

## March 2024 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>"All sponsored classes are subject to change"</b></p> <p>Lunch/Almuerzo 12pm-1pm <b>HABLAMOS ESPAÑOL</b></p> <p>Must be the age of 60 and over to register <i>*Trips are by reservation only*</i></p>			<p>Wear Blue on March 11th to support</p>	<p>1</p> <p>10:00am Exercise w/ Cliff 12:15pm Lunch 1:30pm Leisure Bingo 1:30pm Wii Bowling 3:00pm Word Search</p>
<p>4</p> <p>10:00am Strength Training w/Patti 10:00 - 11:00am High Blood Pressure 12:15pm Lunch 1:15pm Technology w/ Joel 1:30pm Topic w/Donna Break Every Chain 2:00pm Self Massage (Hybrid)w/Kathleen 2:15 pm Chinese Calligraphy w/Mr. Tang 3:00pm Board Games</p>	<p>5</p> <p>9:15am Current Events w/ Fatima 10:30am Tai Chi for Arthritis w/ Jimmy 12:15pm Lunch 1:30pm Leisure Bingo 3:00pm Word Search</p>	<p>6</p> <p>10:00am Evidence Base SAIL w/ Patti 11:00am Knitting 12:15pm Lunch 1:15pm Movie Day 3:00pm Flowing Yoga w/ Kathleen(Hybrid)</p>	<p>7</p> <p>9:15am Arts &amp; Crafts w/ Fatima 10:00am Self Defense w/Patti 11:00am Technology Class 12:15pm Lunch 1:30pm Bingo WEPPAAAA! 3:00pm Board Games</p>	<p>8</p> <p>10:00am Exercise w/ Cliff 12:15pm Lunch 1:30pm Leisure Bingo 1:30pm Wii Bowling 3:00pm Coloring Hour</p>
<p>11 WEAR BLUE to support colorectal cancer</p> <p>10:00am Strength Training w/Patti 10:00 - 11:00am High Blood Pressure 12:15pm Lunch 1:15pm Technology w/ Joel 1:30pm Topic w/Donna And the Beast goes on 2:00pm Self Massage (Hybrid)w/Kathleen 2:15 pm Chinese Calligraphy w/Mr. Tang 3:00pm Board Games</p>	<p>12</p> <p>9:15am Current Events w/ Fatima 10:30 am Tai Chi for Arthritis w/Jimmy 12:15pm Lunch 1:30pm Leisure Bingo 3:00pm Coloring Hour</p>	<p>13</p> <p>10:00am Evidence Base SAIL w/ Patti 11:00am Knitting 12:15pm Lunch 1:30pm Movie Day 3:00pm Flowing Yoga w/ Kathleen(Hybrid)</p>	<p>14</p> <p>9:15am Arts &amp; Crafts w/ Fatima 10:00am Self Defense w/Patti 11:00am Technology Class 12:00pm Nutrition presentation w/Amelia 12:15pm Lunch 1:30pm Bingo WEPPAAAA! 3:00pm Dominos</p>	<p>15</p> <p>10:00am Exercise w/Cliff 12:15pm Lunch 1:30pm Leisure Bingo 1:30pm Wii Bowling 3:00pm Word Search</p>
<p>18</p> <p>10:00am Strength Training w/Patti 10:00 - 11:00am High Blood Pressure 12:15pm Lunch 1:15pm Technology w/ Joel 1:30pm Topic w/Donna Cultural Competency 2:00 pm Self Massage (Hybrid)w/Kathleen 2:15pm Chinese Calligraphy w/Mr. Tang 3:00pm Coloring Hour</p>	<p>19 First Day of Spring</p> <p>9:15am Current Events w/ Fatima 10:30 am Tai Chi for Arthritis w/Jimmy 12:00pm Elder Abuse presentation w/Ashly 12:15pm Lunch 1:30pm Leisure Bingo 3:00pm Word Search</p>	<p>20</p> <p>10:00 am Evidence Base SAIL w/ Patti 11:00am Knitting 12:15pm Lunch 1:15pm Movie Day 3:00pm Flowing Yoga w/ Kathleen(Hybrid)</p>	<p>21</p> <p>9:15am Arts &amp; Crafts w/ Fatima 10:00am Self Defense w/Patti 11:00am Technology Class 12:15pm Lunch 1:30pm Bingo WEPPAAAA! 3:00pm Board Games</p>	<p>22</p> <p>10:00am Exercise w/Cliff 12:15pm Lunch 1:30pm Leisure Bingo 1:30pm Wii Bowling 3:00pm Coloring Hour</p>
<p>25</p> <p>10:00am Strength Training w/Patti 10:00 - 11:00am High Blood Pressure 12:15pm Lunch 1:15pm Technology w/ Joel 1:30pm Topic w/Donna Amazing Grace 2:00 pm Self Massage (Hybrid)w/Kathleen 2:15pm Chinese Calligraphy w/Mr. Tang 3:00pm Coloring Hour</p>	<p>26</p> <p>9:15am Current Events w/ Fatima 10:30 am Tai Chi for Arthritis w/Jimmy 12:15pm Lunch 1:30pm Leisure Bingo 3:00pm Coloring Hour</p>	<p>27</p> <p>10:00 am Evidence Base SAIL w/ Patti 11:00am Knitting 12:15pm Lunch 1:15pm Movie Day 3:00pm Flowing Yoga w/ Kathleen(Hybrid)</p>	<p>28</p> <p>9:15am Arts &amp; Crafts w/ Fatima 10:00am Self Defense w/Patti 11:00am Technology Class 12:15pm Lunch 1:30pm Bingo WEPPAAAA! 3:00pm Dominos</p>	<p>29</p> <p>10:00am Exercise w/Cliff 12:15pm Lunch 1:30pm Birthday Party 3:30pm Leisure Bingo</p>

