



Dreiser Older Adult Center

(718) 320-1345

177 Dreiser Loop, Room #7, Bronx, NY 10475

Program Hours: 8:00am to 4:00pm

March 2024 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Case Management Focus of the Month:</p> <p>JASA Home Health / JASA Cares</p> <p>Please make an appointment with the case manager for more information</p>				<p>1 9:00am-12:00pm- Sewing Class trip to Walmart</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</p>

<p>4 10:00am-3:00pm- ACME Market Trip</p> <p>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 (Twice a month)</p> <p>12:00pm-1:00pm-Lunch Room#4</p> <p>1:00pm-2:00pm Health First Presentation Room#7</p> <p>2:00pm-3:00pm -Elder Abuse Presentation w/ Neighborhood Shopp Room#7</p>	<p>5 9:00am-10:00am-Game Time</p> <p>10:00am-11:00am- Current Events</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) Meeting ID: 854 2963 5300 Passcode: Dreiser23</p>	<p>6 9:00am-10:00am-Coloring Time</p> <p>10:00am-11:00am- Current Events</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-2:30 pm- Transportation Presentation w/ Accessible Dispatch Room#7</p>	<p>7 9:00am-10:00am-Game Time 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>2:00pm-3:30pm- Manicure Services for Seniors Room #7 (Twice a month)</p>	<p>8 10:00am-2:00pm-Louis Armstrong House Museum 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 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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Monday	Tuesday	Wednesday	Thursday	Friday
<p>11 9:00am-3:00pm- Walmart Supercenter Trip</p> <p>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-LunchTime Concert with Concert in Motions Room#4</p> <p>1:15pm-2:15pm- Smartphone and Tablet Literacy class w/Julesa Room#7</p>	<p>12 9:00am-10:00am-Game Time</p> <p>10:00am-11:00am- Current Events</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) Meeting ID: 854 2963 5300 Passcode: Dreiser23</p>	<p>13 9:00am-10:00am-Game Time Room#7</p> <p>10:00am-11:00am- Current Events 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>14 9:00am-10:00am-Game Time 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>15 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>18 9:00am-3:00pm- Palisades Mall Trip 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 (Twice a month) Room#2</p> <p>12:00pm-1:00pm-Lunch Room#4</p> <p>1:15pm-3:00pm- Movie Day ! Movie Title: "Origin."</p>	<p>19 9:00am-10:00am-Game Time</p> <p>10:00am-11:00am- Current Events</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) Meeting ID: 854 2963 5300 Passcode: Dreiser23</p>	<p>20 9:00am-10:00am-Coloring Time</p> <p>10:00am-11:00am- Current Events</p> <p>11:00am-12:00pm: Arthritis Exercise w/Damion Auditorium A</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1:00pm-2:30pm- Alzheimer's Presentation w/ Montefiore for the Aging Brain Room#7</p> <p>1:30pm-3:30pm- Drama Club Room#4</p>	<p>21 9:00am-10:00am-Game Time 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>2:00pm-3:30pm- Manicure Services for Seniors Room #7 (Twice a month)</p>	<p>22 9:00am-12:00pm- Sewing Class w/Joy Room#2</p> <p>10:00am-12:00pm- Knitting and Crocheting Class Trip</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>25 9:00am-3:00pm- IKEA Trip</p> <p>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>26 10:00am-11:00am-Game Time</p> <p>11:00am-12:00am- Current Events</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) Meeting ID: 854 2963 5300 Passcode: Dreiser23</p>	<p>27 9:00am-10:00am-Coloring Time</p> <p>10:00am-11:00am- Current Events</p> <p>11:00am-12:00pm: Arthritis Exercise w/Damion Auditorium A</p> <p>12:00pm-1:00pm- Lunch Room #4</p> <p>1:15pm-2:15pm- Fire Safety Presentation by FDNY 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>28 9:00am-10:00am-Game Time 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>2:00pm-3:30pm- Manicure Services for Seniors Room #7 (Twice a month)</p>	<p>29 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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(718) 320-1345
