



**(718) 671-5161**

**June 2022 ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b>  <b>10am:</b> Stretch and Tone  <b>11am:</b> Bodies in Motion  <b>11am:</b> Coloring Hour  <b>12noon:</b> Lunch Hour</p>	<p><b>2</b>  <b>11am:</b> Arthritis Exercise  <b>11am:</b> Tai Chi  <b>12noon:</b> Lunch Hour  <b>2pm:</b> Computer Learning Class</p>	<p><b>3</b>  <b>10am:</b> Blood Pressure Screening  <b>10am:</b> Su Casa Multi Media Art Class  <b>11am:</b> Morning Matinee  <b>12noon:</b> Lunch Hour  <b>1pm:</b> Zumba</p>
<p><b>6</b>  <b>10am:</b> Line Dancing  <b>10am:</b> Word Games  <b>10am:</b> Su Casa Multi Media Art Class  <b>12noon:</b> Lunch Hour</p>	<p><b>7</b>  <b>9am:</b> Virtual Watercolor Class  <b>10am:</b> Nutrition Presentation  <b>10am:</b> Spanish Practice Class  <b>11am:</b> Tai Chi  <b>12noon:</b> Lunch Hour</p>	<p><b>8</b>  <b>10am:</b> Stretch and Tone  <b>11am:</b> Bodies in Motion  <b>11am:</b> Coloring Hour  <b>12noon:</b> Lunch Hour</p>	<p><b>9</b>  <b>11am:</b> Arthritis Exercise  <b>11am:</b> Tai Chi  <b>12noon:</b> Lunch Hour  <b>2pm:</b> Computer Learning Class</p>	<p><b>10</b>  <b>9:30:</b> Walk with Ease  <b>10am:</b> Blood Pressure Screening  <b>10am:</b> Su Casa Multi Media Art Class  <b>11am:</b> Morning Matinee  <b>12noon:</b> Lunch Hour  <b>1pm:</b> Zumba</p>
<p><b>13</b>  <b>10am:</b> Line Dancing  <b>10am:</b> Word Games  <b>10am:</b> Su Casa Multi Media Art Class  <b>12noon:</b> Lunch Hour</p>	<p><b>14</b>  <b>9am:</b> Virtual Watercolor Class  <b>10am:</b> Health and Wellness Support Group  <b>10am:</b> Spanish Practice Class  <b>11am:</b> Pride Month Activity- The Making of The Rainbow Flag  <b>11am:</b> Tai Chi  <b>12noon:</b> Lunch Hour</p>	<p><b>15</b>  <b>10am:</b> Stretch and Tone  <b>11am:</b> Bodies in Motion  <b>11am:</b> Coloring Hour  <b>12 noon:</b> Father's Day Luncheon Lunch Hour</p>	<p><b>16</b>  <b>11am:</b> Arthritis Exercise  <b>11am:</b> Tai Chi  <b>12noon:</b> Lunch Hour  <b>2pm:</b> Computer Learning Class</p>	<p><b>17</b>  <b>9:30:</b> Walk with Ease  <b>10am:</b> Blood Pressure Screening  <b>10am:</b> Su Casa Multi Media Art Class  <b>11am:</b> Morning Matinee  <b>12noon:</b> Lunch Hour  <b>1pm:</b> Zumba</p>

**20**  
**JASA IS CLOSED IN  
 OBSERVANCE OF  
 JUNETEENTH**



**21**  
**9am:** Virtual Watercolor Class  
**10am:** Health and Wellness Support Group  
**10am:** Spanish Practice Class  
**11am:** Tai Chi  
**11am:** Juneteenth Activity- Celebrating African American Poets  
**12noon:** Lunch Hour

**22**  
**10am:** Stretch and Tone  
**11am:** Bodies in Motion  
**11am:** Coloring Hour  
**12noon:** Lunch Hour

**23**  
**11am:** Arthritis Exercise  
**11am:** Tai Chi  
**12noon:** Lunch Hour  
**2pm:** Computer Learning Class

**24**  
**9:30:** Walk with Ease  
**10am:** Blood Pressure Screening  
**10am:** Su Casa Multi Media Art Class  
**11am:** Morning Matinee  
**12noon:** Lunch Hour  
**1pm:** Zumba

