



July 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>CENTER IS CLOSED</p>	<p>5 10:00am-12:00pm: Blood Pressure (1st and 3rd Tuesday of the Month) 11:00am-12:00pm- Digital Photography Room #7 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-2:00pm- Zumba Room #2 2:00pm-3:00pm- Tai Chi Room #2 3pm-4pm- Virtual Nutrition Presentation 6:30pm-7:30pm- Virtual Computer & Tablet class</p>	<p>6 11:30am-12:00pm: Arthritis Exercise Room #2 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-2:00pm- Bingo Room #2 2:00pm-3:00pm-Self Defense Room #2</p>	<p>7 10:00am-11:00am- Art of Memoir Writing Class Room #7 11:00am-12:00pm- Line Dance Room #2 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-2:00pm- Spanish Class Room #7 2:00pm-3:30pm- Manicure Services for Seniors Room#7</p>	<p>8 10:00am-11:00am- Alert & Alive Room #2 10:00am-12:00pm- Knitting and Crocheting class Room #7 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-3:00pm- Virtual WaterColor Art Class 1:00pm-3:00pm Bingo 1:30pm-3:00pm- Chair Massage Room#2</p>
<p>11 10:00am-11:00am- Virtual Chair Yoga Class Room #2 10:00am-11:00am-Stay Well Room #2 11:00am-12:00pm- Piano Sing Along Class Room #7 12:00pm-1:00pm- Lunch Hour Room #2</p>	<p>12 11:00am-12:00pm- Digital Photography Room #7 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-2:00pm- Zumba Room #2 2:00pm-3:00pm- Tai Chi Room #2 3pm-4pm- Virtual Nutrition Presentation 6:30pm-7:30pm- Virtual Computer & Tablet class</p>	<p>13 11:30am-12:00pm: Arthritis Exercise Room #2 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-2:00pm- Bingo Room #2 2:00pm-3:00pm-Self Defense Room #2</p>	<p>14 10:00am-11:00am- Art of Memoir Writing Class Room #7 11:00am-12:00pm- Line Dance Room #2 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-2:00pm- Spanish Class Room #7 2:00pm-3:30pm- Manicure Services for Seniors Room#7</p>	<p>15 10:00am-11:00am- Alert & Alive Room #2 10:00am-12:00pm- Knitting and Crocheting class Room #7 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-3:00pm- Virtual WaterColor Art Class 1:00pm-3:00pm Bingo 1:30pm-3:00pm- Chair Massage Room#2</p>

<p>18 10:00am-11:00am- Virtual Chair Yoga Class 10:00am-11:00am- Stay Well Room #2 11:00am-12:00pm- Piano Sing Along Class Room #7 12:00pm-1:00pm- Lunch Hour Room #2</p>	<p>19 10:00am-12:00pm: Blood Pressure (1st and 3rd Tuesday of the Month) 11:00am-12:00pm- Digital Photography Room #7 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-2:00pm- Zumba Room #2 2:00pm-3:00pm- Tai Chi Room #2 6:30pm-7:30pm- Virtual Computer & Tablet class</p>	<p>20 11:30am-12:00pm: Arthritis Exercise Room #2 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-2:00pm- Bingo Room #2 2:00pm-3:00pm- Self Defense Room #2</p>	<p>21 10:00am-11:00am- Art of Memoir Writing Class Room #7 11:00am-12:00pm- Line Dance Room #2 11:00am-12:00pm: Virtual Elder Abuse Presentation 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-2:00pm- Spanish Class Room #7 2:00pm-3:30pm- Manicure Services for Seniors Room#7</p>	<p>22 10:00am-11:00am- Alert & Alive Room #2 10:00am-12:00pm- Knitting and Crocheting class Room #7 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-3:00pm- Virtual WaterColor Art Class 1:00pm-3:00pm Bingo 1:30pm-3:00pm- Chair Massage Room#2</p>
<p>25 10:00am-11:00am- Virtual Chair Yoga Class 10:00am-11:00am- Stay Well Room #2 11:00am-12:00pm- Piano Sing Along Class Room #7 12:00pm-1:00pm- Lunch Hour Room #2</p>	<p>26 11:00am-12:00pm- Digital Photography Room #7 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-2:00pm- Zumba Room #2 2:00pm-3:00pm- Tai Chi Room #2 3pm-4pm- Virtual Nutrition Presentation 6:30pm-7:30pm- Virtual Computer & Tablet class</p>	<p>27 11:30am-12:00pm: Arthritis Exercise Room #2 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-2:00pm- Bingo Room #2 2:00pm-3:00pm- Self Defense Room #2</p>	<p>28 10:00am-11:00am- Art of Memoir Writing Class Room #7 11:00am-12:00pm- Line Dance Room #2 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-2:00pm- Spanish Class Room #7 2:00pm-3:30pm- Manicure Services for Seniors Room#7</p>	<p>29 10:00am-11:00am- Alert & Alive Room #2 10:00am-12:00pm- Knitting and Crocheting class Room #7 12:00pm-1:00pm- Lunch Hour Room #2 1:00pm-3:00pm- Virtual WaterColor Art Class 1:00pm-3:00pm Bingo 1:30pm-3:00pm- Chair Massage Room#2</p>
			<p><i>Activities are subject to change.</i></p>	<p><i>Happy Birthday to everyone celebrating in July</i></p> 



