


(718) 320-1345

June 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 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>2 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>3 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 1:30pm-3:00pm- Chair Massage Room#2</p>
<p>6 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>7 10:00am-12:00pm: Blood Pressure (1st and 3rd Tuesday of the Month) Room #2 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>8 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>9 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>10 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 1:30pm-3:00pm- Chair Massage Room#2</p>

13
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

14
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

15
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

16
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

17
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
1:30pm-3:00pm- Chair Massage Room#2

20
JASA IS CLOSED IN OBSERVANCE OF JUNETEENTH



21
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

22
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

23
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

24
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
1:30pm-3:00pm- Chair Massage Room#2

27
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

28
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

29
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

30
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

Happy Birthday to everyone celebrating in June



(718) 320-1345

June 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 <u>Kosher:</u> Beef Hamburger Garlic & Rosemary Potatoes Lettuce, tomato, onion and coleslaw <u>Alt:</u> Veggie Burger</p> <p><u>Nonkosher</u> Beef Meatballs with Sofrito Whole Wheat Spaghetti Baby Carrots with Parsley</p>	<p>2 <u>Kosher:</u> Apricot Glazed Salmon Quinoa Roasted Vegetables</p> <p><u>Alt:</u> Sliced Deli Turkey</p> <p><u>Nonkosher</u> Stewed Codfish with Eggplant (Bacalao Fresco y Berenjena) Barley Steamed Green Beans</p>	<p>3 <u>Kosher:</u> Hawaiian Chicken Legs Sweet Noodle Kugel Capri Blend Vegetables</p> <p><u>Alt:</u> Gefilte Fish</p> <p><u>Nonkosher</u> Arroz con Pollo (Chicken Breast and Rice) Broccoli with toasted garlic</p>
<p>6 <u>Kosher:</u> Chef's Salad with Turkey Pastrami Pasta Salad Toss Salad</p> <p><u>Alt:</u> Tuna Salad</p> <p><u>Nonkosher</u> Vegetarian Brown Stew Baby Carrots with Parsley Collard Greens</p>	<p>7 <u>Kosher:</u> Chicken Cacciatore Angel Hair Pasta Mixed Vegetables</p> <p><u>Alt:</u> Salmon Burger</p> <p><u>Nonkosher</u> Spanish Style Catfish Chinese Style Spaghetti Oriental Blend</p>	<p>8 <u>Kosher:</u> Vegetable Cutlet Baked Sweet Potato California blend vegetables</p> <p><u>Alt:</u> Egg Frittata</p> <p><u>Nonkosher</u> Jerk Chicken Orzo Steamed Broccoli</p>	<p>9 <u>Kosher:</u> Asian Beef Brown Rice Oriental Blend Vegetables</p> <p><u>Alt:</u> Asian Tofu</p> <p><u>Nonkosher</u> Spanish Style Beef Stew Baked red potato wedges Roasted Zucchini</p>	<p>10 <u>Kosher:</u> Oven Fried Chicken Leg Roasted Potatoes Grilled Vegetables</p> <p><u>Alt:</u> Gefilte Fish</p> <p><u>Nonkosher</u> Homemade Coconut Breaded Fish Quinoa Sauteed Spinach</p>