**27**  
**10am:** Line Dancing  
**10am:** Word Games  
**10am:** Su Casa Multi Media Art Class  
**12noon:** Lunch Hour

**28**  
**9am:** Virtual Watercolor Class  
**10am:** Health and Wellness Support Group  
**10am:** Spanish Practice Class  
**11am:** Tai Chi  
**12noon:** Lunch Hour

**29**  
**10am:** Stretch and Tone  
**11am:** Bodies in Motion  
**11am:** Coloring Hour  
**12noon:** Lunch Hour

**30**  
**11am:** Arthritis Exercise  
**11am:** Tai Chi  
**12noon:** Lunch Hour  
**2pm:** Computer Learning Class


*Happy Birthday to everyone celebrating in June*



(718) 671-5161

June 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b>  <b>Kosher:</b>            Beef Hamburger            Garlic &amp; Rosemary Potatoes            Lettuce, tomato, onion and coleslaw  <b>Alt:</b>            Veggie Burger</p> <p><b>Nonkosher</b>            Beef Meatballs with Sofrito            Whole Wheat Spaghetti            Baby Carrots with Parsley</p>	<p><b>2</b>  <b>Kosher:</b>            Apricot Glazed Salmon            Quinoa            Roasted Vegetables</p> <p><b>Alt:</b>            Sliced Deli Turkey</p> <p><b>Nonkosher</b>            Stewed Codfish with Eggplant (Bacalao Fresco y Berenjena)            Barley            Steamed Green Beans</p>	<p><b>3</b>  <b>Kosher:</b>            Hawaiian Chicken Legs            Sweet Noodle Kugel            Capri Blend Vegetables</p> <p><b>Alt:</b>            Gefilte Fish</p> <p><b>Nonkosher</b>            Arroz con Pollo (Chicken Breast and Rice)            Broccoli with toasted garlic</p>
<p><b>6</b>  <b>Kosher:</b>            Chef's Salad with Turkey            Pastrami            Pasta Salad            Toss Salad</p> <p><b>Alt:</b>            Tuna Salad</p> <p><b>Nonkosher</b>            Vegetarian Brown Stew            Baby Carrots with Parsley            Collard Greens</p>	<p><b>7</b>  <b>Kosher:</b>            Chicken Cacciatore            Angel Hair Pasta            Mixed Vegetables</p> <p><b>Alt:</b>            Salmon Burger</p> <p><b>Nonkosher</b>            Spanish Style Catfish            Chinese Style Spaghetti            Oriental Blend</p>	<p><b>8</b>  <b>Kosher:</b>            Vegetable Cutlet            Baked Sweet Potato            California blend vegetables</p> <p><b>Alt:</b>            Egg Frittata</p> <p><b>Nonkosher</b>            Jerk Chicken            Orzo            Steamed Broccoli</p>	<p><b>9</b>  <b>Kosher:</b>            Asian Beef            Brown Rice            Oriental Blend Vegetables</p> <p><b>Alt:</b>            Asian Tofu</p> <p><b>Nonkosher</b>            Spanish Style Beef Stew            Baked red potato wedges            Roasted Zucchini</p>	<p><b>10</b>  <b>Kosher:</b>            Oven Fried Chicken Leg            Roasted Potatoes            Grilled Vegetables</p> <p><b>Alt:</b>            Gefilte Fish</p> <p><b>Nonkosher</b>            Homemade Coconut Breaded Fish            Quinoa            Sautéed Spinach</p>
<p><b>13</b>  <b>Kosher:</b>            Vegetarian Pasta Primavera            Cucumber Salad</p> <p><b>Alt:</b></p>	<p><b>14</b>  <b>Kosher:</b>            Yankee Pot Roast            Roasted Potatoes            California Blend Vegetables</p> <p><b>Alt:</b></p>	<p><b>15</b>  <b>Kosher:</b>            Cranberry Chicken Cutlet            Wild Rice            Capri Blend Vegetables</p>	<p><b>16</b>  <b>Kosher:</b>            Moroccan Salmon            Brown Rice            Steamed Green Beans</p>	<p><b>17</b>  <b>Kosher:</b>            Apricot Glazed Chicken            Egg Barley with Mushroom &amp; Onion            Roasted Butternut Squash</p>

