


(718) 671-5161

February 2026 ACTIVITIES *(Schedule is Subject To Change)*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9AM-10AM: Mindful Mornings Tai-Chi 10:30AM-11:30AM: Line Dance 11AM-12PM: Book Club 12PM-1PM: LUNCH 1PM-3PM: Ageless Facials & Self Care (Appointments only) 1pm-3pm: Movies w/ Dennis: "One Night in Miami"</p>	<p>3 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1pm-2pm: BINGO</p>	<p>4 9AM-11AM- Hair Care 4 U (appt. only) 10AM-11AM: Stretch & Tone w/Ola 11AM-12PM: Bodies In Motion w/Ola 12PM-1PM: LUNCH 1pm-3pm: Aqua Aerobics (Off Site) 1PM-2PM: Board Games 1pm-2pm: Technology w Jimmy</p>	<p>5 10AM-12PAM: Visual Arts 11AM-12PM: Salsa Dance w/ George 12PM- 12PM-1PM: LUNCH 1PM-2PM: Fit For Life Exercise w/Gail 2pm-4pm: Crochet & Knitting w/ Sarah</p>	<p>6 10AM-2pm: TRIP to Schomburg Center 9:30AM- 10:30 AM- Coloring for Calmness 10AM-12PM: Chess Club 10:30AM-12PM: Blood Pressure Screening 11:00AM-12PM: Health & Wellness: "Anger Management/ Managing Overwhelming Feelings" 12PM-1PM: LUNCH 1PM-2PM: Let's Get It On Zumba</p>
<p>9 10AM-2pm: Lunch at Jacob's Pickles 9AM-10AM: Mindful Mornings Tai-Chi 10:30AM-11:30AM: Line Dance 11AM-12PM: Book Club 12PM-1PM: LUNCH 1PM-3PM: Ageless Facials & Self Care (Appointments only) 1pm-3pm: Movies w/ Dennis: " Sarah's Oil"</p>	<p>10 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1pm-2pm: BINGO</p>	<p>11 10AM-11AM: Stretch & Tone w/Ola 11AM-12PM: Bodies In Motion w/Ola 12PM-1PM: LUNCH 1pm-3pm: Aqua Aerobics (Off Site) 1PM-2PM: Board Games 1pm-2pm: Technology w Jimmy</p>	<p>12 10AM-12PAM: Visual Arts 11AM-12PM: Salsa Dance w/ George 12PM- 12PM-1PM: LUNCH 1PM-2PM: Fit For Life Exercise w/Gail 2pm-4pm: Crochet & Knitting w/ Sarah</p>	<p>13 9:30AM- 10:30 AM- Coloring for Calmness 10AM-12PM: Chess Club 10:30AM-12PM: Blood Pressure Screening 12PM-1PM: LUNCH 1PM-2PM: Let's Get It On Zumba</p>

<p>16</p>  <p>US LETTER • PRINTABLE</p>	<p>17</p> <p>10AM-11AM: Never Too Old To Learn Spanish</p> <p>11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien</p> <p>12PM-1PM: LUNCH</p> <p>1pm-2pm: BINGO</p>	<p>18</p> <p>9AM-11AM- Hair Care 4 U (appt. only)</p> <p>10AM-11AM: Stretch & Tone w/Ola</p> <p>11AM-12PM: Bodies In Motion w/Ola</p> <p>12PM-1PM: LUNCH</p> <p>1pm-3pm: Aqua Aerobics (Off Site)</p> <p>1PM-2PM: Board Games</p> <p>1pm-2pm: Technology w Jimmy</p>	<p>19</p> <p>10AM-12PAM: Visual Arts</p> <p>11AM-12PM: Salsa Dance w/ George</p> <p>12PM-1PM: LUNCH</p> <p>1PM-2PM: Fit For Life Exercise w/Gail</p> <p>2pm-4pm: Crochet & Knitting w/ Sarah</p>	<p>20</p> <p>10AM-2PM: Trip to The Shabazz Center</p> <p>9:30AM- 10:30 AM- Coloring for Calmness</p> <p>10AM-12PM:Chess Club</p> <p>10:30AM-12PM: Blood Pressure Screening</p> <p>11:00 AM- 12:00 AM- Health & Wellness 2.0- "The Power of Self Care for Mental Well Being"</p> <p>1PM-2PM: Let's Get It On Zumba</p>
<p>23</p> <p>9AM-10AM: Mindful Mornings Tai-Chi</p> <p>10:30AM-11:30AM: Line Dance</p> <p>11AM-12PM: Book Club</p> <p>12PM-1PM: LUNCH</p> <p>1pm-3pm: Movies w/ Dennis "Get on Up" or "Marshall"</p>	<p>24</p> <p>10am-11AM: Never Too Old To Learn Spanish</p> <p>11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien</p> <p>12PM-1PM: LUNCH</p> <p>1pm-2pm: BINGO</p>	<p>25</p> <p>10AM-11AM: Stretch & Tone w/Ola</p> <p>11AM-12PM: Bodies In Motion w/Ola</p> <p>12PM-1PM: LUNCH</p> <p>1pm-3pm: Aqua Aerobics (Off Site)</p> <p>1PM-2PM: Board Games</p> <p>1pm-2pm: Technology w Jimmy</p>	<p>26</p> <p>10AM-12PAM: Visual Arts</p> <p>11AM-12PM: Salsa Dance w/ George</p> <p>12PM-1PM: LUNCH</p> <p>1PM-2PM: Fit For Life Exercise w/Gail</p> <p>2pm-4pm: Crochet & Knitting w/ Sarah</p>	<p>27</p> <p>9:30AM- 10:30 AM- Coloring for Calmness</p> <p>10AM-12PM:Chess Club</p> <p>10:30AM-12PM: Blood Pressure Screening</p> <p>12PM-1PM: LUNCH</p> <p>1PM-2PM: Let's Get It On Zumba</p>

