



Dreiser Older Adult Center

Phone Number (718) 320 1345

177 Dreiser Loop Room #7 Bronx NY 10475

February 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Make Up Date: 9am- 4pm Walmart (Monroe, NY)</p> <p>9:00am-10:00am- Weekend Recap Discussion Room#7</p> <p>10:00am-11:00am- Stay Well Exercise w/ Denise Auditorium A</p> <p>12:00pm-1:00pm-Lunch Room#4</p> <p>2:15pm-4:00pm-Leisure TV Room#7</p> 	<p>3</p> <p>9:00am-11:00am- Current Events Room#7</p> <p>11:00am-12:00pm- Art w/Gerry Room#2</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1pm-2pm- Crafts w/ Roselen Room #4</p> <p>1:00pm-3:30pm- Leisure Games w/Clare Room#7</p> <p>1:00pm-2:00pm- Zumba w/Ola Room#2</p> <p>2:00pm-3:00pm- Tai Chi w/Jimmy Room#2</p> <p>6:30pm-7:30pm- Computer & Tablet class w/Ralph (Virtual)</p>	<p>4</p> <p>Make Up Date: 10am- 4pm-Hobby Lobby (Makeup trip)</p> <p>9:00am-10:00am- Current Events Room#7</p> <p>11:00am-12:00pm: Arthritis Exercise w/Damion Auditorium A</p> <p>11:00am-12:00pm- Bead & Jewelry w/ Brenda (On Break) Room #4</p> <p>12:00pm-1:00pm- Lunch Room#4</p> <p>1:15 pm-2:15 pm- Technology Class w/ Steve Room#7</p>	<p>5</p> <p>10:00am-11:00am- Current Events Room#7</p> <p>11:00am-12:00pm- Cardio Exercise w/ Gail Auditorium A</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1:00pm-2:00pm- Body in Motion w/ Ola Auditorium A</p> <p>1:15pm-2:15pm- How to Read Your Summary of Benefits w/ Mr. Davis Room #4</p> <p>1:00pm-3:30pm- Leisure Games w/Clare Room#2</p>	<p>6</p> <p>9:00am-11:00pm- Sewing Class w/ Joy Auditorium C</p> <p>10:00am-11:00pm- Alert and Alive with Cathy and Essie Room #4</p> <p>10:00am-12:00pm- Knitting and Crocheting Room #7</p> <p>11:00am-12:00pm- Line Dance w/Sassy Auditorium A</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1:00pm-2:50pm Bingo w/ Gay Auditorium C</p>

9
9:00am-10:00am- Weekend Recap Discussion
Room#7

10:00am-11:00am- Stay Well Exercise w/ Denise
Auditorium A

11:00am-12:00pm- Piano Sing Along Class
(Twice a month)
Room#2

12:00pm-1:00pm-Lunch
Room#4

1:15pm-4pm- Movie Afternoon
Wicked: For Good
Room #4



10
TRIP: 10am-4pm Woodbury Commons

10:00am-11:00am- Current Events
Room#7

11:00am-12:00pm- Art w/Gerry
Room#2

12:00pm-1:00pm- Lunch
Room #4

1pm-2pm- Crafts w/ Roselen
Room #7

1:00pm-3:30pm- Leisure Games w/Clare
Room#2

1:00pm-2:00pm- Zumba w/Ola
Auditorium A

2:00pm-3:00pm- Tai Chi w/Jimmy
Auditorium A

6:30pm-7:30pm- Computer & Tablet class w/Ralph
(Virtual)

11
9:00am-10:00am- Current Events
Room#7

11:00am-12:00pm: Arthritis Exercise w/Damion
Auditorium A

11:00am-12:00pm- Bead & Jewelry w/ Brenda(On Break)
Room #4

12:00pm-1:00pm- Lunch
Room#4

1:15 pm-2:15 pm- Technology Class w/ Steve
Room#7

1:30 pm-3:30 pm- Drama Club w/ Amelia
Room#2

12
9:00am-10:00am- Leisure TV
Room#7

11:00am-12:00pm- Cardio Exercise w/ Gail
Auditorium A

12:00pm-1:00pm- Lunch
Room #4

1:00pm-2:00pm- Body in Motion w/ Ola
Room #2

1:00pm-3:30pm- Leisure Games w/Clare **(Cancelled)**
Room#2

13
9:00am-11:00pm- Sewing Class w/ Joy
Room #2

10:00am-11:00pm- Alert and Alive with Cathy and Essie
Room #4

10:00am-12:00pm- Knitting and Crocheting
Room #7

11:00am-12:00pm- Line Dance w/Sassy
Auditorium A

12:00pm-1:00pm- Valentine's Day Luncheon
Room #4

1:00pm-2:50pm Bingo w/ Gay
Room#2



16



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17

TRIP: 10am-4pm Walmart (Valley Stream, NY)