<p>Egg Salad</p> <p><b><u>Nonkosher</u></b></p> <p>BBQ Pork Chops White Rice Steamed Kale</p>	<p>Baked Breaded Fish</p> <p><b><u>Nonkosher</u></b></p> <p>Jerk Chicken Baked Sweet Potato Steamed Cabbage</p>	<p><b><u>Alt:</u></b> Veggie Burger</p> <p><b><u>Nonkosher</u></b></p> <p>String Bean and Tofu Curry Yellow Rice and Pigeon Peas Okra with Tomatoes</p>	<p><b><u>Alt:</u></b> Sliced Deli Turkey</p> <p><b><u>Nonkosher</u></b></p> <p>Stewed Codfish(Bacalao Fresco Guisado) Yucca Steamed Spinach</p>	<p><b><u>Alt:</u></b> Gefilte Fish</p> <p><b><u>Nonkosher</u></b></p> <p>Oven Fried Chicken Baked Macaroni and Cheese Collard Greens</p>
<p><b>JASA IS CLOSED IN OBSERVANCE OF JUNETEENTH</b></p> 	<p><b>21</b></p> <p><b><u>Kosher:</u></b> Asian Stir Fry Chicken Lo Mein Stir Fry Vegetables</p> <p><b><u>Alt:</u></b> Stir Fry Tofu</p> <p><b><u>Nonkosher</u></b> BBQ Chicken Roasted Butternut Squash Sauteed Spinach</p>	<p><b>22</b></p> <p><b><u>Kosher:</u></b> Vegetarian Chili White Rice Peas and Carrots</p> <p><b><u>Alt:</u></b> Veggie Burger</p> <p><b><u>Nonkosher</u></b> Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Broccoli</p>	<p><b>23</b></p> <p><b><u>Kosher:</u></b> Hungarian Beef Goulash Barley California Blend Vegetables</p> <p><b><u>Alt:</u></b> Vegetarian Stuffed Cabbage</p> <p><b><u>Nonkosher</u></b> Fish with Fresh Salsa Relish Baked Macaroni and Cheese Normandy Blend Vegetables</p>	<p><b>24</b></p> <p><b><u>Kosher:</u></b> Moroccan Chicken Brown Rice Sauteed String Beans</p> <p><b><u>Alt:</u></b> Gefilte Fish</p> <p><b><u>Nonkosher</u></b> Curried Chicken Legs Brown Rice with Pigeon Peas Okra</p>
<p><b>27</b></p> <p><b><u>Kosher:</u></b> Hot Deli Roast Beef Russian Potato Salad Coleslaw</p> <p><b><u>Alt:</u></b> Salmon Burger</p> <p><b><u>Nonkosher</u></b> Tofu Broccoli Curry Pasta Steamed Carrots</p>	<p><b>28</b></p> <p><b><u>Kosher:</u></b> Baked Salmon with Dill Sauce Orzo Normandy Blend Vegetables</p> <p><b><u>Alt:</u></b> Chicken Salad</p> <p><b><u>Nonkosher</u></b> Jerk Chicken Rice and Beans Braised Collard Greens</p>	<p><b>29</b></p> <p><b><u>Kosher:</u></b> Boneless Chicken with Mustard sauce Rice and Mushroom Roasted Peppers</p> <p><b><u>Alt:</u></b> Veggie Burger</p> <p><b><u>Nonkosher</u></b> Spanish Style Beef Stew Baked Red Potato wedges Steamed Broccoli</p>	<p><b>30</b></p> <p><b><u>Kosher:</u></b> Vegetarian Stuffed Cabbage Mashed Potatoes Steamed Carrots</p> <p><b><u>Alt:</u></b> Egg Frittata</p> <p><b><u>Nonkosher</u></b> Spanish Style Baked Chicken CousCous Italian Blend Vegetables</p>	



**Einstein Older Adult Center**

**135 Einstein Loop Rm 49**

**Bronx, New York**

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**(718) 671-5161**

**M-F 8am-4pm**

**[www.jasa.org](http://www.jasa.org)**

**Virtual Arts with Laura on Tuesdays**

9am-11am

Zoom Information:

Meeting ID: 968 1803 6566

Passcode: 692768

**Generously Funded By Councilman Riley**



