

(718) 671-5161

**April 2026 ACTIVITIES** *(Schedule is Subject To Change)*

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 10AM-11AM: Stretch & Tone w/Ola 11AM-12PM: Bodies In Motion w/Ola 12PM-1PM: LUNCH 1pm-3pm: Aqua Aerobics (Off Site) 1PM-2PM: Board Games 1pm-2pm: Technology w Jimmy	<b>2</b> CLOSED- Passover Observance	<b>3</b> 9:30AM- 10:30 AM- Coloring for Calmness 10AM-12PM: Chess Club 10AM-12pm: Su Casa Art w/ TJ 10:30AM-12PM: Blood Pressure Screening <b>11:00AM-12PM: Health &amp; Wellness:</b> 12PM-1PM: LUNCH 1PM-2PM: Let's Get It On Zumba
<b>6</b> <b>TRIP: 9AM-3pm- Queens Place</b> 9AM-10AM: Mindful Mornings Tai-Chi 10:30AM-11:30AM: Line Dance 11AM-12PM: Book Club 12PM-1PM: LUNCH 1pm-3pm: Movies w/ Dennis: "The Ravine"	<b>7</b> 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1pm-2pm: BINGO	<b>8</b> 10AM-11AM: Stretch & Tone w/Ola 11AM-12PM: Bodies In Motion w/Ola 12PM-1PM: LUNCH 1pm-3pm: Aqua Aerobics (Off Site) 1PM-2PM: Board Games 1pm-2pm: Technology w Jimmy <b>12pm-4pm Performance: Shen Yun 2026</b>	<b>9</b> 10AM-12PAM: Visual Arts <b>11AM-12PM: Salsa Dance w/ George</b> 12PM- 12PM-1PM: LUNCH 1PM-2PM: Fit For Life Exercise w/Gail 2pm-4pm: Crochet & Knitting w/ Sarah	<b>10</b> <b>TRIP: 11AM-3pm- Lunch @ City Island</b> 9:30AM- 10:30 AM- Coloring for Calmness 10AM-12PM: Chess Club 10AM-12pm: Su Casa Art w/ TJ 10:30AM-12PM: Blood Pressure Screening 12PM-1PM: LUNCH 1PM-2PM: Let's Get It On Zumba

<p>13  9AM-10AM: Mindful Mornings Tai-Chi  10:30AM-11:30AM: Line Dance  11AM-12PM: Book Club  12PM-1PM: LUNCH  1PM-3PM: Ageless Facials &amp; Self Care  1pm-3pm: Movies w/ Dennis: "Sinners"</p>	<p>14  10AM-11AM: Never Too Old To Learn Spanish  11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien  12PM-1PM: LUNCH  1pm-2pm: BINGO</p>	<p>15  9AM-11AM- Hair Care 4 U (appt. only)  10AM-11AM: Stretch &amp; Tone w/Ola  11AM-12PM: Bodies In Motion w/Ola  12PM-1PM: LUNCH  1pm-3pm: Aqua Aerobics (Off Site)  1PM-2PM: Board Games  1pm-2pm: Technology w Jimmy</p>	<p>16  10AM-12PAM: Visual Arts  11AM-12PM: Salsa Dance w/ George  12PM-1PM: LUNCH  1PM-2PM: Fit For Life Exercise w/Gail  2pm-4pm: Crochet &amp; Knitting w/ Sarah</p>	<p>17  9:30AM- 10:30 AM- Coloring for Calmness  10AM-12PM:Chess Club  10AM-12pm: Su Casa Art w/ TJ  10:30AM-12PM: Blood Pressure Screening  11:00 AM- 12:00 AM- Health &amp; Wellness 2.0-  1PM-2PM: Let's Get It On Zumba</p>
<p>20  <b>TRIP: 9AM-3PM- Walmart</b>  9AM-10AM: Mindful Mornings Tai-Chi  10:30AM-11:30AM: Line Dance  11AM-12PM: Book Club  12PM-1PM: LUNCH  1pm-3pm: Movies w/ Dennis "One Battle After Another"</p>	<p>21  10am-11AM: Never Too Old To Learn Spanish  11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien  12PM-1PM: LUNCH  1pm-2pm: BINGO</p>	<p>22  10AM-11AM: Stretch &amp; Tone w/Ola  11AM-12PM: Bodies In Motion w/Ola  12PM-1PM: LUNCH  1pm-3pm: Aqua Aerobics (Off Site)  1PM-2PM: Board Games  1pm-2pm: Technology w Jimmy</p>	<p>23  10AM-12PAM: Visual Arts  11AM-12PM: Salsa Dance w/ George  12PM-1PM: LUNCH  1PM-2PM: Fit For Life Exercise w/Gail  2pm-4pm: Crochet &amp; Knitting w/ Sarah</p>	<p>24  9:30AM- 10:30 AM- Coloring for Calmness  10AM-12PM:Chess Club  10AM-12pm: Su Casa Art w/ TJ  10:30AM-12PM: Blood Pressure Screening  12PM-1PM: LUNCH  1PM-2PM: Let's Get It On Zumba</p>
<p>27  9AM-10AM: Mindful Mornings Tai-Chi  10:30AM-11:30AM: Line Dance  11AM-12PM: Book Club  12PM-1PM: LUNCH  1PM-3PM: Ageless Facials &amp; Self Care  1pm-3pm: Movies w/ Dennis " The RIP"</p>	<p>28  10am-11AM: Never Too Old To Learn Spanish  11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien  12PM-1PM: LUNCH  1pm-2pm: BINGO</p>	<p>29  10AM-11AM: Stretch &amp; Tone w/Ola  11AM-12PM: Bodies In Motion w/Ola  12PM-1PM: LUNCH  1pm-3pm: Aqua Aerobics (Off Site)  1PM-2PM: Board Games  1pm-2pm: Technology w Jimmy</p>	<p>30  10AM-12PAM: Visual Arts  11AM-12PM: Salsa Dance w/ George  12PM-1PM: LUNCH  1PM-2PM: Fit For Life Exercise w/Gail  2pm-4pm: Crochet &amp; Knitting w/ Sarah</p>	



