



Dreiser Older Adult Center

Phone Number (718) 320 1345

177 Dreiser Loop Room #7 Bronx NY 10475

June Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 10:00am-11:00am- Chair Yoga Class w/Charles (Virtual) Meeting ID: 863 1492 4183 Passcode: Dreiser23</p> <p>10:00am-11:00am- Stay Well w/Denise Room#2</p> <p>11:00am-12:00pm- Piano Sing Along Class Room#2</p> <p>12:00pm-1:00pm-Lunch Room#4</p> <p>1:15pm-2:15pm- Smartphone and Tablet Literacy class w/Julesa Room#7</p>	<p>4 9:00am-10:00am-Game Time-Dominoes Room#7</p> <p>10:30am-12:00am- Blood Pressure Screening with RN Vida Room#4 (Twice a month)</p> <p>11:00am-12:00pm- SAIL- Staying Active and Independent for Life w/Gail Room#2</p> <p>11:00am-12:00pm- Art w/Lovie Room#7 (Twice a month)</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1:00pm-2:00pm- Zumba w/Ola Auditorium A</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>5 9:00am-10:00am-Game Time- Jenga Room#7</p> <p>10:00am-12:00am- Su Casa Arts Program w/ Gina Room#2</p> <p>*NEW*</p> <p>10:00am-1:00pm- Notary Services w/ Emilia Room#7</p> <p>11:00am-12:00pm: Arthritis Exercise w/Damion Auditorium A</p> <p>12:00pm-1:00pm- Lunch Room#4</p> <p>1:15 pm-3:00 pm- Afternoon Crafts w/Ines & Julesa Room#7</p> <p>2:00pm-3:00pm-Self Defense w/Jimmy Room#2 (Twice a month)</p>	<p>6 9:00am-10:00am-Game Time- Checkers Room#7</p> <p>10:00am-11:00am- Current Events Room#7</p> <p>11:00am-12:00pm: Wellness Mornings Room#7</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1:00pm-2:00pm- Spanish Class w/Angelica Room #7 (Twice a month)</p> <p>1:30pm-3:30pm- Manicure Services Room #7 (Twice a month)</p> <p>1:00pm-2:00pm- SAIL- Staying Active and Independent for Life w/Gail Room#2</p> <p>*NEW* 1:00pm-2:00pm- Body in Motion w/ Ola Auditorium C</p>	<p>7 9:00am-12:00pm- Sewing Class w/Joy Room#2</p> <p>10:00am-12:00pm- Knitting and Crocheting w/ Loretta Room #7</p> <p>10:00am-11:00am- Alert and Alive w/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>1:20pm-2:50pm Bingo w/ Gay Brown Room#4</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10 10:00am-11:00am- Chair Yoga Class w/Charles (Virtual) Meeting ID: 863 1492 4183 Passcode: Dreiser23</p> <p>12:00pm-1:00pm-Lunch Room#4</p> <p>1:15pm-2:15pm- Traffic Presentation by NYC DOT Room#7</p>	<p>11 9:00am-10:00am-Game Time-Dominoes Room#7</p> <p>10:00am-11:00am- Current Events Room#7</p> <p>11:00am-12:00pm- SAIL- Staying Active and Independent for Life w/Gail Room#2</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1:00pm-2:00pm- Zumba w/Ola Auditorium A</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>12 9:00am-10:00am-Game Time- Jenga Room#7</p> <p>10:00am-12:00am- Su Casa Arts Program w/ Gina Room#2</p> <p>*NEW* 10:00am-1:00pm- Notary Services w/ Emilia Room#7</p> <p>11:00am-12:00pm: Arthritis Exercise w/Damion Auditorium A</p> <p>12:00pm-1:00pm- Lunch Room#4</p> <p>1:15 pm-3:00 pm- Afternoon Crafts w/Ines & Julesa Room#7</p> <p>1:30pm-3:30pm- Drama Club Room#4</p>	<p>13 9:00am-10:00am-Game Time- Checkers Room#7</p> <p>10:00am-11:00am- Current Events Room#7</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1:00pm-2:00pm- SAIL- Staying Active and Independent for Life w/Gail Room#2</p> <p>*NEW* 1:00pm-2:00pm- Body in Motion w/ Ola Auditorium C</p>	<p>14 9:00am-10:00am-Game Time- Checkers Room#7</p> <p>11:00am-3:00pm- Su Casa Arts Show/Father's Day Celebration Auditorium C</p> <p style="text-align: center;">Saturday</p> <p>15 9:00am-11:00am-Movie- One Night in Miami Room#7</p> <p>11:00am-12:00am- Current Events Room#7</p> <p>12:00pm-1:00pm- Lunch</p> <p>1:15 pm-3:00 pm- Game Time-Dominoes Room#7</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17 10:00am-11:00am- Chair Yoga Class w/Charles (Virtual) Meeting ID: 863 1492 4183 Passcode: Dreiser23</p> <p>11:00am-12:00pm- Piano Sing Along Class Room#2</p> <p>12:00pm-1:00pm-Lunch Room#4</p> <p>1:15pm-2:15pm- Smartphone and Tablet Literacy class w/Julesa Room#7</p>	<p>18 9:00am-10:00am-Game Time-Dominoes Room#7</p> <p>10:30am-12:00am- Blood Pressure Screening with RN Vida Room#4</p> <p>11:00am-12:00pm- SAIL- Staying Active and Independent for Life w/Gail Room#2</p> <p>11:00am-12:00pm- Art w/Lovie Room#7 (Twice a month)</p> <p>12:00pm-1:00pm- Lunch Room #4</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>19</p> <div style="background-color: black; color: white; text-align: center; padding: 20px;"> <p>Our office is CLOSED in observance of JUNETEENTH</p> </div>	<p>20 9:00am-10:00am-Game Time- Checkers Room#7</p> <p>10:00am-11:00am- Current Events Room#7</p> <p>11:00am-12:00pm: Wellness Mornings Room#7</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1:15pm-2:15pm- Nutrition Presentation Room#7 Meeting ID: 816 1164 3463 Passcode: dreiser23</p> <p>1:00pm-2:00pm- SAIL- Staying Active and Independent for Life w/Gail Room#2</p> <p>1:30pm-3:30pm- Manicure Services Room #7 (Twice a month)</p>	<p>21 10:00am-4:00pm- Walmart Trip</p> <p>9:00am-12:00pm- Sewing Class w/Joy Room#2</p> <p>10:00am-12:00pm- Knitting and Crocheting w/ Loretta Room #7</p> <p>10:00am-11:00am- Alert and Alive w/Cathy and Essie Room#4</p> <p>11:00am-12:00pm- Line Dance w/Sassy Auditorium C</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1:20pm-2:50pm Bingo w/ Gay Brown Room#4</p>

