



JASA Bay Eden Older Adult Center

Phone Number (718)-882-3815

1220 East 229th Street, Bronx, NY 10466

February 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Computer Class w/ Ron- In Person (reservation is required) 11:00 Painting w/ Ron - In-Person 11:00 Senior Fitness Boot Camp w/ Rufus- Hybrid 12:00 Congregate Lunch</p>	<p>3. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Computer Class w/ Ron-In Person 11:00 Digital Literacy w/ Ron - In Person 11:00 Dance & Movement w/ Rufus - Hybrid 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person</p>	<p>4. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 BCHN Blood Pressure Screening- In Person 10:00 Crochet w/ Yvette - In Person 10:00 Nutrition Education w. BCHN Pedro Gonzalez 12:00 Congregate Lunch</p>	<p>5. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion/Current Events w/ Tim - In-Person 11:00 Dance & Movement w/ Rufus - Hybrid 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person</p>	<p>6. 8:30 Congregate Breakfast 9:00 The Weekly News Recap- In Person 10:00 Leisure Games: Crossword/Puzzle-In-Person 10:00 Bay Eden Walking Club w. Iris - In-Person 11:00 Chair/ Floor Yoga w/ Rufus- Hybrid 12:00 Congregate Lunch</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Computer Class w/ Ron- In Person (reservation is required) 10:00 Garden Club Mtg- In Person 11:00 Painting w/ Ron - In-Person 11:00 Senior Fitness Boot Camp w/ Rufus- In-Person 12:00 Congregate Lunch</p>	<p>10. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Computer Class w/ Ron-In Person 11:00 Digital Literacy w/ Ron - In Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person</p>	<p>11. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 BCHN Blood Pressure Screening- In Person 10:00 Crochet w/ Yvette - In Person 12:00 Birthday Lunch</p>	<p>12. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion/Current Events w/ Tim - In-Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person</p>	<p>13. 8:30 Congregate Breakfast 9:00 The Weekly News Recap- In Person 10:00 Leisure Games: Crossword/Puzzle-In-Person 10:00 Black History Month Celebration - In-Person 11:00 Chair/ Floor Yoga w/ Rufus- In Person 12:00 Congregate Lunch 1:00 Book Club Mtg w. Evelyn- In Person</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16.</p> <p>CENTER CLOSED PRESIDENTS DAY</p>	<p>17.</p> <p>8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Computer Class w/ Ron-In Person 11:00 Digital Literacy w/ Ron - In Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person</p>	<p>18.</p> <p>8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 BCHN Blood Pressure Screening- In Person 10:00 Crochet w/ Yvette - In Person 11:00 Health Presentation: Montefiore Heart Health Awareness- In-Person 12:00 Congregate Lunch</p>	<p>19.</p> <p>8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion/Current Events w/ Tim - In-Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person</p>	<p>20.</p> <p>8:30 Congregate Breakfast 9:00 The Weekly News Recap- In Person 10:00 Leisure Games: Crossword/Puzzle-In-Person 10:00 Bay Eden Walking Club w. Peter- In-Person 11:00 Chair/ Floor Yoga w/ Rufus- In Person 12:00 Congregate Lunch</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>23. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Computer Class w/ Ron- In Person (reservation is required) 11:00 Painting w/ Ron - In-Person 11:00 Senior Fitness Boot Camp w/ Rufus- In-Person 12:00 Congregate Lunch</p>	<p>24. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Computer Class w/ Ron-In Person 11:00 Advisory Board Mtg 11:00 Digital Literacy w/ Ron - In Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person</p>	<p>25. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 BCHN Blood Pressure Screening- In Person 10:00 Crochet w/ Yvette 11:00 Ed/Rec Presentation: DOT Pedestrian Safety - In Person 12:00 Congregate Lunch & General Membership</p>	<p>26. 8:30 Congregate Breakfast 9:00 YouTube News/Doc In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion/Current Events w/ Tim - In-Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit Chat w Donna -In Person</p>	<p>27. 8:30 Congregate Breakfast 9:00 The Weekly News Recap- In Person 10:00 Leisure Games: Crossword/Puzzle-In-Person 10:00 Bay Eden Walking Club w. Iris - In-Person 10:00 Red Hatters- In Person 11:00 Bingo w Joseph - In Person 12:00 Congregate Lunch</p> <p>**No Chair Yoga Today**</p>



