

SEPTEMBER 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 JASA CLOSED "Labor Day"</p> 	<p>3 Current Events 10am -11 noon Adult Coloring 11:00 am- 12:00pm</p>	<p>4 Smartphones Class 12:00 PM Men's Dominoes 1:00 pm</p>	<p>5 Knitting & Crocheting 10:00 Movie 10am-12 pm Word Puzzle 11:00am- 12:00pm</p>	<p>6 Men Line Dancing w/Voncile 9- 10am Ladies line dancing 10-11am Sing-A-Long 11 am - 12 PM</p>
<p>9 "Staying Fresh and Alive" 11am-Noon Dominoes 1:00 pm</p>	<p>10 Current Events 10am -11 noon Fall prevention workshop 11-12: 00 pm Adult Coloring 11:00 am- 12:00pm</p>	<p>11 Blood Pressure 9-10: 00 am Nutrition Quick chat with Shani 11-2 pm Smartphones Class 12:00 PM Men's Dominoes 1:00 pm</p>	<p>12 Knitting & Crocheting 10:00 Movie 10-12pm Word Puzzle 11:00am-12:00pm</p>	<p>13 Men Line Dancing w/Voncile 9-10am Ladies line dancing 10-11am Sing-A-Long 11 am - 12 PM</p>
<p>16 "Staying Fresh and Alive" 11am-Noon Dominoes 1:00 pm</p>	<p>17 Current Events 10am -11 noon Adult Coloring 11:00 am 12:00pm</p>	<p>18 Nutrition Quick chat with Shani 11-2pm Smartphones Class 12:00 PM Men's Dominoes 1:00 pm</p>	<p>19 Knitting & Crocheting 10:00 Movie 10-12pm Word Puzzle 11:00am- 12:00pm</p>	<p>20 Men Line Dancing w/Voncile 9- 10am Ladies line dancing 10-11am Sing-A-Long 11 am - 12 Pm</p>
<p>23 "Staying Fresh and Alive" 11am-Noon Dominoes 1:00 pm</p>	<p>24 Current Events 10am -11 noon Adult Coloring 11:00 am- 12:00pm</p>	<p>25 Blood Pressure 9-10: 00 am Nutrition Quick chat with Shani 11- 2pm Smartphones Class 12:00 PM Men's Dominoes 1:00 pm</p>	<p>26 Knitting & Crocheting 10:00 Movie 10-12pm Word Puzzle 11:00am- 12:00pm</p>	<p>27 Men Line Dancing w/Voncile 9- 10am Ladies line dancing 10-11am Sing-A-Long 11 am -12 PM</p>
<p>30 <i>Happy Rosh Hashanah</i> JASA CLOSED</p>				