## Van Cortlandt Older Adult Center: 3880 Sedgwick Ave, Bronx, NY, 10463 (718)549-4700

### March 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Roasted Chicken Legs Potato Kugel Vegetable Ratatouille  Alt: Gefilte Fish
4 Cuban Black Beans Brown Rice Yellow Plantains Tossed Salad w/Dressing  Alt: Veggie Cutlet	5 Poached Salmon Baked Sweet Potato Normandy Blend  * Alt: Chicken Salad	6 BBQ Grilled Chicken Breast Egg Barley w/Mushrooms Grilled Vegetables  Alt: Breaded Fish	7 Hamburgers Garlic & Rosemary Roasted Potato Lettuce, Tomato, Cucumber Salad  Alt: Salmon Burger	8 Moroccan Style sauce Chicken Legs Brown Rice Steamed Green beans  Alt: Gefilte Fish
11 Vegetarian Stuffed Pepper Couscous Steamed Yellow Squash  * Alt: Veggie Cutlet	12 Chicken Shawarma Yellow Rice Israeli Salad  Alt: Falafel	13 Baked Flounder Pearled Barley Moroccan Vegetables  Alt: Veggie Burger	14 Pepper Flank Steak Vegetable Lo Mein Oriental Blend Vegetables  Alt: Asian Tofu	15 Italian Roast Chicken Spinach Noodle Kugel Roasted Zucchini  Alt: Gefilte Fish
18 Sweet & Sour Beef Meatballs Spaghetti California Blend Vegetables  Alt: Falafel	19 <b>First day of Spring</b> Baked Breaded Chicken Cutlet (Mushroom Gravy) Egg Barley w/Mushrooms Roasted Peppers  Alt: Sliced Deli Turkey	20 Zesty Chickpea Stew Brown Rice Tossed Salad w/Dressing  * Alt: Veggie Cabbage	21 Apricot Glazed Salmon Baked sweet potato Capri Blend Vegetables  Alt: Chicken Salad	22 Hawaiian Chicken Legs Orzo w/ vegetables Normandy Blend  Alt: Gefilte Fish
25 Mediterranean Fish Roasted Vegetable Couscous Roasted Eggplant  Alt: Tofu Mixed Vegetables	26 Beef Stew Brown Rice California Blend Vegetables  Alt: Grilled Chicken	27 Chicken Marsala Orzo Normandy Blend  Alt: Egg Frittata	28 Vegetarian Stuffed Cabbage Instant Mashed Potatoes Steamed Carrots  Alt: Falafel	29 BBQ Chicken Legs Quarters Garlic & Rosemary Roasted Potato Grilled Vegetables  Alt: Gefilte Fish



**JASA Van Cortlandt Ave Older Adult Center**  
**3880 Sedgwick Ave Bronx NY 10463**  
**(718) 549-4700 [www.jasa.org](http://www.jasa.org)**

Hours Open Daily Monday - Friday 9:00am - 5:00pm.

**\*Closed for Federal and Jewish Holidays\***

Hot Kosher Lunch 12:15 pm - 1:15 pm Served at the Dining Room.

“We speak spanish/ Hablamos espanol”

### **Our Staff (Team)**

**Program Director:** [Indira Ortiz](#)

**Assistant Director:** [Anna Barcene](#)

**Program Coordinator:** [Daisy Ruiz](#)

**Social Worker/Clinician:** Donna Williams

**Case Manager:** Nadira Khanam

**Food technician:** [Carla Luna](#)

**Porter:** John Clark