

MAY ACTIVITIES 2019



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spelling bee 10:00 am Body in motion 10:00 am Art w/ Becky 10:00am -12:00PM Spanish class 10:30am Zumba 11:00 am	2 Dominoes 10:00 am Spelling bee 10:00am Arthritis exercise 10:00 am Art w/ Becky 10:00am Karaoke 1:000pm	3 Dominoes 10:00am Art class oil painting 10:00 am Word Games 11:00am
6 Computer class 9:30am Line dancing 10:00am Current event 10:00am Library 10:00am	7 Health and Wellness 10:00 am Karaoke 1:00 Pm	8 Spelling bee 10:00 am Body in motion 10:00 am Art w/ Becky 10:00am -12:00PM Spanish class 10:30am Zumba 11:00 am	9 JASA annual Mother's day event 11:00am-3:00pm	10 Dominoes 10:00 am Art class oil painting 10:00 am Word Games 11:00am
13 Computer class 9:30am Line dancing 10:00am Current event 10:00am Library 10:00am	14 Health and Wellness 10:00 am Karaoke 1:00 Pm	15 Spelling bee 10:00 am Body in motion 10:00 am Art w/ Becky 10:00am -12:00PM Spanish class 10:30am Zumba 11:00 am	16 Dominoes 10:00 am Spelling bee 10:00am Arthritis exercise 10:00 am Art w/ Becky 10:00am Karaoke 1:000pm	17 Dominoes 10:00 am Art class oil painting 10:00 am Word Games 11:00am
20 Computer class 9:30am Line dancing 10:00am Current event 10:00am Library 10:00am	21 Health and Wellness 10:00am Elder abuse presentation 11:00am Karaoke 1:00 Pm	22 Spelling bee 10:00 am Body in motion 10:00 am Art w/ Becky 10:00am -12:00PM Spanish class 10:30am Zumba 11:00 am	23 Dominoes 10:00 am Spelling bee 10:00am Arthritis exercise 10:00 am Art w/ Becky 10:00am Elder abuse fall prevention 11:00am Karaoke 1:000pm Monthly birthday	24 Dominoes 10:00 am Art class oil painting 10:00 am Word Games 11:00am
27 JASA closed "Memorial day"	28 Health and Wellness 10:00 am Karaoke 1:00 Pm	29	30	31

MAY MENU 2019

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: Gelfite frish,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/beg,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 slad,garden salad NON-KOSHER: Baked whiting fish,baked red potato wedges,sauteed spinach</p>	<p>30 KOSHER: Tilapia fish francaise,rice a roni,israeli salad ALTERNATIVE: chicken salad,rice salad,israeli sald 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>



EINSTEIN SENIOR CENTER

135 EINSTEIN LOOP RM 49

BRONX, N.Y. 10475

718-671-5161

www.jasa.org

Hours

9 AM TO 2:00 PM

Program Director: Ann Moncrieffe

Program Coordinator: Julia Mora

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

May 21st- Elder abuse presentation

May 23rd-Fall prevention workshop