SEPTEMBER 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 JASA CLOSED	3 KOSHER: Beef moussaka,roasted butternut squash,caesar salad Alternative: Veggie Burger NON-KOSHER: Lemon chicken,egg noodles,italian blend veg	4 KOSHER: Yankee pot roast,roasted potatoes,california blend veg ALTERNATIVE: Tuna salad NON-KOSHER: Homemade fish cake,coleslaw,roasted potatoes	5 KOSHER: Fillet of sole fish ,quinoa,grilled veg. ALTERNATIVE: Chicken wrap NON-KOSHER: Pork stir fry w/veg,white rice,broccoli w/toasted garlic	6 KOSHER: Roasted chicken,bowtie pasta & kasha,vegetables ratatouille ALTERNATIVE: Gefilte fish NON-KOSHER: Chicken salad,classic macaroni salad,israeli salad
9 Kosher: chicken marsala,fettucini pasta,normandy blend ALTERNATIVE: egg salad NON-KOSHER: oven fried chicken,baked macaroni and cheese,gren beans	10 Kosher: hungarian goulash,mashed potatoes,capri blend veg ALTERNATIVE: Baked breaded fish NON-KOSHER: Mango chutney pork roast,baked potatoes,normandy blend	11 KOSHER: stir fry chicken,yellow rice,sauteed string beans ALTERNATIVE: vegetarian chilli NON-KOSHER: chicken breast ad rice ,okra w/tomatoes	12 KOSHER: Baked salmon,orzo w/ fried onions,cucumber salad ALTERNATIVE: chicken salad NON-KOSHER: beef and peppers pasta,sauteed spinach	13 KOSHER: sweet and sour chicken,spinach noodle kugel,california blend veg ALTERNATIVE: Gefilte Fish NON-KOSHER: Fish w/ vreoale sauce,black beans and rice
16 KOSHER: Hamburgers,potato salad,lettuce,tomatoes,onion ALTERNATIVE: Veggie burger NON-KOSHER: Baked asian style honey chicken,green beans,smashed red potatoes	17 KOSHER: oven fried chicken,orzo w/fried onions,roasted zucchini in tomatoes sauce ALTERNATIVE: Egg frittata NON-KOSHER: BBQ pork chops,rice and beans,normandy blend	18 KOSHER: sweet and sour meatballs,spaghetti ,normandy blend ALTERNATIVE: baked breaded fish NON-KOSHER: Rosemary chicken,baby carrots w/parsley,baked potatoes	19 KOSHER: baked flounder,wild rice,roasted zucchini ALTERNATIVE: sliced deli turkey NON-KOSHER: Baked breaded fish,pasta primavera,steamed broccoli	20 KOSHER: italian roast chicken,sweet noodle kugel,steamed spinach ALTERNATIVE: gefilte fish NON-KOSHER: turkey salad,garden salad,sweet potato salad
23 Kosher: rib eye roast,mashed potatoes,steamed carrot ALTERNATIVE: baked breaded fish NON-KOSHER: Beef pot roast,italian blend veg,oasted potatoes	24 KOSHER: Baked breaded chicken cutlet w/ mushroom gravy, ALTERNATIVE: veggie burger NON-KOSHER: Baked chicken,brown rice,cabbage carrot slaw	25 KOSHER: stuffed peppers w/ turkey ,cous cous,roasted eggplant ALTERNATIVE: egg frittata NON-KOSHER: Sweet and sour pork loin ,instant mashed potatoes,cauliflower	26 KOSHER : baked salmon ,baked sweet potato ,roasted zucchini ALTERNATIVE: Chicken salad NON-KOSHER: curried chicken legs,white rice,broccoli w/tasted garlic	27 KOSHER: moroccan chicken ,brown rice,italian cut green beans ALTERNATIVE: gefilte fish NON-KOSHER: Baked fish w/black bean sauce,egg noodles,steamed green beans
30 JASA CLOSED				



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

The Center will be closed for Labor Day Monday, September 2nd, 2019

St. Mary's Pool -9/23/2019 & 9/27/2019

Stew Leonard's - 9/4/2019

Walmart -9/5/2019, 9/12/2019

Fairway / BJ'S- 9/6/2019

Shoptite New Rochelle- 9/9/2019

Target -Throggneck Mall- 9/9/2019

Empire Casino- 9/10/2019, 9/17/2019

Aldi -9/11/2019

Jersey Garden Outlet Mall (The Mills)- 9/12/2019

Costco- 9/13/2019

Ochs Apple Orchard - 9/25/2019

**Chronic Diabetes Self-Management Einstein Senior Center Rm 35
Tuesdays October 8th, 15th, 22nd, 29th, November 5th, 12th,&19th.**

**Living Beyond Breast Cancer "A survivor's story" October 15, 2019
Tickets \$4.00 at the Bartow and Einstein Senior centers.**

"Hope for a Cure" An Alzheimer's Awareness Month Event Saturday, November 9, 2019

Tai-Chi For Arthritis Starting September 3, 2019,(16 weeks classes; seniors must register)

**A social worker is on staff at the Bartow Senior center from 9 am to 12:00 pm and at the
Dreiser Senior center from 1 pm -4 pm**

