



Bay Eden Older Adult Center

Phone Number (718)-882-3815
1220 East 229th Street, Bronx, NY, 10466

March 2024 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>March 2024</p> <p>Energy Affordability Program & HEAP</p> <p>*See Case Manager Vilma Sorrentini for more information</p>	<p>Hybrid SAIL Class takes place over Zoom.</p> <p>You can participate at the Home or at Center.</p> <p>To join virtually please log into your Zoom and input meeting ID or Click the link.</p> <p>Zoom Meeting Link: https://us06web.zoom.us/j/81053158240</p> <p>Meeting ID: 810 5315 8240</p>	<p><u>Room Abbreviations</u></p> <p>MR- Music Room AR- Art Room DR- Dining Room CR- Computer Room</p>	<p>*Must be the age of 60 and over to register</p> <p>*Breakfast Contribution</p> <p style="text-align: center;">\$1.00</p> <p>*Breakfast is from 8:30am - 9:30am</p> <p>*Lunch Contribution</p> <p style="text-align: center;">\$1.50</p> <p>*Lunch is from 12:00pm - 1:00pm</p> <p>*ACTIVITIES ARE SUBJECT TO CHANGE*</p>	<p>1.</p> <p>8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In Person 10:00 Leisure Games: Crossword/Puzzles 10:00 Self Defense- In- Person 11:00 Afro-Caribbean Music Class- In Person MR 12:00 Congregate Lunch</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>4.</p> <p>8:30 Congregate Breakfast</p> <p>9:00 Uniper/YouTube</p> <p>Documentary- In Person</p> <p>10:00 Computer Class-In Person</p> <p>10:00 Self Defense- In Person *Makeup Class*</p> <p>11:00 Painting - In- Person</p> <p>11:00 Senior Fitness Boot Camp- In Person</p> <p>12:00 Congregate Lunch</p> <p>1:00 Indoor Gardening - In-Person</p>	<p>5.</p> <p>8:30 Congregate Breakfast</p> <p>9:00 Uniper/YouTube</p> <p>Documentary- In Person</p> <p>10:00 Computer Class- In Person</p> <p>10:00 EB SAIL Fitness Class w. Charles - Hybrid</p> <p>11:00 Dance & Movement - In Person</p> <p>12:00 Congregate Lunch</p> <p>1:00 Chit-Chat w. Donna- In-Person</p>	<p>6.</p> <p>8:30 Congregate Breakfast</p> <p>9:00 Uniper/YouTube</p> <p>Documentary- In Person</p> <p>10:00 BCHN: Blood Pressure Screening - In Person</p> <p>10:00 Crochet Class- In- Person</p> <p>11:00 EB SAIL Fitness Class w. Charles - Hybrid</p> <p>12:00 Congregate Lunch</p>	<p>7.</p> <p>8:30 Congregate Breakfast</p> <p>9:00 Uniper/YouTube</p> <p>Documentary- In Person</p> <p>10:00 Leisure Games: Billiards/ Pool- In Person</p> <p>10:00 Discussion Group / Current Events w. Tim- In Person</p> <p>10:00 Assembly Speaker Heastie Presentation: Foreclosures & Reverse Mortgages- In-Person</p> <p>11:00 Digital Literacy w. Ron (Phones, Tablets, Online Safety)</p> <p>11:00 Dance & Movement- In Person</p> <p>12:00 Congregate Lunch</p> <p>1:00 Chit-Chat w Donna- In-Person</p> <p>11:00 Digital Literacy w. Ron (Phones, Tablets, Online Safety)</p>	<p>8.</p> <p>8:30 Congregate Breakfast</p> <p>9:00 Uniper/YouTube</p> <p>Documentary- In Person</p> <p>10:00 Leisure Games: Crossword/Puzzles</p> <p>10:00 Self Defense- In- Person</p> <p>11:00 Afro-Caribbean Music Class- In Person MR</p> <p>12:00 Congregate Lunch</p>

