

FEBRUARY 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Men's Line Dancing w/Voncile 9-10am Ladies Line Dancing 10-11am Sing-A-Long 11 am - 12 PM</p>
<p>4 Health &amp; Wellness 10:am-11:00 am "Staying Fresh and Alive" 11am-Noon Dominoes 1:00 pm</p>	<p>5 Lunch will be served in ROOM 28</p>	<p>6 Stay well Exercise 10:00 am Ladies line dancing 11am-12pm Smartphones Class 12:00 PM Men's Dominoes 1:00 pm</p>	<p>7 Knitting &amp; Crocheting 10:00 Movie 12:45 "The Birth of Nation"</p>	<p>8 Men Line Dancing w/Voncile 9- 10am Ladies line dancing 10-11am Sing-A-Long 11 am - 12 PM</p>
<p>11 Health &amp; Wellness 10:am- 11:00 am "Staying Fresh and Alive" 11am-Noon Dominoes 1:00 pm</p>	<p>12 Chronic Disease Self- Management Workshop 10am-12pm</p>	<p>13 Blood Pressure 9:00am-10am Stay well Exercise 10:00 Ladies line dancing 11am-12pm Smartphones Class 12:00 PM Dominoes 1:00 pm</p>	<p>14 Valentine's Special Lunch Knitting &amp; Crocheting 10:00am Movie 12:45 "Guess Who's Coming to Dinner"</p>	<p>15 Men Line Dancing w/Voncile 9- 10am Ladies line dancing 10-11am Sing-A-Long 11 am - 12 PM</p>
<p>18 "JASA CLOSED" "Presidents Day"</p>	<p>19 Chronic Disease Self- Management Workshop 10am-12pm</p>	<p>20 Blood Pressure 9:00am-10am Stay well Exercise 10:00 am Ladies line dancing 11am-12pm Smartphones Class 12:00 PM Dominoes 1:00 PM</p>	<p>21 Knitting &amp; Crocheting 10:00 Movie 12:45 "The Color Purple"</p>	<p>22 Bartow Swinger's "Black History Month Celebration" Monthly Birthday 12pm</p>
<p>25 Health &amp; Wellness 10:am-11:00 am "Staying Fresh and Alive" 11am-Noon Dominoes 1:00 PM</p>	<p>26 Lunch will be served in ROOM 28</p>	<p>27 Blood Pressure 9:00am-10am Stay well Exercise 10:00 Ladies line dancing 11am-12pm Smartphones Class 12:00 PM Dominoes 1:00 pm</p>	<p>28 Knitting &amp; Crocheting 10:00 Movie 12:45 "Black Panther"</p>	