10:00am-11:00am- Current Events
Room#7

11:00am-12:00pm- Art w/Gerry
Room#2

12:00pm-1:00pm- Lunch
Room #4

1pm-2pm- Crafts w/ Roselen
Room #7

1:00pm-3:30pm- Leisure Games
w/Clare
Room#2

1:00pm-2:00pm- Zumba w/Ola
Auditorium A

2:00pm-3:00pm- Tai
Chi w/Jimmy
Auditorium A

6:30pm-7:30pm- Computer &
Tablet class w/Ralph
(Virtual)

18

9:00am-10:00am- Current Events
Room#7

11:00am-12:00pm: Arthritis
Exercise w/Damion
Auditorium A

11:00am-12:00pm- Bead &
Jewelry w/ Brenda(On Break)
Room #4

12:00pm-1:00pm- Lunch
Room#4

1:15 pm-2:15 pm- Technology
Class w/ Steve
Room#7

1:30 pm-3:30 pm- Drama Club w/
Amelia
Room#2

19

10:00am-11:00am- Current
Events
Room#7

11:00am-12:00pm- Cardio
Exercise w/ Gail
Auditorium A

12:00pm-1:00pm- Lunch
Room #4

1:00pm-2:00pm- Body in
Motion w/ Ola
Auditorium A

1:00pm-3:30pm- Leisure Games
w/Clare
Room#2

20

TRIP: 10am-4pm Africa Center

9:00am-11:00pm- Sewing
Class w/ Joy
Room #2

10:00am-12:00pm- Knitting
and Crocheting
Room #7

10:00am-11:00pm- Alert and
Alive with Cathy and Essie
Room #4

11:00am-12:00pm- Line
Dance w/Sassy
Auditorium A

12:00pm-1:00pm- Lunch
Room #4

1:00pm-2:50pm Bingo w/
Gay
Room#2

Partially funded by Councilman Kevin Riley

Monday	Tuesday	Wednesday	Thursday	Friday
<p>23 9:00am-10:00am- Weekend Recap Discussion Room#7</p> <p>10:00am-11:00am- Stay Well Exercise w/ Denise Auditorium A</p> <p>11:00am-12:00pm- Piano Sing Along Class (Twice a month) Room#2</p> <p>12:00pm-1:00pm-Lunch Room#4</p> <p>1pm-2pm- Crafts w/ Roselen Room #7</p> <p>2:15pm-4:00pm-Leisure TV Room#7</p>	<p>24 TRIP: 9am-4pm Walmart (Monroe, NY)</p> <p>10:00am-11:00am- Current Events Room#7</p> <p>11:00am-12:00pm- Art w/Gerry Room#2</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1:00pm-3:30pm- Leisure Games w/Clare Room#2</p> <p>1pm-2pm- Crafts w/ Roselen Room #7</p> <p>1:00pm-2:00pm- Zumba w/Ola Auditorium A</p> <p>2:00pm-3:00pm- Tai Chi w/Jimmy Auditorium A</p> <p>6:30pm-7:30pm- Computer & Tablet class w/Ralph (Virtual)</p>	<p>25 11:00am-12:00pm: Arthritis Exercise w/Damion Auditorium A</p> <p>11:00am-12:00pm- Bead & Jewelry w/ Brenda (On Break) Room #4</p> <p>12:00pm-1:00pm- Lunch/ Birthday Celebration Room#4</p> <p>1:15 pm-2:15 pm- Technology Class w/ Steve Room#7</p> <p>1:30 pm-3:30 pm- Drama Club w/ Amelia Room#2</p>	<p>26 TRIP: 10am-4pm Shabazz Center</p> <p>10:00am-11:00am- Current Events Room#7</p> <p>11:00am-12:00pm- Cardio Exercise w/ Gail Auditorium A</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1:00pm-2:00pm- Safety Information with Officer Pacheco- 45th Precinct Room #4</p> <p>1:00pm-2:00pm- Body in Motion w/ Ola (Cancelled) Auditorium A</p> <p>1:00pm-3:30pm- Leisure Games w/Clare (Cancelled) Room#2</p>	<p>27 TRIP: 10am-4pm BX Games Center</p> <p>9:00am-11:00pm- Sewing Class w/ Joy Room #2</p> <p>10:00am-12:00pm- Knitting and Crocheting Room #7</p> <p>10:00am-11:00pm- Alert and Alive with Cathy and Essie Room #4</p> <p>11:00am-12:00pm- Line Dance w/Sassy Auditorium A</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1:00pm-2:50pm Bingo w/ Gay Room#2</p>