Einstein Older Adult Center: 135 Einstein Loop, Bronx, NY, 10475
 (718) 671-5161



February 2026 Lunch MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 KOSHER: Vegetarian Stuffed Cabbage Pearled Barley Spiced Mixed Vegetables</p> <p>NON KOSHER: Pork Roast w Mango Chutney Brown Rice Cooked Cabbage w Shredded Carrots</p>	<p>3 KOSHER: Chicken Salad Potato Salad Cabbage & Beet Salad</p> <p>NON KOSHER: Baked Chicken Thigh Mashed Sweet Potatoes California Blend Vegetables</p>	<p>4 KOSHER: Teriyaki Baked Fish Mexican Confetti Rice Steamed Yellow Squash</p> <p>NON KOSHER: Blackeye Pea Curry w Potatoes & Tomatoes Mashed Potatoes Steamed Broccoli</p>	<p>5 KOSHER: Grilled Chicken Breast Brown Rice Vegetable Mix</p> <p>NON KOSHER: Baked Ziti w Turkey Baby Carrots & Parsley</p>	<p>6 KOSHER: BBQ Chicken Leg Quarters Spinach Noodle Kugel Capri Blend Vegetables</p> <p>NON KOSHER: Spanish Chicken w Potatoes & Garlic Yellow Rice Steamed Green Beans</p>
<p>9 KOSHER: Beef Hamburger Baked Red Potato Wedges Health Slaw</p> <p>NON KOSHER: Pork Spare Ribs Garlic Mashed Potatoes Steamed Collard Greens</p>	<p>10 KOSHER: Chickpea Curry Medley Brown Rice Roasted Eggplant</p> <p>NON KOSHER: Latin Sweet Potato & Red Bean Chilli White Rice Steamed Cauliflower</p>	<p>11 KOSHER: Puerto Rican Chicken Stew California Blend Vegetables</p> <p>NON KOSHER: Jumbo Stuffed Shells w Meat Sauce Vegetable Mix</p>	<p>12 KOSHER: Ginger & Lime Salmon Baked Sweet Potatoes Prince Ed. Blend Vegetables</p> <p>NON KOSHER: Baked Asian Style Honey Chicken White Rice & Quinoa Steamed Broccoli</p>	<p>13 KOSHER: BBQ Chicken Leg Quarters Bowtie Pasta w/ Kasha Sautéed Green Beans w Onions</p> <p>NON KOSHER: Fish w Tomatoes & Herbs Caribbean Rice & Red Beans Sautéed Spinach</p>

16



17

KOSHER:
 Veggie Chicken Cacciatore
 Spaghetti
 Sauteed String Beans

NON KOSHER:
 Spanish Style Roast Pork
 White Rice
 California Blend Vegetables

18

KOSHER:
 Eggplant Chickpea Tagine
 Egg Barley
 Vegetables Mix

NON KOSHER:
 No Cheese Spring Vegetable Lasagna
 Saureed Green Bean w Onions

19

KOSHER:
 Curried Chicken Salad
 Capri Blend Vegetables

NON KOSHER:
 Baked Fish w Mushrooms & Peppers
 Cous Cous
 Cauliflower w Carrots & Parsley

20

KOSHER:
 Baked Chicken Quarters
 Apple Noodle Kugel
 Roasted Zucchini

NON KOSHER:
 Caesar Salad w Grilled Chicken
 Pasta Salad
 Cabbage Carrot Slaw

23

KOSHER:
 Scallion Ginger Tofu Stir Fry
 Pearled Barley
 Capri Blend Vegetables

NON KOSHER:
 Beef Hamburger
 Baked Red Potato Wedges
 Cooked Cabbage w Shredded Carrots

24

KOSHER:
 Grilled Chicken Breast
 Cous Cous
 Roasted Eggplant

NON KOSHER:
 Bright & Lemony Stewed White Beans w Carrots & Spinach
 White Rice
 Steamed Broccoli

25

KOSHER:
 Tuna Salad
 Pasta Salad
 Cole Slaw

NON KOSHER:
 Fish w Mushroom, Peppers & Tomatoes
 Pasta
 Baby Carrots & Parsley

26

KOSHER:
 Lemon Salmon
 Yellow Rice
 Steamed Green Beans

NON KOSHER:
 Spanish Style Roast Pork
 Black Beans & Rice
 Steamed Collard Greens

27

KOSHER:
 BBW Chicken Legs Quarters
 Baked Potato
 California Blend Vegetables

NON KOSHER:
 Chicken Legs w Stewed Tomatoes
 Coconut Rice & Pigeon Pease
 Normandy Blend



Einstein Older Adult Center

135 Einstein Loop Rm 46
Bronx, New York

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M-F 8am-4pm

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