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<p>11. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In Person 10:00 Garden Club Mtg- In Person 10:00 Computer Class-In Person 11:00 Painting - In- Person 11:00 Nutrition Education - In Person MR 11:00 Senior Fitness Boot Camp- In Person 12:00 Congregate Lunch 1:00 Indoor Gardening - In-Person</p>	<p>12. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In Person 10:00 Computer Class- In Person 10:00 Advisory Board Meeting 10:00 EB SAIL Fitness Class w. Charles - Hybrid 11:00 Dance & Movement - In Person 12:00 Congregate Lunch 1:00 Chit-Chat w. Donna- In-Person</p>	<p>13. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In Person 10:00 BCHN: Blood Pressure Screening - In Person 10:00 Crochet Class- In- Person 11:00 Presentation: SNAP- In Person 11:00 EB SAIL Fitness Class w. Charles - Hybrid 12:00 Congregate Lunch</p>	<p>14. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In Person 10:00 Leisure Games: Billiards/ Pool- In Person 10:00 Discussion Group / Current Events w. Tim- In Person 11:00 Digital Literacy w. Ron (Phones, Tablets, Online Safety) 11:00 Dance & Movement - In Person 12:00 Congregate Lunch 1:00 Chit-Chat w. Donna- In-Person 1:00 Digital Literacy w Ron (Phones, Tablets, Online Safety)</p>	<p>15. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In Person 10:00 Leisure Games: Crossword/Puzzles 10:00 Self Defense- In- Person 11:00 Presentation: Women's Health Awareness - Dr. Castro 11:00 Afro-Caribbean Music Class- In Person MR 12:00 Congregate Lunch</p>

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<p>18.</p> <p>8:30 Congregate Breakfast</p> <p>9:00 Uniper/YouTube</p> <p>Documentary- In Person</p> <p>10:00 Computer Class-In Person</p> <p>10:00 Presentation: Mt. Sinai</p> <p>Colorectal Cancer- In Person</p> <p>11:00 Painting - In- Person</p> <p>11:00 Senior Fit Boot Camp w. In Person</p> <p>12:00 St.Patrick's Day Lunch</p> <p>1:00 Indoor Gardening - In-Person</p>	<p>19.</p> <p>8:30 Congregate Breakfast</p> <p>9:00 Uniper/YouTube</p> <p>Documentary- In Person</p> <p>10:00 Computer Class- In Person</p> <p>10:00 EB SAIL Fitness Class</p> <p>w. Charles - Hybrid</p> <p>11:00 Dance & Movement - In Person</p> <p>12:00 Congregate Lunch</p> <p>1:00 Chit-Chat w. Donna- In-Person</p>	<p>20.</p> <p>8:30 Congregate Breakfast</p> <p>9:00 Uniper/YouTube</p> <p>Documentary- In Person</p> <p>10:00 BCHN: Blood Pressure Screening - In Person</p> <p>10:00 General Membership</p> <p>11:00 Crochet - In-Person</p> <p>11:00 EB SAIL Fitness Class</p> <p>w. Charles - Hybrid</p> <p>12:00 Congregate Lunch</p>	<p>21.</p> <p>8:30 Congregate Breakfast</p> <p>9:00 Uniper/YouTube</p> <p>Documentary- In Person</p> <p>10:00 Leisure Games: Billiards/ Pool- In Person</p> <p>10:00 General Membership</p> <p>11:00 Digital Literacy w. Ron (Phones, Tablets, Online Safety)</p> <p>11:00 Dance & Movement - In Person</p> <p>12:00 Congregate Lunch</p> <p>1:00 Chit-Chat w. Donna- In-Person</p> <p>1:00 Digital Literacy w. Ron (Phones, Tablets, Online Safety)</p>	<p>22.</p> <p>8:30 Congregate Breakfast</p> <p>8:30 Congregate Breakfast</p> <p>9:00 Uniper/YouTube</p> <p>Documentary- In Person</p> <p>10:00 Leisure Games: Crossword/Puzzles</p> <p>10:00 Red Hatter's Mtg- In Person AR</p> <p>10:00 Self Defense- In- Person</p> <p>11:00 Afro-Caribbean Music Class- In Person MR</p> <p>12:00 Congregate Lunch</p>