JASA Bay Eden Older Adult Center
Phone Number (718) 882-3815
1220 East 229th Street, Bronx, NY 10466
February 2026 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2. Pancakes Bran Flakes Greek Yogurt Banana	3. Sweet & Sour Chicken Breast Oats w Fruit Apple	4. Baked Egg Omelette Cheesy Home Fries Oatmeal Orange	5. Hard Boiled Egg Corn Muffin Raisin Bran Cereal Banana	6. Egg a la Mexicana Cream of Wheat Yogurt Orange
9. Greek Yogurt Pumpkin Muffin Rasin Bran Orange	10. Spinach & Fetta Omelette Biscuit Shredded Wheat Banana	11. Waffle Cornmeal Porridge Orange	12. Cinnamon French Toast Hard Boiled Egg Bran Flakes Apple	13. Egg White Omelette w Peppers & Onions Oatmeal Banana
16. CENTER CLOSED PRESIDENTS DAY	17. Egg White Omelette w Peppers & Onions Cheesy Grits Orange	18. Fish Cakes Home Fries Bran Flakes Banana	19. Apple Pancakes Scrambled Eggs w Swiss Biscuit Shredded Wheat Apple	20. Baked Egg Omelette Apple Raisin Oatmeal Waffle Orange

Monday	Tuesday	Wednesday	Thursday	Friday
23. French Toast Bran Flakes Greek Yogurt Apple	24. Hard Boiled Egg Cheerios Blueberry Muffin	25. Western Omelette Maple Quinoa Oatmeal Porridge Home Fries Banana	26. Grilled Mozzarella & Tomato Sandwich Rasin Bran Orange	27. Cinnamon French Toast Grits Scrambled Eggs Banana



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Phone Number (718) 882-3815
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February 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2. Pork Roast w Mango Chutney ALT Chicken Brown Rice Cooked Cabbage w Shredded Carrots Apple	3. Baked Chicken Thighs Mashed Sweet Potatoes California Blend Vegetables Orange	4. PB Black eye Pea Curry w Potatoes & Tomatoes Mashed Potatoes Steamed Broccoli Apple	5. Baked Ziti w Beef ALT Baked Ziti w Chicken/Turkey Baby Carrots & Parsley Banana	6. Spanish Chicken w Potatoes & Garlic Yellow Rice Steamed Green Beans Orange
9. Pork Spare Ribs ALT Chicken Garlic Mashed Potatoes Steamed Collared Greens Apple	10. PB Latin sweet Potato & Red Bean Chili White Rice Steamed Cauliflower Orange	11. Birthday Lunch Cream of Pumpkin Soup Grilled Chicken Potato Salad String Beans w Almonds Iced Tea/ Fruit Cup Almond Crusted Cake	12. Baked Asian Style Honey Chicken Half White Rice & Half Quinoa Steamed Broccoli Banana	13. Fish w Tomatoes & Herbs Caribbean Rice & Red Beans Sauteed Spinach Orange

<p>16. CENTER CLOSED PRESIDENTS DAY</p>	<p>17. Spanish Style Roast Pork ALT Chicken White Rice California Blend Vegetables Orange</p>	<p>18. PB Spring Vegetable Lasagna Sauteed Green Beans w Onions Apple</p>	<p>19. Baked Fish w Mushrooms & Peppers Cous Cous Cauliflower w Carrots & Parsley Banana</p>	<p>20. Caesar Salad w Grilled Chicken Pasta Salad Orange</p>
<p>23. Beef Hamburger ALT Salmon Hamburger Coleslaw Red Potato Wedges Apple</p>	<p>24. PB Bright & Lemony Stewed White Beans w Carrots & Spinach White Rice Steamed Broccoli Orange</p>	<p>25. Fish w Mushroom Peppers & Tomatoes Pasta Baby Carrots w Parsley Apple</p>	<p>26. Spanish Style Roast Pork ALT Chicken Black Beans & Rice Steamed Collard Greens Banana</p>	<p>27. Chicken Legs w Stewed Tomatoes Coconut Rice & Pigeon Peas Normandy Blend Orange</p>



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Hours of Operation

Monday - Friday 8:00am - 4:00pm
Closed for Federal and Jewish Holidays

Bay Eden Older Adult Center Staff

Michelle Pottinger: Program Director [mpottinger@jasa.org]
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Yasmin Ahmad: Assistant Director [yahmad@jasa.org]
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Vilma Sorrentini: Case Manager [vsorrentini@jasa.org]
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[In Office: Mondays, & Tuesdays]

Donna Williams: Clinical Social Worker [dwilliams2@jasa.org]
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[In Office: Tuesdays & Thursday]