





Einstein Older Adult Center: 135 Einstein Loop, Rm 49 Bronx, NY, 10475



(718) 671-5161

June 2024 ACTIVITIES *(Schedule is Subject To Change)*

Monday	Tuesday	Wednesday	Thursday	Friday
3 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: Su Casa Art	4 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1PM-2PM: Creative Arts & Painting 2:30PM-3:30PM - Go Easy On Us Computers	5 9AM-11AM- Hair Care 4 U (appt. only) 10AM-11AM: Stretch & Tone w/Ola 11AM-12PM: Bodies In Motion 12PM-1PM: LUNCH 1PM-2PM: Prize BINGO & Board Games 1PM-3PM: Su Casa Art	6 10AM-12PAM: Visual Arts 11 AM- 12PM- Salsa Dancing 12PM-1PM: LUNCH 1PM-2PM: Chit Chat	7 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
10 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: Su Casa Art	11 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1PM-2PM: Creative Arts & Painting 2:30PM-3:30PM - Go Easy On Us Computers	12 9AM-11AM- Hair Care 4 U (appt. only) 10AM-11AM: Stretch & Tone w/ Ola 11AM-12PM: Action Bodies In Motion 12PM-1PM: LUNCH 1PM-2PM: Prize BINGO & Board Games 1PM-3PM: Su Casa Art	13 10AM-12PAM: Visual Arts 11 AM- 12PM- Salsa Dancing 12PM-1PM: LUNCH 1PM-2PM: Chit Chat	14 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
17 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: Su Casa Art	18 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1PM-2PM: Creative Arts & Painting 2:30PM-3:30PM - Go Easy On Us Computers	19 CLOSED due to Juneteenth Holiday 	20 10AM-12PAM: Visual Arts 11 AM- 12PM- Salsa Dancing 12PM-1PM: LUNCH 1PM-2PM: Chit Chat	21 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>24</p> <p>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: Su Casa Art</p>	<p>25</p> <p>10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1PM-2PM: Creative Arts & Painting 2:30PM-3:30PM - Go Easy On Us Computers</p>	<p>26</p> <p>9AM-11AM- Hair Care 4 U (appt. only) 11AM-2PM: Special Event: Music, Art Expo & Dance Event</p> 	<p>27</p> <p>10AM-12PAM: Visual Arts 11 AM- 12PM- Salsa Dancing 12PM-1PM: LUNCH 1PM-2PM: Chit Chat</p>	<p>28</p> <p>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>


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June 2024 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 KOSHER: Baked Fish Marsala w/ Mushroom or Egg Salad Pasta Vegetables</p> <p>NON KOSHER: Lentil stew w/ Carrots & turnips White Rice Steamed Cauliflower</p>	<p>4 KOSHER: Pepper Flank Steak Vegetables Lo Mein</p> <p>NON KOSHER: Spanish Style Catfish Chinese Style Spaghetti Oriental Blended Vegetables</p>	<p>5 KOSHER: Breaded Vegetable Cutlet Brown Rice Vegetables Mix</p> <p>NON KOSHER: Jerk Chicken Black Beans & Rice Steamed Broccoli</p>	<p>6 KOSHER: Tuna Fish Salad Four Bean Salad</p> <p>NON KOSHER: Spanish Style Beef Stew ALT Chicken Mashed Potatoes Mixed Vegetables</p>	<p>7 KOSHER: BBQ Chicken Leg Quarters Baked Potato Vegetables</p> <p>NON KOSHER: Coconut Breaded fish Brown Rice Quinoa Sautéed Spinach</p>
<p>10 KOSHER: Chicken Salad White Rice Tossed salad</p> <p>NON KOSHER: BBQ Pork Chop ALT Chicken White Rice Vegetables</p>	<p>11 KOSHER: Chickpea and Vegetable Curry with Quinoa Couscous</p> <p>NON KOSHER: Baked Asian Style Honey Chicken Egg Noodles Steamed red cabbage</p>	<p>12 KOSHER: Tuna Noodle casserole Pearled Barley sauteed String Beans</p> <p>NON KOSHER: Lemon Chickpea & Kale Stir Fry Brown Rice Cauliflower w/ Carrots and Parsley</p>	<p>13 KOSHER: Beef Meatballs in Tomato Sauce Baked Brown Rice Pilaf Cole Slaw</p> <p>NON KOSHER: Baked fish w/ Mushrooms and Peppers Couscous Sautéed Green Beans w Onions</p>	<p>14 KOSHER: Baked Chicken Quarters Potato Kugel Sautéed Zucchini</p> <p>NON KOSHER: Fried Chicken Baked Mac & Cheese Collard greens</p>

<p>17 KOSHER: Sesame Orange Chicken Vegetable LO Mein</p> <p>NON KOSHER: Spanish Style Roast Pork ALT Chicken Black beans & Rice Collard Greens</p>	<p>18 KOSHER: Roasted Turkey Breast Baked Sweet Potato Mixed Vegetables</p> <p>NON KOSHER: Caribbean Style BBQ Chicken Roasted Potatoes Sauteed Spinach</p>	<p>19 Center Closed due to Juneteenth</p> 	<p>20 KOSHER: Chicken Salad Baked Potato Carrot Salad</p> <p>NON KOSHER: Fish w/ Mushrooms Pepper & Tomatoes Coconut Rice w pigeon peas</p>	<p>21 KOSHER: BBQ Chicken Leg Quarters Potato Blintzes Cole Slaw</p> <p>NON KOSHER: Curried Chicken legs Penne Pastes Baby Carros w Parsley</p>
<p>24 KOSHER: Garlic Beef Meatballs Pasta Tossed Salad</p> <p>NON KOSHER: Spanish Style Beef Stew ALT Chicken Mashed Potatoes Steamed Broccoli</p>	<p>25 KOSHER: Moroccan Salmon Couscous Steamed Yellow Squash</p> <p>NON KOSHER: Jerk Chicken w Rosemary Rice & Bean Collard Greens</p>	<p>26 KOSHER: Comforting Lentil & Bean Chilli Brown Rice Vegetables</p> <p>Special Event Lunch Served: Meat Lasagna, Yellow Rice, Chicken, Green Beans</p>	<p>27 KOSHER: Baked Breaded Chicken Cutlet Garlic Rosemary Roasted Potatoes Cucumber Dill Salad</p> <p>NON KOSHER: Spanish Style Baked Chicken Italian Vegetables Sweet Potatoes Fries</p>	<p>28 KOSHER: Italian Roasted Chicken Sweet Noodle Kugel Mixed Vegetables</p> <p>NON KOSHER: Baked Fish w Black Bean Sauce Pasta</p>



Einstein Older Adult Center

135 Einstein Loop Rm 49

Bronx, New York

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M-F 8am-4pm

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