




Van Cortlandt Older Adult Center

Phone Number (718) 549-4700 Address 185 W 231st Street, Bronx, NY 10463

April 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>April Holiday and Observances</u> April 1st Passover starts April 2nd Center is closed Passover April 3rd Good Friday April 9th Passover ends April 15th Last Day to file Taxes April 22nd Earth Day</p>	<p>Stress Awareness Month National Minority Health Month</p>	<p>1 All Day- Technical Assistance w/Staff 10:00am Advisory Board Meeting 11:00am Zumba w/Dorian 12:15pm Lunch 1:45pm Hot Topics w/Lucy</p>	<p>2 Center is Closed Passover</p>	<p>3 All Day- Technical Assistance w/Staff 10:00am Exercise w/Cliff 12:15pm Lunch 2:00pm Leisure Bingo 3:00-4:30pm Men's Social</p>
<p>6 All Day- Technical Assistance w/Staff 10:00am Cardio/Strength w/ Patti 12:15pm Lunch 12:30pm Special Guests for the First Time: Kingsbridge Heights Tween Students 1:00pm SE w/Donna Topic "No Stress I Guess" 2:15pm Digital Literacy w/Ron 3:00pm Movie, Popcorn & Juice (New)</p>	<p>7 All Day- Technical Assistance w/Staff 10:00am IntenSati Method w/Patti 12:15pm Lunch 2:00pm - 4:00pm Leisure Bingo 2:15pm Mixed Media Arts w/Ron 4:00pm Book Club w/Horace Mann</p>	<p>8 All Day- Technical Assistance w/Staff 11:00am Zumba w/Dorian 12:15pm Lunch 1:45pm Hot Topics w/Lucy 2:00pm Board Games w/Staff (New)</p>	<p>9 All Day- Technical Assistance w/Staff 10:00am-11:30am Chair Yoga w/Patti 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Dorian 2:00pm-4:30pm Art Social</p>	<p>10 All Day- Technical Assistance w/Staff 10:00am Exercise w/Cliff 12:15pm Lunch 2:00pm Leisure Bingo 3:00-4:30pm Men's Social</p>
<p>13 All Day- Technical Assistance w/Staff 10:00am-11:30am Cardio/Strength w/Patti 12:15pm Lunch 2:15pm Digital Literacy w/Ron 3:30pm Cornhole</p>	<p>14 All Day- Technical Assistance w/Staff 10:00am IntenSati Method w/Patti 12:15pm Lunch 1:00pm Scam Presentation w/Hanna 2:00pm-4:00pm Leisure Bingo 2:15pm Mixed Media Arts w/Ron 4:00pm Book Club w/Horace Mann</p>	<p>15 All Day- Technical Assistance w/Staff 11:00am Zumba w/Dorian 12:15pm Lunch 1:45pm Hot Topics w/Lucy 2:00pm Tie Dye (New)</p>	<p>16 All Day- Technical Assistance w/Staff 10:00am-11:30am Chair Yoga w/Patti 12:15pm Lunch 12:00pm Earth Day Event: Nutrition Presentation w/Tania 1:30pm Jewelry Making w/Dorian 2:00pm-4:30pm Art Social 3:15pm-4:15pm Kingsbridge Heights Tween students (New)</p>	<p>17 All Day- Technical Assistance w/Staff 10:00am Exercise w/Cliff 12:15pm Lunch 1:30pm Easter/Spring Celebration 2:00pm Leisure Bingo 3:00-4:30pm Men's Social</p>

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<p>20 All Day- Technical Assistance w/Staff 10:00am-11:30am Cardio/Strength w/Patti 12:15pm Lunch 2:15pm Digital Literacy w/Ron 3:30pm Dominos</p>	<p>21 Wear Green For Earth Day All Day- Technical Assistance w/Staff 10:00am IntenSati Method w/Patti 12:15pm Lunch 2:00pm Leisure Bingo 2:15pm Mixed Media Arts w/Ron 4:00pm Book Club w/Horace Mann</p>	<p>22 Earth Day All Day- Technical Assistance w/Staff 11:00am Zumba w/Dorian 12:15pm Lunch 1:00pm JASA care Presentation 1:45pm Hot Topics w/Lucy 2:00pm Art Project w/Staff (New)</p>	<p>23 All Day- Technical Assistance w/Staff 10:00am-11:30am Chair Yoga w/Patti 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Dorian 2:00pm-4:30pm Art Social 3:15pm-4:15pm Kingsbridge Heights Tween students (New)</p>	<p>24 All Day- Technical Assistance w/Staff 10:00am Exercise w/Cliff 12:15pm Lunch 2:30pm Leisure Bingo 3:00-4:30pm Men's Social</p>
<p>27 All Day- Technical Assistance w/Staff 10:00am-11:30am Cardio/Strength w/Patti 12:15pm Lunch 2:15pm Digital Literacy w/Ron 3:30pm Board Games</p>	<p>28 All Day- Technical Assistance w/Staff 10:00am IntenSati Method w/Patti 12:15pm Lunch 2:00pm Leisure Bingo 2:15pm Mixed Media Arts w/Ron 4:00pm Book Club w/Horace Mann</p>	<p>29 All Day- Technical Assistance w/Staff 11:00am Zumba w/Dorian 12:15pm Lunch 1:45pm Hot Topics w/Lucy 2:00pm Movie,Popcorn,& Juice (New)</p>	<p>30 All Day- Technical Assistance w/Staff 10:00am-11:30am Chair Yoga w/Patti 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Dorian 2:00pm-4:30pm Art Social 3:15pm-4:15pm Kingsbridge Heights Tween students (New)</p>	