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<p>24 10:00am-11:00am- Chair Yoga Class w/Charles (Virtual) Meeting ID: 863 1492 4183 Passcode: Dreiser23</p> <p>10:00am-11:00am- Stay Well w/Denise Room#2</p> <p>12:00pm-1:00pm-Lunch Room#2</p> <p>1:15pm-2:15pm- Smartphone and Tablet Literacy class w/Julesa Room#7</p>	<p>25 9:00am-10:00am-Game Time-Dominoes Room#7</p> <p>10:00am-11:00am- Current Events Room#7</p> <p>11:00am-12:00pm- Art w/Lovie Room#7 (Twice a month)</p> <p>*NEW* 11:00am-12:00pm- Cardio Exercise w/ Gail Room#2</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1:00pm-2:00pm- Zumba w/Ola Auditorium A</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>26 9:00am-10:00am-Game Time- Jenga Room#7</p> <p>*NEW* 10:00am-11:00pm- Notary Services w/ Emilia Room#7</p> <p>11:00am-12:00pm: Arthritis Exercise w/Damion Auditorium A</p> <p>12:00pm-1:00pm- Lunch Room#4</p> <p>1:15 pm-3:00 pm- Afternoon Crafts w/Ines & Julesa Room#7</p> <p>1:30pm-3:30pm- Drama Club Room#4</p> <p>2:00pm-3:00pm-Self Defense w/Jimmy Room#2 (Twice a month)</p>	<p>27 9:00am-10:00am-Game Time- Checkers Room#7</p> <p>10:00am-11:00am- Current Events Room#7</p> <p>11:00am-12:00pm: Wellness Mornings Room#7</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1:00pm-2:00pm- Spanish Class w/Angelica Room #7 (Twice a month)</p> <p>*NEW* 1:00pm-2:00pm- Body in Motion w/ Ola Auditorium C</p>	<p>28 9:00am-12:00pm- Sewing Class w/Joy Room#2</p> <p>10:00am-12:00pm- Knitting and Crocheting w/ Loretta Room #7</p> <p>10:00am-11:00am- Alert and Alive w/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>1:20pm-2:50pm Bingo w/ Gay Brown Room#4</p>

