>1:00 Computer Practice</p>	<p><b>9</b></p> <p><b>10:00 Chair Aerobics</b></p> <p><b>11:00 Montefiore Presentation: Healthy Heart</b></p> <p>10:00 Open Discussion</p> <p>11:00 Current Events</p> <p><b>1:00 International Club Meeting</b></p> <p>1:00 Computer Practice</p>	<p><b>10</b></p> <p>10:00 Leisure Games/ Dominoes</p> <p><b>10:00 Drawing/ Painting w. Tiffany</b></p> <p><b>10:00 International Club: Mother's Day Fashion Show</b></p> <p><b>10:00 Phones &amp; Tablets W. Joseph</b></p> <p>1:15 Meditation</p>
<p><b>13</b></p> <p><b>10:00 Salsa</b></p> <p><b>10:00 CDSM Workshop w. Joseph &amp; Yasmin</b></p> <p>10:00 Leisure Billiard</p> <p><b>11:00 Zumba</b></p> <p>1:00 Computer Practice</p>	<p><b>14</b></p> <p><b>10:00 Dance Aerobics</b></p> <p><b>10:00 Drawing/ Painting w. Tiffany</b></p> <p><b>10:00 Blood Pressure - MRm</b></p> <p>1:00 Computer Practice</p>	<p><b>15</b></p> <p>9:00 Health Motivation</p> <p>9:00 BCHN: Blood Pressure</p> <p><b>10:00 Glamour Gals</b></p> <p><b>10:00 Presentation: Scam Prevention</b></p> <p><b>11:00 Mother's Day Celebration</b></p> <p>1:00 Computer Practice</p>	<p><b>16</b></p> <p><b>10:00 Chair Aerobics</b></p> <p><b>10:00 Advisory Board – A&amp;C Rm</b></p> <p>10:00 Open Discussion</p> <p>11:00 Current Events</p> <p><b>11:15 BCHN Nutrition Education</b></p> <p>1:00 Computer Practice</p>	<p><b>17</b></p> <p>10:00 Leisure Games/ Dominoes</p> <p><b>9:30 Phones &amp; Tablets W. Joseph</b></p> <p><b>10:00 Drawing/ Painting w. Tiffany</b></p> <p><b>10:30 SPRING DANCE</b></p> <p>1:15 Meditation</p>
<p><b>20</b></p> <p><b>10:00 Salsa</b></p> <p><b>10:00 Garden Club Meeting</b></p> <p><b>10:00 Coloring for Tranquility</b></p> <p>10:00 Leisure Billiard</p> <p><b>11:00 Zumba</b></p> <p>1:00 Computer Practice</p>	<p><b>21</b></p> <p><b>10:00 Dance Aerobics</b></p> <p><b>10:00 Drawing/ Painting w. Tiffany</b></p> <p><b>10:00 Phones &amp; Tablets w. Joseph</b></p> <p>1:00 Computer Practice</p>	<p><b>22</b></p> <p>9:00 Health Motivation</p> <p>9:00 BCHN: Blood Pressure</p> <p><b>11:00 Zumba</b></p> <p><b>11:00 Birthday Party</b></p> <p>1:00 Computer Practice</p>	<p><b>23</b></p> <p><b>9:30 Trip: Newsies Show</b></p> <p><b>10:00 Chair Aerobics</b></p> <p>10:00 Open Discussion</p> <p>11:00 Current Events</p> <p>1:00 Computer Practice</p>	<p><b>24</b></p> <p>10:00 Leisure Games/ Dominoes</p> <p><b>10:00 Drawing/ Painting w. Tiffany</b></p> <p><b>10:00 Red Hatter's Mtg – CD Rm</b></p> <p><b>10:00 CDSM Workshop w. - MRM Joseph &amp; Yasmin</b></p> <p>1:15 Meditation</p>
<p><b>27</b></p> <p><b>CENTER CLOSED</b></p> <p><b>MEMORIAL DAY</b></p>	<p><b>28</b></p> <p><b>10:00 Dance Aerobics</b></p> <p><b>10:00 Drawing/ Painting w. Tiffany</b></p> <p><b>10:00 Phones &amp; Tablets w. Joseph</b></p> <p>1:00 Computer Practice</p>	<p><b>29</b></p> <p>9:00 Health Motivation</p> <p>9:00 BCHN: Blood Pressure</p> <p><b>10:00 General Membership Meeting</b></p> <p><b>11:00 Zumba</b></p> <p>1:00 Computer Practice</p>	<p><b>30</b></p> <p><b>10:00 Chair Aerobics</b></p> <p>10:00 Open Discussion</p> <p>11:00 Current Events</p> <p><b>12:00 Memorial Day BBQ</b></p> <p>1:00 Computer Practice</p>	<p><b>31</b></p> <p><b>8:30 Trip: Resorts Casino</b></p> <p>10:00 Leisure Games/ Dominoes</p> <p><b>10:00 Drawing/ Painting w. Tiffany</b></p> <p>1:15 Meditation</p>



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