**Bartow Senior Center \* 2049 Bartow Ave Bronx NY 10475 \* 929-399-1394**  
**FEBRUARY 2019 MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
	1			1 <b>KOSHER</b> : Roasted chicken, boiled potatoes and carrots, green beans <b>ALTERNATIVE</b> : Gelfite Fish, couscous salad w/ lentils, carrots, and parsley <b>NON-KOSHER</b> : Baked whiting fish fillet, corn, winter blend vegetables
4 <b>KOSHER</b> : Pepper Steak,Chinese style spaghetti,cabbage w/shredded carrots <b>ALTERNATIVE</b> : Tuna salad,Macaroni and pea salad,red cabbage salad <b>NON-KOSHER</b> : Beef brisket w/ tomatoes and onions, instant mashed potatoes,broccoli and red peppers	5 <b>KOSHER</b> : :Chicken Shawarma (Oven Roasted) <b>ALTERNATIVE</b> : Baked Falafel patties,pita halves,israeli salad <b>NON-KOSHER</b> : Baked mushroom chicken,yellow rice,baby carrots w/ parsley	6 <b>KOSHER</b> : Turkey Burger,Potato salad,Tossed salad w/ dressing <b>ALTERNATIVE</b> : Egg Salad,potato salad,tossed salad w/dressing <b>NON-KOSHER</b> : Homemade roast pork spanish style,roasted vegetables couscous,steamed cauliflower	7 <b>KOSHER</b> : Breaded Sole fish fillet, Bulgur salad, Creamy Spinach . <b>ALTERNATIVE</b> : Turkey salad,bulgur salad,Green bean salad <b>NON-KOSHER</b> : Curried chicken legs, Black beans and rice,cabbage w/shredded carrots	8 <b>KOSHER</b> : Spanish Style roast chicken, Brown Rice and black beans,beet salad <b>ALTERNATIVE</b> : Gelfite Fish, Bowtie pasta salad,beet salad <b>NON-KOSHER</b> : Fish w/creole sauce,Rice w/veg,Sauteed Spinach
11 <b>KOSHER</b> Turkey Drumstick,mashed sweet potatoes,green beans <b>ALTERNATIVE</b> : Egg salad,Green bean salad,sweet potato salad. <b>NON-KOSHER</b> : Turkey w/gravy,collard green,garlic mashed potatoes	12 <b>KOSHER</b> Garlic Meatballs, Pasta,winter blend veg <b>ALTERNATIVE</b> : Salmon salad,bowtie pasta salad,cucumber salad <b>NON-KOSHER</b> : Baked breaded fish,pasta primavera,steamed broccoli and cauliflower	13 <b>KOSHER</b> : Beef Moussaka ,garden salad, <b>ALTERNATIVE</b> : Tuna Nicoise salad,classic macaroni salad,Garden salad <b>NON-KOSHER</b> : Jerk chicken,rice and beans,cabbage w/shredded carrots	14 <b>KOSHER</b> : roast beef,mashed potatoes w/gravy,string beans,challah rolls,cranberry juice,	15 <b>KOSHER</b> Honey-Apricot Glazed chicken,spinach noodle pudding,steamed broccoli <b>ALTERNATIVE</b> : Gelfite Fish , tricolor pasta salad,carrot and raising salad <b>NON-KOSHER</b> : Chicken parmesan, penne,broccoli w/ toasted garlic
18  "JASA CLOSED" "PRESIDENT'S DAY"	19 <b>KOSHER</b> Shake and amp chicken,mashed sweet potatoes,mixed green salad <b>ALTERNATIVE</b> : Egg salad,mixed green salad,sweet potato salad. <b>NON-KOSHER</b> BBQ chicken leg queaters,braised collard greens,garlic and rosemary,	20 <b>KOSHER</b> : Beef Hamburger,red bliss potatoes,coleslaw <b>ALTERNATIVE</b> : Salmon salad,coleslaw,corn,black beans,and pepper salad <b>NON-KOSHER</b> : Roasted pork,yellow rice,mixed veg	21 <b>KOSHER</b> : Breaded tilapia fish fillet, orzo,california blend veg <b>ALTERNATIVE</b> : Turkey salad,lentil salad,carrot salad <b>NON-KOSHER</b> : Oven fried chicken,baked macaroni and cheese,steamed green beans	22 <b>KOSHER</b> : Roasted chicken,kasha varnishkes,baby carrots w/ parsley <b>ALTERNATIVE</b> Gelfite fish,cucumber salad,red cabbage salad <b>NON-KOSHER</b> : Beef meatballs in tomato sauce,spaghetti,broccoli, and red peppers
25 <b>KOSHER</b> : Turkey w/ gravy,baked potato in skin,steamed broccoli <b>ALTERNATIVE</b> : Salmon salad,potato salad,red cabbage salad <b>NON-KOSHER</b> : Sweet and sour pork w/ pineapple,chinese style spaghetti,oriental blend	26 <b>KOSHER</b> : chicken cacciatore,garlic bread,pasta,green beans <b>ALTERNATIVE</b> : Egg salad,carrot salad,green bean salad <b>NON-KOSHER</b> : Chicken w/ black bean sauce,white rice,okra w/tomatoes	27 <b>KOSHER</b> : Sweet and sour meatballs,mauzone toasted Barley and amp onion,california blend veg <b>ALTERNATIVE</b> : Tuna salad,lentil salad,cucumber salad <b>NON-KOSHER</b> : Beef stew,egg noodles,broccoli w/ toasted garlic	28 <b>KOSHER</b> : Breaded pollock fish fillet,corn and red peppers,coleslaw <b>ALTERNATIVE</b> : Chicken salad, tricolor pasta salad,coleslaw <b>NON-KOSHER</b> : Hawaiian chicken, mashed sweet potatoes, string beans	



**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**

- Bartow and Einstein Senior Center Game Day – February 16
- Fairway/BJ's- Friday, February 1
- Shoprite – Monday, February 4
- Empire Casino – Tuesday, February 5
- Costco – Thursday, February 7
- Stew Leonards - Friday, February 8
- Philadelphia Flower Show - Wednesday, March 6
- Menopause the Musical at the Westchester Broadway Theater - Thursday, March 14
- Senior Day at the High Point Country Club Montague, NJ – Tuesday, April 17