177 Dreiser Loop, Room #7, Bronx, NY 10475
March 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Kosher: Roasted Chicken Legs Potato Kugel Vegetable Ratatouille</p> <p>Nonkosher: Ital Stew (Indulgent Bean and Veggie Stew) White Rice Steamed Spinach</p>
<p>4</p> <p>Kosher: Cuban Black Beans and Brown Rice Yellow Plantains Tossed Salad with Dressing</p> <p>Nonkosher: Pork Loin with Curried Pineapple Brown Rice Sauteed String Beans</p>	<p>5</p> <p>Kosher: Poached Salmon Baked Sweet Potato Normandy Blend Vegetables</p> <p>Nonkosher: Jerk Chicken Caribbean Rice and Red Beans Broccoli with Toasted Garlic</p>	<p>6</p> <p>Kosher: BBQ Sauce Grilled Chicken Breast Egg Barley with Mushrooms Grilled Vegetables</p> <p>Nonkosher: Breaded Fish Filet Mashed Sweet Potatoes Cabbage with Shredded Carrots</p>	<p>7</p> <p>Kosher: Beef Hamburger Garlic and Rosemary Roasted Potatoes Tomato and Cucumber Salad with Dressing</p> <p>Nonkosher: Chicken Parmesan Penne Normandy Blend Vegetables</p>	<p>8</p> <p>Kosher: Moroccan Tomato Sauce Roasted Chicken Legs Brown Rice Steamed Green Beans</p> <p>Nonkosher: Soft Whole Wheat Tacos with Black Beans and Veggies Rice Pilaf Baby Carrots with Parsley</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11</p> <p>Kosher: Vegetarian Stuffed Pepper Steamed Yellow Squash</p> <p>Nonkosher: Curry Chicken Homemade Mashed Potatoes Corn and Peas</p>	<p>12</p> <p>Kosher: Chicken Shawarma Yellow Rice Israeli Salad</p> <p>Nonkosher: Southwestern Black Bean Fajitas Sauteed Spinach</p>	<p>13</p> <p>Kosher: Baked Flounder Pearled Barley Moroccan Vegetables</p> <p>Nonkosher: Baked Fish Marsala with Mushrooms White Rice Vegetable Mix</p>	<p>14</p> <p>Kosher: Pepper Flank Steak Vegetable Lo Mein Oriental Blend Vegetables</p> <p>Nonkosher: Caesar Salad with Grilled Chicken Whole Wheat Pasta Salad</p>	<p>15</p> <p>Kosher: Italian Roast Chicken Spinach Noodle Kugel Roasted Zucchini</p> <p>Nonkosher: Beef Meatballs with Sofrito Yuca with Onions Oriental Blend Vegetables</p>
<p>18</p> <p>Kosher: Sweet and Sour Beef Meatballs Spaghetti with Tomato Sauce California Blend Vegetables</p> <p>Nonkosher: Baked Chicken Thighs Rice and Beans Mixed Vegetables</p>	<p>19</p> <p>Kosher: Baked Breaded Chicken Cutlet Egg Barley with Mushrooms Roasted Peppers</p> <p>Nonkosher: Caribbean Squash with Ground Beef Steamed Green Beans</p>	<p>20</p> <p>Kosher: Zesty Chickpea Stew Brown Rice Tossed Salad with Dressing</p> <p>Nonkosher: Baked Fish with Black Bean Sauce Pasta Steamed Sliced Carrots</p>	<p>21</p> <p>Kosher: Apricot Glazed Salmon Baked Sweet Potato Capri Blend Vegetables</p> <p>Nonkosher: Chickpea of the Sea Tuna Salad Rotini with Tomatoes and Black Olives Broccoli and Red Pepper Salad</p>	<p>22</p> <p>Kosher: Hawaiian Chicken Legs Orzo with Vegetables Normandy Blend Vegetables</p> <p>Nonkosher: Baked Breaded Fish Filet Pearled Barley Braised Collard Greens</p>
<p>25</p> <p>Kosher: Mediterranean Fish Roasted Vegetable Couscous Roasted Eggplant</p> <p>Nonkosher: Beef Brisket with Tomatoes and Onions Garlic Mashed Potatoes Normandy Blend</p>	<p>26</p> <p>Kosher: Beef Stew Brown Rice California Blend Vegetables</p> <p>Nonkosher: Spanish Style Baked Chicken Yellow Rice Sauteed Spinach</p>	<p>27</p> <p>Kosher: Chicken Marsala Orzo Normandy Blend Vegetables</p> <p>Nonkosher: Summer Chickpea and Veggie Salad Basic Pasta Salad Kale Salad with Lemon</p>	<p>28</p> <p>Kosher: Vegetarian Stuffed Cabbage Instant Mashed Potatoes Steamed Carrots</p> <p>Nonkosher: Salmon Salad Classic Macaroni Salad Garden Salad</p>	<p>29</p> <p>Kosher: BBQ Chicken Leg Quarters Garlic and Rosemary Roasted Potatoes Grilled Vegetables</p> <p>Nonkosher: Grandma's Baked Eggplant Parmesan Pasta Braised Collard Greens</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)

Generously Funded by Councilman Kevin Riley

March Virtual Programming

Virtual Classes:

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



Generously Funded by Councilman Kevin Riley

