

January 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>JASA CLOSED</p>	<p>2 Blood Pressure 9:00 am</p> <p>Stay well Exercise 10:00 am</p> <p>Ladies line dancing 11am-12pm</p> <p>Smartphones Class 12:00P</p> <p>Dominoes 1:00 pm</p>	<p>3</p> <p>Library 9: am-1pm</p> <p>Knitting & Crocheting 10:00</p> <p>Yoga 10-11 am Movie 12:45</p>	<p>4</p> <p>Men's Line Dancing w/Voncile 9-10am</p> <p>Ladies Line Dancing 10-11am</p> <p>Sing-A-Long 11 am - 12 PM</p>
<p>7</p> <p>Library 9:30am-1pm</p> <p>Health & Wellness 10:am-11:00 am</p> <p>"Staying Fresh and Alive" 11am-Noon</p> <p>Dominoes 1:00 pm</p>	<p>8</p> <p>Self Defense 9 am</p> <p>Telephone Service presentation 10:00-11:00 am</p>	<p>9</p> <p>Stay well Exercise 10:00 am</p> <p>Ladies line dancing 11am-12pm</p> <p>Smartphones Class 12:00 PM</p> <p>Men's Dominoes 1:00 pm</p>	<p>10</p> <p>Library 9: am-1pm</p> <p>Knitting & Crocheting 10:00</p> <p>Yoga 10-11 am</p> <p>Movie 12:45</p>	<p>11</p> <p>Men Line Dancing w/Voncile 9-10am</p> <p>Ladies line dancing 10-11am</p> <p>Sing-A-Long 11 am - 12 PM</p>
<p>14</p> <p>Library 9:30am-1pm Health & Wellness 10:am-11:00 am</p> <p>"Staying Fresh and Alive" 11am-Noon</p> <p>Dominoes 1:00 pm</p>	<p>15</p> <p>Self Defense 9 am</p>	<p>16</p> <p>Blood Pressure 9:00am-10am</p> <p>Stay well Exercise 10:00 am</p> <p>Ladies line dancing 11am-12pm</p> <p>Smartphones Class 12:00 PM</p> <p>Dominoes 1:00 pm</p>	<p>17</p> <p>Library 9: am-1pm</p> <p>Knitting & Crocheting 10:00</p> <p>Yoga 10-11 am</p> <p>Movie 12:45</p>	<p>18</p> <p>Men Line Dancing w/Voncile 9-10am</p> <p>Ladies line dancing 10-11am</p> <p>Sing-A-Long 11 am - 12 PM</p>
<p>21</p> <p>"JASA CLOSED"</p> <p>"Martin Luther King ,Jr.Day"</p>	<p>22</p> <p>Self Defense 9 am</p>	<p>23</p> <p>Stay well Exercise 10:00 am</p> <p>Ladies line dancing 11am-12pm</p> <p>Smartphones Class 12:00 PM</p> <p>Dominoes 1:00 PM</p>	<p>24</p> <p>Library 9: am-1pm</p> <p>Knitting & Crocheting 10:00</p> <p>Yoga 10-11 am</p> <p>Movie 12:45</p>	<p>25</p> <p>Men Line Dancing w/Voncile 9-10am</p> <p>Ladies line dancing 10-11am</p> <p>Sing-A-Long 11 am - 12 PM</p>
<p>28</p> <p>Library 9:30am-1pm</p> <p>Health & Wellness 10:am-11:00 am</p> <p>"Staying Fresh and Alive" 11am-Noon</p> <p>Dominoes 1:00 PM</p>	<p>29</p> <p>Self Defense 9 am</p>	<p>30</p> <p>Blood Pressure 9:00am-10am</p> <p>Stay well Exercise 10:00 am</p> <p>Ladies line dancing 11am-12pm</p> <p>Smartphones Class 12:00 PM</p> <p>Dominoes 1:00 pm</p>	<p>31</p> <p>Library 9: am-1pm</p> <p>Knitting & Crocheting 10:00</p> <p>Yoga 10-11 am</p> <p>Monthly Birthday 12:00 pm</p> <p>Movie 12:45</p>	