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<p>25.</p> <p>8:30 Congregate Breakfast</p> <p>9:00 Uniper/YouTube</p> <p>Documentary- In Person</p> <p>10:00 Computer Class-In Person</p> <p>10:00 Women's History Month Presentation- In Person</p> <p>11:00 Painting - In- Person</p> <p>11:00 Senior Fitness Boot Camp- In Person</p> <p>12:00 Congregate Lunch</p> <p>1:00 Indoor Gardening - In-Person</p>	<p>26.</p> <p>8:30 Congregate Breakfast</p> <p>9:00 Uniper/YouTube</p> <p>Documentary- In Person</p> <p>10:00 Computer Class- In Person</p> <p>10:00 EB SAIL Fitness Class w. Charles - Hybrid</p> <p>11:00 Dance & Movement - In Person</p> <p>12:00 Congregate Lunch</p> <p>1:00 Chit-Chat w. Donna- In-Person</p>	<p>27.</p> <p>8:30 Congregate Breakfast</p> <p>9:00 Uniper/YouTube</p> <p>Documentary- In Person</p> <p>10:00 BCHN: Blood Pressure Screening - In Person</p> <p>10:00 Crochet Class - In- Person</p> <p>11:00 EB SAIL Fitness Class w. Charles - Hybrid MR</p> <p>12:00 Birthday Lunch</p>	<p>28.</p> <p>8:30 Congregate Breakfast</p> <p>9:00 Uniper/YouTube</p> <p>Documentary- In Person</p> <p>10:00 Leisure Games: Billiards/ Pool- In Person</p> <p>10:00 Discussion Group / Current Events w. Tim- In Person</p> <p>11:00 Digital Literacy w. Ron (Phones, Tablets, Online Safety)</p> <p>11:00 Dance & Movement - In Person</p> <p>12:00 Congregate Lunch</p> <p>1:00 Chit-Chat w. Donna- In-Person</p> <p>1:00 Digital Literacy w. Ron (Phones, Tablets, Online Safety)</p>	<p>29.</p> <p>8:30 Congregate Breakfast</p> <p>9:00 Uniper/YouTube</p> <p>Documentary- In Person</p> <p>10:00 Leisure Games: Crossword/Puzzles</p> <p>10:00 Self Defense- In- Person</p> <p>11:00 Afro-Caribbean Music Class- In Person MR</p> <p>12:00 Congregate Lunch</p>

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March 2024 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast Contribution is</p> <p style="text-align: center;">\$1.00</p> <p>Breakfast is 8:30am - 9:30am</p>	<p>** Menu is Subject to Change**</p>			<p>1. Grilled Mozzarella & Tomato Sandwich Scrambled Eggs Orange</p>
<p>4. Egg a la Mexicana Mini Whole Wheat Bagel Bran Muffin Apple</p>	<p>5. Oatmeal Grilled Cheese Banana</p>	<p>6. Hard Boiled Egg Pork Sausage Patty Oatmeal Orange</p>	<p>7. Banana Walnut Oatmeal Non Fat Plain Greek Yogurt Apple</p>	<p>8. Sweet Potatoes Scrambled Eggs w Swiss Cheese Banana</p>
<p>11. Coconut Granola Non Fat plain Greek Yogurt Orange</p>	<p>12. Scrambled Eggs w Swiss Cheese Toasted Oats Cereal Banana</p>	<p>13. Pancake Turkey Sausage Patty Apple</p>	<p>14. Omelet w Peppers & Onions Raisin Bran Cereal Orange</p>	<p>15. Home Fries Turkey Bacon Apple</p>
<p>18. Blueberry Pancake Turkey Sausage Link Wheat Flake Cereal Apple</p>	<p>19. Western Omelette Creamy Oat Bran Orange</p>	<p>20. Baked Egg Omelet Cheesy Home Fries Banana</p>	<p>21. Hard Boiled Egg Raisin Bran Cereal Orange</p>	<p>22. Egg a la Mexicana Oatmeal Apple</p>
<p>25. Non-Fat Plain Greek Yogurt Pumpkin Muffin Raisin Bran Cereal Orange</p>	<p>26. Waffle Turkey Bacon Bran Flake Cereal Banana</p>	<p>27. Spinach & Feta Omelette Shredded Wheat Big Biscuit Orange</p>	<p>28. Cinnamon French Toast Hard Boiled Egg Apple</p>	<p>29. Egg White Omelet w Peppers & Onions Oatmeal Apple</p>