<p>13 <u>Kosher:</u> Vegetarian Pasta Primavera Cucumber Salad</p> <p><u>Alt:</u> Egg Salad</p> <p><u>Nonkosher</u> BBQ Pork Chops White Rice Steamed Kale</p>	<p>14 <u>Kosher:</u> Yankee Pot Roast Roasted Potatoes California Blend Vegetables</p> <p><u>Alt:</u> Baked Breaded Fish</p> <p><u>Nonkosher</u> Jerk Chicken Baked Sweet Potato Steamed Cabbage</p>	<p>15 <u>Father's Day Event</u> <u>Meal TBA</u></p> 	<p>16 <u>Kosher:</u> Moroccan Salmon Brown Rice Steamed Green Beans</p> <p><u>Alt:</u> Sliced Deli Turkey</p> <p><u>Nonkosher</u> Stewed Codfish(Bacalao Fresco Guisado) Yucca Steamed Spinach</p>	<p>17 <u>Kosher:</u> Apricot Glazed Chicken Egg Barley with Mushroom & Onion Roasted Butternut Squash</p> <p><u>Alt:</u> Gefilte Fish</p> <p><u>Nonkosher</u> Oven Fried Chicken Baked Macaroni and Cheese Collard Greens</p>
<p>20 JASA IS CLOSED IN OBSERVANCE OF JUNETEENTH</p> 	<p>21 <u>Kosher:</u> Asian Stir Fry Chicken Lo Mein Stir Fry Vegetables</p> <p><u>Alt:</u> Stir Fry Tofu</p> <p><u>Nonkosher</u> BBQ Chicken Roasted Butternut Squash Sauteed Spinach</p>	<p>22 <u>Kosher:</u> Vegetarian Chili White Rice Peas and Carrots</p> <p><u>Alt:</u> Veggie Burger</p> <p><u>Nonkosher</u> Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Broccoli</p>	<p>23 <u>Kosher:</u> Hungarian Beef Goulash Barley California Blend Vegetables</p> <p><u>Alt:</u> Vegetarian Stuffed Cabbage</p> <p><u>Nonkosher</u> Fish with Fresh Salsa Relish Baked Macaroni and Cheese Normandy Blend Vegetables</p>	<p>24 <u>Kosher:</u> Moroccan Chicken Brown Rice Sauteed String Beans</p> <p><u>Alt:</u> Gefilte Fish</p> <p><u>Nonkosher</u> Curried Chicken Legs Brown Rice with Pigeon Peas Okra</p>
<p>27 <u>Kosher:</u> Hot Deli Roast Beef Russian Potato Salad Coleslaw</p> <p><u>Alt:</u> Salmon Burger</p> <p><u>Nonkosher</u> Tofu Broccoli Curry Pasta Steamed Carrots</p>	<p>28 <u>Kosher:</u> Baked Salmon with Dill Sauce Orzo Normandy Blend Vegetables</p> <p><u>Alt:</u> Chicken Salad</p> <p><u>Nonkosher</u> Jerk Chicken Rice and Beans Braised Collard Greens</p>	<p>29 <u>Kosher:</u> Boneless Chicken with Mustard sauce Rice and Mushroom Roasted Peppers</p> <p><u>Alt:</u> Veggie Burger</p> <p><u>Nonkosher</u> Spanish Style Beef Stew Baked Red Potato wedges Steamed Broccoli</p>	<p>30 <u>Kosher:</u> Vegetarian Stuffed Cabbage Mashed Potatoes Steamed Carrots</p> <p><u>Alt:</u> Egg Frittata</p> <p><u>Nonkosher</u> Spanish Style Baked Chicken CousCous Italian Blend Vegetables</p>	



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=VGIHQWFRYWd3SHkwOEEd6aXRmaFlvZz09>
Meeting ID: 936 8132 9040
Passcode: 259554

Nutrition Presentation w/ Amelia Jalandoni June 7, 2022

3:00pm-4:00pm
Join Zoom Meeting
<https://us06web.zoom.us/j/4421366695>
Meeting ID: 442 136 6695
Passcode: dreiser22
929-205-6099 (New York)

Nutrition Presentation w/ Amelia Jalandoni June 21, 2022

3:00pm-4:00pm
Join Zoom Meeting
<https://us06web.zoom.us/j/4421366695>
Meeting ID: 442 136 6695
Passcode: dreiser22
929-205-6099 (New York)

Elder Abuse Presentation Jun 16, 2022

Join Zoom Meeting
11am-12noon
<https://us06web.zoom.us/j/82498557545>
Meeting ID: 824 9855 7545
Passcode: 973687