Einstein Older Adult Center: 135 Einstein Loop, Bronx, NY, 10475

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April 2026 Lunch MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 KOSHER: Chicken Cacciatore w/ Mashed Potato & Yellow Squash	2 CLOSED- Passover Observance	3 KOSHER Grab & Go: Sloppy Joe Mashed Potatoes Carrots
6 KOSHER: Scallion Ginger Tofu Stir Fry Pearled Barley Capri Blend Vegetables	7 KOSHER: Grilled Chicken Roast Potatoes Zuchinni	8 KOSHER: Egg Salad Health Salad Beets	9 NON KOSHER: Grab & Go; Chicken Salad Potato Salad Carrot Salad	10 KOSHER: Grab & Go Filet of Sole Potato Latka Yellow Squash

<p>13 KOSHER: Chicken Fricassee Whole Wheat Spaghetti Italian Blend Vegetables</p> <p>NON KOSHER: Spanish Style Beef Stew Mashed Potatoes Steamed Broccoli</p>	<p>14 KOSHER: Moroccan Salmon Roasted Potatoes &amp; Vegetables</p> <p>NON KOSHER: Baked Fish w Sweet &amp; Sour Sauce Pasta Normandy Blend</p>	<p>15 KOSHER: Beef Meatloaf Brown Rice Pilaf Sauteed String Beans</p> <p>NON KOSHER: Chicken Breast &amp; Rice Boiled Southern Greens</p>	<p>16 KOSHER: Cuban Black Beans Yellow Rice Vegetables Mix</p> <p>NON KOSHER: Aromatic PUmpkin &amp; Chickpea Curry White Rice Italian Cut Green Beans</p>	<p>17 KOSHER: Roasted Chicken Legs Spinach Noodle Kugel Spiced Mixed Vegetables</p> <p>NON KOSHER: Jerk Chicken Black Beans &amp; Rice Italian Blend Vegetables</p>
<p>20 KOSHER: Moroccan Salmon Rice w Vegetables Vegetable Mix</p> <p>NON KOSHER: Beef Meat Sauce w Peppers &amp; Onions White Rice Or Quinoa Steamed Green Beans</p>	<p>21 KOSHER: Breaded Vegetable Cutlet Garlic &amp; Rosemary Roasted potatoes Cole Slaw</p> <p>NON KOSHER: Buffalo Chickpea Power Grain Bowl Macaroni Salad</p>	<p>22 KOSHER: Chicken Gumbo Mediterranean Couscous Steamed Green Beans</p> <p>NON KOSHER: Jerk Fish Black Beans &amp; Rice Steamed Kale</p>	<p>23 KOSHER: Beef Meatballs in Tomato Sauce Spaghetti Capri Blend Vegetables</p> <p>NON KOSHER: Sweet &amp; Sour Pork w Pineapple Baked Red Potato Wedges Steamed Sliced Carrots</p>	<p>24 KOSHER: Baked Chicken Quarters Potato Kugel Normandy Blend</p> <p>NON KOSHER: Curried Chicken Legs White Rice Cooked Cabbage w Shredded Carrots</p>
<p>27 KOSHER: Vegetarian Stuffed Cabbage Pearled Barley Spiced Mixed Vegetables</p> <p>NON KOSHER: Pork Roast w Mango Chutney Brown Rice Cooked Cabbage w Shredded Carrots</p>	<p>28 KOSHER: Tuna Salad Potato Salad Cabbage &amp; Beet Salad</p> <p>NON KOSHER: Baked Chicken Thighs Mashed Sweet Potatoes California Blend Vegetables</p>	<p>29 KOSHER: Teriyaki Baked Fish Mexican Confetti Rice Steamed Yellow Squash</p> <p>NON KOSHER: Blackeye Pea Curry w Potatoes &amp; Tomatoes Mashed Potatoes Steamed Broccoli</p>	<p>30 KOSHER: Grilled Chicken Breast Brown Rice Vegetables Mlx</p> <p>NON KOSHER: Dairy Free Baked Ziti w Turkey Baby Carrots &amp; Parsley</p>	



## Einstein Older Adult Center

135 Einstein Loop Rm 46

Bronx, New York

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**M-F 8am-4pm**

**[www.jasa.org](http://www.jasa.org)**



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