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Phone Number (718) 320 1345

177 Dreiser Loop Room #7 Bronx NY 10475

February 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><u>Kosher (Plant Based)</u> Vegetarian Stuffed Cabbage Pearled Barley Spiced Mixed Vegetables</p> <p><u>Non Kosher</u> Pork Roast w Mango Chutney Brown Rice Cooked Cabbage w Shredded Carrots</p>	<p>3</p> <p><u>Kosher (Cold)</u> Chicken Salad Potato Salad Cabbage & Beet Salad</p> <p><u>Non Kosher</u> Baked Chicken Thighs Mashed Sweet Potatoes California Blend Vegetables</p>	<p>4</p> <p><u>Kosher</u> Teriyaki Baked Fish Mexican Confetti Rice Steamed Yellow Squash</p> <p><u>Non Kosher (Plant Based)</u> Black eye Pea Curry w Potatoes & Tomatoes Mashed Potatoes Steamed Broccoli</p>	<p>5</p> <p><u>Kosher</u> Beef & String Beans Brown Rice Vegetable Mix</p> <p><u>Non Kosher</u> Dairy-Free Baked Ziti w Turkey Baby Carrots & Parsley</p>	<p>6</p> <p><u>Kosher</u> BBQ Chicken Leg Quarters Spinach Noodle Kugel Capri Blend Vegetables</p> <p><u>Non Kosher</u> Spanish Chicken w Potatoes & Garlic Yellow Rice Steamed Green Beans</p>
<p>9</p> <p><u>Kosher</u> Beef Hamburger Baked Red Potato Wedges Health Slaw</p> <p><u>Non Kosher</u> Pork Spare Ribs Garlic Mashed Potatoes Steamed Collard Greens</p>	<p>10</p> <p><u>Kosher (Plant Based)</u> Vegan Stuffed Peppers Brown Rice Roasted Eggplant</p> <p><u>Non Kosher (Plant Based)</u> Latin Sweet Potatoes & Red Bean Chilli White Rice Steamed Cauliflower</p>	<p>11</p> <p><u>Kosher</u> Puerto Rican Chicken Stew California Blend Vegetables</p> <p><u>Non Kosher</u> Jumbo Stuffed Shells w Meat Sauce Vegetable mix</p>	<p>12</p> <p><u>Kosher</u> Ginger & Lime Salmon Baked Sweet Potato Prince Edwards Blend Vegetables</p> <p><u>Non Kosher</u> Baked Asian Style Honey Chicken White Rice & Quinoa Steamed Broccoli</p>	<p>13</p> <p><u>Kosher</u> BBQ Chicken Legs Quarters Bowtie Pasta w Kasha Sauteed Green Beans w Onions</p> <p><u>Non Kosher</u> Fish w Tomatoes & Herbs Caribbean Rice & Red Beans Sauteed Spinach</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> 	<p>17</p> <p><u>Kosher</u> Veggie Chicken Cacciatore Spaghetti Sauteed String Beans</p> <p><u>Non Kosher</u> Spanish Style Roast Pork White Rice California Blend Vegetables</p>	<p>18</p> <p><u>Kosher (Plant Based)</u> Eggplant Chickpea Tagine Egg Barley Vegetable Mix</p> <p><u>Non Kosher (Plant Based)</u> No Cheese Spring Vegetable Lasagna Sauteed Green Beans w Onions</p>	<p>19</p> <p><u>Kosher</u> Dairy Free baked Ziti w Beef Capri Blend Vegetables</p> <p><u>Non Kosher</u> Baked Fish w Mushrooms & Peppers Cous Cous Cauliflower w Carrots & Parsley</p>	<p>20</p> <p><u>Kosher</u> Baked Chicken Quarters Apple Noodle Kugel Roasted Zucchini</p> <p><u>Non Kosher</u> Grilled Caribbean Chicken Breast Pasta Salad Cabbage Carrots Slaw</p>
<p>23</p> <p><u>Kosher (Plant Based)</u> Scallion Ginger Tofu Stir Fry Pearled Barley Capri Blend Vegetables</p> <p><u>Non Kosher</u> Beef Hamburger Baked Red Potato Wedges Cooked Cabbage w Shredded Carrots</p>	<p>24</p> <p><u>Kosher</u> Chicken Gumbo Cous Cous Roasted Eggplant</p> <p><u>Non Kosher (Plant Based)</u> Bright & Lemony Stewed White Beans w Carrots & Spinach White Rice Steamed Broccoli</p>	<p>25</p> <p><u>Kosher (Cold)</u> Tuna Salad Pasta Salad Cole Slaw</p> <p><u>Non Kosher</u> Fish w Mushrooms , Peppers & Tomatoes Pasta Baby Carrots & Parsley</p>	<p>26</p> <p><u>Kosher</u> Lemon Salmon Yellow Rice Steamed Green Beans</p> <p><u>Non Kosher</u> Spanish Style Roast Pork Black Beans & Rice Steamed Collard Greens</p>	<p>27</p> <p><u>Kosher</u> BBQ Chicken Legs Quarters Baked Potato California Blend Vegetable</p> <p><u>Non Kosher</u> Chicken Legs w Stewed Tomatoes Coconut Rice & Pigeon Peas Normandy Blend</p>



Dreiser Older Adult Center
177 Dreiser Loop, Room#7, Bronx, NY 10475
(718) 320-1345
www.jasa.org

Hours

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

Dreiser Older Adult Center Staff

Yvette Kouamenan, Program Director, ykouamenan@jasa.org

Dennis Hugee, Assistant Program Director, dhugee@jasa.org

Sandra Satchell, Program Coordinator, ssatchell@jasa.org

Julesa Grimes, Case Manager, jgrimes@jasa.org (Available Monday by Appointments only)

February Virtual Programming

Virtual Computer Class w/Ralph every Tuesday on Zoom

6:30pm-7:30pm

Meeting ID: 854 2963 5300

Passcode: Dreiser23