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March 2024 Lunch Menu

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Lunch Contribution \$1.50 Lunch is from 12:00pm - 1:00pm	** Menu is Subject to Change** PB= Plant Based			1. Curry Chicken Mashed Potatoes Carrots & Green Beans Banana
4. Pork Loin w Curried Pineapple ALT Chicken Brown Rice Baby Carrots & Parsley String Beans Apple	5. Jerk Chicken Rice & Red Beans Broccoli w Toasted Garlic Banana	6. Breaded Fish Fillet Mashed Sweet Potatoes Cabbage w Shredded Carrots Orange	7. Italian Pork Sausage Sauteed Peppers & Onions ALT Chicken Baked Potato Steamed Spinach	8. PB Whole Wheat Tacos w Vegetables Rice Pilaf Baby Carrots w Parsley Orange
11. Curry Chicken Mashed Potatoes Corn & Peas Green Beans w Onions Apple	12. PB Black Bean Fajitas Sauteed Spinach Orange	13. Baked Fish Marsala w Mushrooms White Rice Mixed Vegetable Banana	14. Beef Hamburger ALT Turkey Burger Home Fries Cabbage & Apple Slaw Apple	15. Apricot Glazed Pork Chop ALT Chicken Brown Rice Italian Blend Vegetables Banana

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>18. St Patrick's Day Lunch</p> <p>Corned Beef Alt. Chicken Steamed Cabbage Boiled Potato Irish Soda Bread Cupcake</p>	<p>19.</p> <p>Caribbean Squash w Turkey Steamed Green Beans Banana</p>	<p>20.</p> <p>Baked Fish w Black Bean Sauce Pasta Corn & Peas Sliced Carrots Orange</p>	<p>21. PB</p> <p>Curried Jamaican Stew White Rice California Blend Vegetables Apple</p>	<p>22.</p> <p>Chicken Curry w Apples & Peas Smashed Red Potatoes Oriental Blend Vegetables Banana</p>
<p>25.</p> <p>Beef Brisket w Tomatoes & Onions ALT Chicken Garlic Mashed Potatoes Normandy Blend Apple</p>	<p>26.</p> <p>Spanish Style Baked Chicken Yellow Rice Sauteed Spinach Banana</p>	<p>27. Birthday Lunch</p> <p>Herb Grilled Chicken Baby Roasted Potatoes Green Salad Dinner Roll Cake</p>	<p>28.</p> <p>Coconut Curried Fish Ziti Pasta Sauteed String Beans Apple</p>	<p>29.</p> <p>Chicken Thigh Stew w Ginger & Pumpkin Yellow Rice Cabbage w Green Peas</p>

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www.jasa.org

Hours

Mondays - Fridays 8:00am - 4:00pm
Closed for Federal and Jewish Holidays

Bay Eden Older Adult Center Staff

Michelle Parchment, Program Director [mparchment@jasa.org]

Yasmin Ahmad, Assistant Director [yahmad@jasa.org]

Joseph Albanese, Program Coordinator [jalbanese@jasa.org]

Vilma Sorrentini, Case Manager [vsorrentini@jasa.org]

Donna Williams, Clinical Social Worker [dwilliams2@jasa.org]

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