January 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 JASA CLOSED "Happy New year"	2 KOSHER : Beef Moussaka, garden salad ALTERNATIVE : Tuna Nicoise salad, classic macaroni salad, garden salad NON-KOSHER : Jerk Chicken, ruand and beans, cabbage with shredded carrots	3 KOSHER : Baked salmon, Rice A Roni, Red cabbage ALTERNATIVE : chicken salad, chickpea salad, red cabbage salad NON-KOSHER : Oven baked pork chops, green beans, sweet baked yams	4 KOSHER : Honey Apricot glazed chicken ALTERNATIVE : Gelfite Fish, tricolor pasta salad, carrot and raisin NON-KOSHER : Chicken parmesan, penne, broccoli w/toasted garlic
7 KOSHER : Breaded Southern steak, Roasted vegetables Couscous, winter blend vegetables ALTERNATIVE : Tuna Fish Salad, Beet Salad, Potato salad NON-KOSHER : Baked tilapia, mashed sweet potatoes roasted vegetables	8 KOSHER : Shake & bake chicken, mashed sweet potatoes, mixed green salad ALTERNATIVE : Egg salad, mixed green salad, sweet potato, salad. NON-KOSHER : BBQ chicken leg Quarter, Braised collard greens, garlic and rosemary roasted potatoes.	9 KOSHER : Beef Hamburger, Red bliss potatoes, coleslaw ALTERNATIVE : Salmon Salad, coleslaw, corn, black bean and pepper salad NON-KOSHER : Pernil (Roasted pork shoulder), yellow rice, mixed vegetables	10 KOSHER : Breaded Tilapia Fish Fillet, Orzo, California Blend veg. ALTERNATIVE : Turkey salad, lentil salad, carrot salad NON-KOSHER : Oven fried chicken, Baked macaroni and cheese, steamed green beans	11 KOSHER : Roasted Chicken, Kasha Varnishkes, baby carrots w/parsley ALTERNATIVE : Gelfite Fish, Cucumber salad, Red cabbage NON-KOSHER : Beef Meatballs in tomato sauce, spaghetti, broccoli and red peppers
14 KOSHER : Turkey w/gravy, baked potato in skin, steamed broccoli ALTERNATIVE : Salmon salad, potato salad, Red cabbage salad. NON-KOSHER : Sweet and sour pork with pineapple, chinese style spaghetti, oriental blend	15 KOSHER : Chicken Cacciatore, pasta, green beans ALTERNATIVE : Egg salad, carrot salad, green bean salad NON-KOSHER : Chicken with black beans sauce, white rice, okra with tomatoes	16 KOSHER : Sweet and sour meatballs ALTERNATIVE : Tuna salad, lentil salad, cucumber salad NON-KOSHER : Beef Stew, Egg Noodles, broccoli w/ Toasted garlic	17 KOSHER : Breaded pollock fish fillet, corn and red peppers, coleslaw ALTERNATIVE : Chicken salad, tricolor pasta salad, coleslaw NON-KOSHER : Hawaiian chicken legs, mashed sweet potatoes, string beans	18 KOSHER : Hawaiian chicken legs, white rice, spinach souffle ALTERNATIVE : Gelfite fish, israeli salad, three bean salad NON-KOSHER : Fish with creole sauce, pasta, steamed kale
21 "JASA CLOSED" "Martin Luther King, Jr. Day"	22 KOSHER : Chicken Francaise, orzo w/vegetables, california blend vegetables ALTERNATIVE : Egg salad, herb potato salad w/mustard vinaigrette, Red cabbage salad. NON-KOSHER : Stewed pork chops, baked red potato wedges, tangy green beans	23 KOSHER : Turkey drumstick, mashed sweet potatoes, green beans and tomatoes ALTERNATIVE : Salmon salad, Green bean salad, mexican corn confetti salad NON-KOSHER : Baked turkey breast, baked sweet potato, collard greens w/tomatoes	24 KOSHER : Imitation crab (Kani) Cakes, rice w/vegetables, russian coleslaw ALTERNATIVE : Turkey salad, chickpea salad w/dill, russian coleslaw NON-KOSHER : Teriyaki baked fish, rice pilaf, carrots	25 KOSHER : Roasted Chicken, Noodle Kugel, Broccoli and red peppers ALTERNATIVE : Gelfite Fish, white bean salad, carrot salad NON-KOSHER : Garlic Chicken, rice w/vegetables, brussel sprouts and kale saute
28 KOSHER : California Turkey meatloaf, homemade mashed potatoes, steamed carrots ALTERNATIVE : Tuna Salad, carrot apple raisin salad, herb potato salad w/mustard vinaigrette NON-KOSHER : Spanish style baked chicken, green beans, roasted potatoes	29 KOSHER : Chicken Cacciatore, pasta, zucchini ALTERNATIVE : OVO-Vegetarian chopped liver, bowtie pasta salad, Four bean salad. NON-KOSHER : Beef and broccoli, egg noodles, mixed vegetables	30 KOSHER : Stuffed Cabbage w/beef, kasha varnishkes, california blend veg ALTERNATIVE : Salmon salad, macaroni and pea salad, beet salad NON-KOSHER : Teriyaki chicken thighs, white rice, baby carrots w/ parsely	31 KOSHER : Salmon Burger, yellow rice, cucumber dill salad ALTERNATIVE : Curried chicken salad, rice pilaf, cucumber salad NON-KOSHER : BBQ pulled pork, baked sweet potato, collard greens	



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

Fairway/BJ: January 4, 2019 Aldi: January 9, 2019

“Healthy Living Presentation”: January 11

Shoprite: January 14, 2019

Empire Casino: January 16, 2019

Stew Leonard’s: January 18, 2018