Please be advised that taking any food items from this location to consume elsewhere is entirely at your own risk. For your personal safety and to prevent potential foodborne illnesses, it is crucial to either consume the food or promptly refrigerate it within thirty minutes of departing the premises. When reheating, ensure it is done so in an oven set to 350 degrees Fahrenheit for a minimum of five minutes to achieve a safe internal temperature. Furthermore, it is imperative to discard any remaining food after a maximum of three days. These guidelines are in place to protect your health and well-being.



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April 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Cacciatore Mashed Potato Yellow Squash	2 Center is Closed Passover	3 Grab'n Go Roasted Chicken Baked Potato Roast Butternut Squash
6 Grilled Chicken Roast Potato Zucchini	7 Cold Food Egg Salad Health Salad Beets	8 Grab'n Go Chicken Salad Potato Salad Carrot Salad	9 Grab'n Go Filet of Sole Potato Latka Yellow Squash	10 BBQ Chicken Leg Quarters Baked Potato California Blend Vegetables Alt: Gefilte Fish
13 Chicken Fricassee Whole Wheat Spaghetti Italian Blend Vegetables Alt: Egg Salad	14 Moroccan Salmon Roasted Potatoes Vegetables Alt: Tuna Salad	15 Beef Meatloaf Baked Brown Rice Pilaf Sauteed String Beans Alt: Grilled Chicken Breast	16 Plant Based Cuban Black Beans Yellow Rice Vegetable Mix Alt: Breaded Vegetable Cutlet	17 Roasted Chicken Legs Spinach Noodle Kugel Spiced Mixed Vegetables Alt: Gefilte Fish
20 Moroccan Salmon Rice with Vegetables Mix Vegetables Alt: Chicken Salad	21 Plant Based Breaded Vegetable Cutlet Garlic & Rosemary Roasted potato Cole Slaw Alt: Four Bean Salad	22 Chicken Gumbo Mediterranean Couscous Steamed Green Beans Alt: Tuna Salad	23 Beef Meatballs in Tomato Sauce Spaghetti Capri Blend Vegetables Alt: Egg Salad	24 Baked Chicken Quarters Potato Kugel Normandy Blend Alt: Gefilte Fish
27 Plant Based Comforting Red Lentil Bolognese Pearled Barley Spiced Mixed Vegetables Alt: Vegetarian Stuffed Cabbage	28 Cold Food Chicken Salad Potato Salad Cabbage and Beet Salad Alt: Tuna Salad	29 Teriyaki Baked Fish Mexican Confetti Rice Steamed Yellow Squash Alt: Egg Salad	30 Beef & String Beans Brown Rice Vegetable Mix Alt: Grilled Chicken Breast	Please note: Menu items are subject to change based on food availability.



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(718) 549-4700 • Email www.jasa.org

Hours of Operation Mondays - Fridays 9:00am - 5:00pm

Closed for Federal and Jewish Holidays

April 2nd Center is Closed Passover

Daily Lunch- Mondays - Fridays 12:15pm - 1:15pm - Dining Room

Van Cortlandt Older Adult Center Staff

Indira Ortiz, Program Director lortiz@jasa.org

Anna Barcene, Assistant Director Abarcene@jasa.org

Daisy Ruiz, Program Coordinator Druiz@jasa.org

Nadira Khanam, Case Assistant Nkhanam@jasa.org

Carla Luna, Food technician Cluna@jasa.org

Donna Williams, Social Worker/Clinician Dwilliams@jasa.org

Xylina Rosario, Porter Xrosario@jasa.org

NEW April 2026 Activities/Programming

April 6th @ 12:30pm Kingsbridge Heights Tween Students meet our members

April 16th, 23rd, & 30th @ 3:15pm Spend an 1hr with the Kingsbridge Heights Tween Students

April 14th @ 1:00pm A Scam Prevention Presentation w/Hanna

April 16th @ 12pm Nutrition Presentation/Earth Day Celebration

April 17th @ 1:30pm Easter/Spring Celebration

April 1st, 8th, 15th, 22nd, & 29th @ 2:pm Come in and join our New Activities with Staff