Dreiser Older Adult Center: 177 Dreiser Loop, Rm 7 Bronx, NY, 10475
(718) 320-1345
September 2022 ACTIVITIES

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td></td>
<td>Happy Birthday to everyone celebrating in September!</td>
<td>11:00am-12:00pm- Line Dance&lt;br&gt;Room #2</td>
<td>12:00pm-1:00pm- Lunch Hour&lt;br&gt;Room #4</td>
<td>10:00am-12:00pm- Knitting and Crocheting class&lt;br&gt;Room #7</td>
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<td>12:00pm-1:00pm- Lunch Hour&lt;br&gt;Room #4</td>
<td>1:00pm-2:00pm- Spanish Class&lt;br&gt;Room #7</td>
<td>12:00pm-1:00pm- Lunch Hour Room #4</td>
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<td>1:00pm-3:30pm- Manicure Services for Seniors&lt;br&gt;Room#7</td>
<td>2:00pm-3:30pm- Virtual WaterColor Art Class</td>
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<td>1:15pm-2:30pm Bingo&lt;br&gt;Room#4</td>
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<td>1:30pm-3:30pm- Chair Massage&lt;br&gt;Room#7</td>
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Activities are subject to change.
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>10:00am-12:00pm</td>
<td>Blood Pressure (1st and 3rd Tuesday of the Month)</td>
<td>Room #7</td>
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<tr>
<td>11:00am-12:00pm</td>
<td>Digital Photography</td>
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<td>12:00pm-1:00pm</td>
<td>Lunch Hour</td>
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<td>Zumba</td>
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<td>Tai Chi</td>
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<tr>
<td>6:30pm-7:30pm</td>
<td>Virtual Computer &amp; Tablet class</td>
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<td>11:00am-12:00pm</td>
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<td>Chair Massage</td>
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<td>Rosh Hashana</td>
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<td>Knitting and Crocheting class</td>
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<td>Falls Prevention workshop w/Terry</td>
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<td><strong>Menu is subject to change.</strong></td>
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<td>5</td>
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<td>Labor Day</td>
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<td><strong>Kosher:</strong></td>
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<td>Sesame Chicken</td>
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<td><strong>Nonkosher:</strong></td>
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<td>Jerk Chicken</td>
<td>Baked Sweet Potato</td>
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<td></td>
<td>Vegetable Cutlet</td>
<td>Baked Sweet Potato</td>
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<td><strong>Nonkosher:</strong></td>
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<td></td>
<td>String Bean and Tofu Curry</td>
<td>Yellow Rice and Pigeon Peas</td>
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<td>8</td>
<td><strong>Kosher:</strong></td>
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<td>Beef Stew</td>
<td>Brown Rice</td>
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<td><strong>Nonkosher:</strong></td>
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<td></td>
<td>Stewed Codfish</td>
<td>Steamed Spinach</td>
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<td>9</td>
<td><strong>Kosher:</strong></td>
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<tr>
<td></td>
<td>Apricot Glazed Chicken</td>
<td>Sweet Noodle Kugel</td>
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<td><strong>Nonkosher:</strong></td>
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<td>Oven Fried Chicken</td>
<td>Baked Macaroni and Cheese</td>
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<td>Nonkosher</td>
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<tr>
<td>12</td>
<td>Kosher: Tofu Lasagna Roll Tossed Salad</td>
<td>Nonkosher: Homemade Roast Pork Spanish Style Penne Braised Collard Greens</td>
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<tr>
<td>13</td>
<td>Kosher: BBQ Chicken Breast Egg Barley w/ Mushroom &amp; Onions Grilled Vegetables</td>
<td>Nonkosher: BBQ Chicken Roasted Butternut Squash Sauteed Spinach</td>
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<tr>
<td>14</td>
<td>Kosher: Meatballs Rice Tomato Basil Salad</td>
<td>Nonkosher: Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Broccoli</td>
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<tr>
<td>15</td>
<td>Kosher: Moroccan Salmon Brown Rice Steamed Green Beans</td>
<td>Nonkosher: Fish with Fresh Salsa Relish Baked Macaroni and Cheese Okra</td>
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<tr>
<td>16</td>
<td>Kosher: BBQ Chicken Breast Egg Barley w/ Mushroom &amp; Onions Grilled Vegetables</td>
<td>Nonkosher: Curried Chicken Legs Brown Rice with Pigeon Peas Okra</td>
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<tr>
<td>19</td>
<td>Kosher: Italian Sausage w/Onions and Peppers White Rice Green Bean Saute</td>
<td>Nonkosher: Tofu Broccoli Curry Pasta Steamed Carrots</td>
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<tr>
<td>20</td>
<td>Kosher: Baked Fish Marsala Couscous Capri Blend Vegetables</td>
<td>Nonkosher: Jerk Chicken Rice and Beans Braised Collard Greens</td>
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<tr>
<td>21</td>
<td>Kosher: Chickpea Stew Wild Rice Tossed Salad</td>
<td>Nonkosher: Spanish Style Beef Stew Baked Red Potato Wedges Steamed Broccoli</td>
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<tr>
<td>22</td>
<td>Kosher: Ribeye Roast Mashed Potatoes Roasted String Beans</td>
<td>Nonkosher: Spanish Style Baked Chicken Couscous Italian Blend Vegetables</td>
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<tr>
<td>23</td>
<td>Kosher: Sweet and Sour Chicken Spinach Noodle Kugel California Blend Vegetables</td>
<td>Nonkosher: Baked Fish with Black Bean Sauce Pasta Normandy Blend Vegetables</td>
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<tr>
<td>26</td>
<td>Center closed Rosh Hashana</td>
<td>Nonkosher: Curried Chicken Legs Perfect White Rice Normandy Blend Vegetables</td>
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<tr>
<td>27</td>
<td>Kosher: (TBA)</td>
<td>Nonkosher: Pork Tenderloin with Zesty Cilantro Sauce Baked Red Potato Wedges Carrots</td>
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<tr>
<td>28</td>
<td>Kosher: Beef Stuffed Cabbage Mashed Potatoes Steamed Carrots</td>
<td>Nonkosher: Chicken Fajitas Spinach and Basil Pesto Cilantro Lime Rice Italian Blend Vegetables</td>
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<tr>
<td>29</td>
<td>Kosher: Baked Salmon Wild Rice Normandy Blend Vegetables</td>
<td>Nonkosher: Fish with Fresh Salsa Relish Brown Rice Steamed Kale</td>
</tr>
<tr>
<td>30</td>
<td>Kosher: Roasted Chicken Potato Kugel Vegetable Ratatouille</td>
<td>Nonkosher: Curried Chicken Legs Brown Rice with Pigeon Peas Okra</td>
</tr>
</tbody>
</table>
Alert and Alive coming soon. (TBA)
Stay well w/Denise will resume in October 2022.

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=VCIHQWFRYWd3SHkwOE6aXRmaFlvZz09
Meeting ID: 936 8132 9040
Passcode: 259554

*NEW*

Nutrition Education class w/ Ameila Jalandoni (In-person) on September 9, 2022 at 11:00am.
Room#4

Falls Prevention workshop w/Terry (In-Person) on September 30th, 2022 at 11:00am.
Room#4