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June 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><u>Kosher:</u> Baked Fish Marsala with Mushrooms Pasta Prince Edward Blend Vegetables</p> <p><u>Nonkosher:</u> Aromatic Lentil Stew with Carrots and Turnips White Rice Steamed Cauliflower</p>	<p>4</p> <p><u>Kosher:</u> Pepper Flank Steak Vegetable Lo Mein Oriental Blend Vegetables</p> <p><u>Nonkosher:</u> Spanish Style Catfish Chinese Style Spaghetti Oriental Blend Vegetables</p>	<p>5</p> <p><u>Kosher:</u> Breaded Vegetable Cutlet Brown Rice Vegetable Mix</p> <p><u>Nonkosher:</u> Jerk Chicken Black Beans and Rice Steamed Broccoli</p>	<p>6</p> <p><u>Kosher:</u> Turkey Wraps with ColeSlaw, Pasta Salad</p>	<p>7</p> <p><u>Kosher:</u> BBQ Chicken Leg Quarters Baked Potato Capri Blend Vegetables</p> <p><u>Nonkosher:</u> Homemade Coconut Breaded Fish Quinoa Sautéed Spinach</p>

Partially funded by Councilman Kevin Riley

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10</p> <p>Kosher: Turkey Bean Chili Perfect White Rice Tossed Salad with Dressing</p> <p>Nonkosher: BBQ Pork Chops White Rice California Blend Vegetables</p>	<p>11</p> <p>Kosher: Chickpea and Vegetable Curry with Quinoa Couscous Capri Blend Vegetables</p> <p>Nonkosher: Baked Asian Style Honey Chicken Egg Noodles Steamed Red or Green Cabbage</p>	<p>12</p> <p>Nonkosher: Lemony Chickpea and Kale Stir-Fry Brown Rice Cauliflower with Carrots and Parsley</p>	<p>13</p> <p>Nonkosher: Baked Fish with Mushrooms and Peppers Couscous Sauteed Green Beans with Onions</p>	<p>14</p> <p>Nonkosher: Pork Spare Ribs Baked Macaroni and Cheese Steamed Green Greens</p> <p>15</p> <p>Kosher: Turkey Wrap Coleslaw Pasta Salad Apple Sauce</p>
<p>17</p> <p>Kosher: Sesame Orange Chicken Vegetable Lo Mein Prince Edward Blend Vegetables</p> <p>Nonkosher: Spanish Style Roast Pork Black Beans and Rice Braised Collard Greens</p>	<p>18</p> <p>Kosher: Roasted Turkey Breast Baked Sweet Potato Mixed Vegetables</p> <p>Nonkosher: Caribbean Style BBQ Chicken Roasted Potatoes Sauteed Spinach</p>	<p>19</p> <p>Center is Closed</p>	<p>20</p> <p>Kosher: Breaded Fish Filet Baked Potato Carrot Salad</p> <p>Nonkosher: Fish with Mushrooms, Peppers, and Tomatoes Coconut Rice and Pigeon Peas Normandy Blend Vegetables</p>	<p>21</p> <p>Kosher: BBQ Chicken Leg Quarters Potato Blintzes Cole Slaw</p> <p>Nonkosher: Curried Chicken Legs Penne Baby Carrots and Parsley</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>24</p> <p><u>Kosher:</u> Garlic Beef Meatballs Pasta Tossed Salad with Dressing</p> <p><u>Nonkosher:</u> Spanish Style Beef Stew Steamed Broccoli Mashed Potatoes</p>	<p>25</p> <p><u>Kosher:</u> Moroccan Salmon Cous Cous Steamed Yellow Squash</p> <p><u>Nonkosher:</u> Jerk Chicken Rice and Beans Braised Collard Greens</p>	<p>26</p> <p><u>Kosher:</u> Breaded Vegetable Cutlet Brown Rice Capri Blend Vegetables</p> <p><u>Nonkosher:</u> Buffalo Chickpea Power Grain Bowl Pasta Steamed Carrots</p>	<p>27</p> <p><u>Kosher:</u> Salmon Burger Garlic and Rosemary Roasted Potatoes Cucumber Dill Salad</p> <p><u>Nonkosher:</u> Spanish Style Baked Chicken Italian Blend Vegetables Roasted Sweet Potato Fries</p>	<p>28</p> <p><u>Kosher:</u> Italian Roast Chicken Sweet Noodle Kugel Spiced Mixed Vegetables</p> <p><u>Nonkosher:</u> Baked Fish with Black Bean Sauce Pasta Normandy Blend Vegetables</p>



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(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

Cindy Taveras, Program Coordinator, ctaveras2@jasa.org

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

Partially funded by Councilman Kevin Riley

May Virtual Programming

Virtual Chair Yoga w/ Charles every Monday on Zoom

10:00am-11:00am

Meeting ID: 863 1492 4183

Passcode: Dreiser23

Virtual Computer Class w/Ralph every Tuesday on Zoom

6:30pm-7:30pm

Meeting ID: 854 2963 5300

Passcode: Dreiser23

Nutrition Presentation 06/20/2024 at 1:15pm

Meeting ID: 816 1164 3463

Passcode: dreiser23

Partially funded by Councilman Kevin Riley