Dreiser Older Adult Center: 177 Dreiser Loop, Rm 7 Bronx, NY, 10475



(718) 320-1345

July 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>JASA IS CLOSED 4th OF JULY</p>	<p>5 <u>Kosher:</u> Chicken Shawarma Rice Israeli salad and hummus</p> <p><u>Nonkosher:</u> Curried Chicken Legs White Rice Normandy Blend Vegetables</p>	<p>6 <u>Kosher:</u> Stuffed Cabbage w/Beef Mashed Potato Steamed Carrots</p> <p><u>Nonkosher:</u> Pork Tenderloin with Zesty Cilantro Sauce Baked Red Potato Wedges Carrots</p>	<p>7 <u>Kosher:</u> Baked Salmon Orzo w/ Vegetables Normandy Blend Vegetables</p> <p><u>Nonkosher:</u> Chicken Fajitas with spinach and basil pesto Cilantro Lime rice Italian Blend Vegetable</p>	<p>8 <u>Kosher:</u> Roasted Chicken Potato Kugel Vegetable Ratatouille</p> <p><u>Nonkosher:</u> Fish with fresh salsa relish Brown Rice Steamed Kale</p>
<p>11 <u>Kosher:</u> Greek Salad Pasta Salad</p> <p><u>Nonkosher:</u> Tofu with Rasta Pasta sauce Pasta Steamed spinach</p>	<p>12 <u>Kosher:</u> Roast Turkey Mashed Sweet Potato Roasted String Beans</p> <p><u>Nonkosher:</u> Brown Stew Chicken Yellow Rice Cabbage with shredded carrots</p>	<p>13 <u>Kosher:</u> Pepper Steak Brown Rice Oriental Blend Vegetables</p> <p><u>Nonkosher:</u> Beef Meatballs with Sofrito Whole wheat Spaghetti Baby carrots with parsley</p>	<p>14 <u>Kosher:</u> Baked Flounder Quinoa Mixed Vegetables</p> <p><u>Nonkosher:</u> Stewed Codfish with Eggplant (Bacalao Fresco y Berenjena) Barley Steamed Green Beans</p>	<p>15 <u>Kosher:</u> Malaysian Chicken Yellow Rice Green Bean Saute</p> <p><u>Nonkosher:</u> Arroz con Pollo Broccoli with Toasted Garlic</p>

18
Kosher:
Vegetarian Stuffed Cabbage
Mashed Potato
Steamed Carrots

Nonkosher:
Vegetarian Brown Stew
Baby Carrots with Parsley
Collard Greens

19
Kosher:
Baked Breaded Chicken Cutlet
w/ Mushroom Gravy
Egg Barley w/ Mushroom and
onion
Roasted Peppers

Nonkosher:
Spanish Style Catfish
Chinese Style Spaghetti
Oriental Blend Vegetables

20
Kosher:
Beef Hamburger
Garlic and Rosemary Pot.
Lettuce, Onion, and Tomato

Nonkosher:
Jerk Chicken
Orzo
Steamed Broccoli

21
Kosher:
Apricot Glazed Salmon
Wild Rice
California Blend Vegetables

Nonkosher:
Spanish Style Beef Stew
Baked Red Potato Wedges
Roasted Zucchini

22
Kosher:
Moroccan Chicken
Brown Rice
Saute String Beans

Nonkosher:
Homemade Coconut Breaded
Fish
Quinoa
Sauteed Spinach

25
Kosher:
Turkey & Turkey Pastrami
Sandwich
Pasta Salad
4 Bean Salad

Nonkosher:
BBQ Pork Chops
White Rice
Steamed Kale

26
Kosher:
Sesame Chicken
Lo Mein Noodles
Oriental Blend Vegetables

Nonkosher:
Jerk Chicken
Baked Sweet Potato
Steamed Cabbage

27
Kosher:
Vegetable Cutlet
Baked Sweet Potato
California Blend Vegetables

Nonkosher:
String Bean and Tofu Curry
Yellow Rice and Pigeon Peas
Okra with Tomatoes

28
Kosher:
Beef Stew
Brown Rice
Capri Blend Vegetables

Nonkosher:
Stewed Codfish (Bacalao
Fresco Guisado)
Yuca
Steamed Spinach

29
Kosher:
Apricot Glazed Chicken
Sweet Noodle Kugel
Roasted Butternut Squash

Nonkosher:
Oven Fried Chicken
Baked Macaroni and cheese
Collard Greens

Menu is subjected to change.



Dreiser Older Adult Center
177 Dreiser Loop Room #7
Bronx, NY 10475
(718) 320-1345
glyver@jasa.org
ctaveras2@jasa.org
Monday-Friday 8am-4pm
Generously Funded by Councilman Kevin Riley

Art Class every Friday 1:00pm-3:00pm Virtual (Zoom Link)

Join Zoom Meeting

<https://us06web.zoom.us/j/85686456260>

Meeting ID: 856 8645 6260

Passcode: 944377

929-205-6099 US (New York)

Chair Yoga every Monday 10:00am-11:00am Virtual (Zoom Link)

Join Zoom Meeting

<https://zoom.us/j/99565341173>

Meeting ID: 948 6880 5136

Passcode: 855423

646-876-9923 US (New York)

Computer Class w/ Ralph every Tuesday 6:30pm-7:30pm Virtual (Zoom Link)

Join Zoom Meeting

<https://zoom.us/j/93681329040?pwd=VGIHQWFYWD3SHkwOEEd6aXRmaFlvZz09>

Meeting ID: 936 8132 9040

Passcode: 259554



