



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



(718) 671-5161

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

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</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>
<p>4</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)</p>	<p>5</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>6</p> <p>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</p>	<p>7</p> <p>10AM-12PAM: Visual Arts 11 AM- 12PM- Salsa Dancing 12PM-1PM: LUNCH 1 PM-2PM: Walk With Ease</p>	<p>8</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>
<p>11</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)</p>	<p>12</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>13</p> <p>10AM-11AM: Stretch & Tone w/ Ola 11AM-12PM: Action Bodies In Motion 12PM-1PM: LUNCH 1PM-2PM: Prize BINGO & Board Games</p>	<p>14</p> <p>10AM-12PAM: Visual Arts 11 AM- 12PM- Salsa Dancing 12PM-1PM: LUNCH 1 PM-2PM: Walk With Ease</p>	<p>15</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>

<p>18</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)</p>	<p>19</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>20</p> <p>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</p>	<p>21</p> <p>10AM-12PAM: Visual Arts 11 AM- 12PM- Salsa Dancing 12PM-1PM: LUNCH 1 PM-2PM: Walk With Ease</p>	<p>22</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>
<p>25</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)</p>	<p>26</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>27</p> <p>10AM-11AM: Stretch & Tone w/ Ola 11AM-12PM: Action Bodies In Motion 12PM-1PM: LUNCH 1PM-2PM: Prize BINGO & Board Games</p>	<p>28</p> <p>10AM-12PAM: Visual Arts 11 AM- 12PM- Salsa Dancing 12PM-1PM: LUNCH 1 PM-2PM: Walk With Ease</p>	<p>29</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>



MARCH 2024 Menu *(Menu is Subject To Change)*

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>KOSHER:</p> <p>ROASTED CHICKEN LEGS ALT: G. FISH POTATO KUGEL VEGETABLE RATATOUILLE</p> <p>NON KOSHER: Curry Chicken Rice Blended Veggie</p>
<p>4</p> <p>KOSHER:</p> <p>CUBAN BLACK BEANS AND BROWN RICE ALT: VEGGIE CUTLET YELLOW PLANTAINS TOSSED SALAD WITH DRESSING</p> <p>NON KOSHER:</p> <p>PORK LOIN WITH CURRIED PINEAPPLE BROWN RICE BABY CARROTS AND PARSLEY SAUTEED STRING BEANS</p>	<p>5</p> <p>KOSHER:</p> <p>POACHED SALMON ALT: TUNA SALAD BAKED SWEET POTATO NORMANDY BLEND VEGETABLES</p> <p>NON KOSHER:</p> <p>JERK CHICKEN RICE AND RED BEANS BROCCOLI WITH TOASTED GARLIC</p>	<p>6</p> <p>KOSHER:</p> <p>GRILLED CHICKEN BREAST PRE-PREPARED BBQ SAUCE ALT: BREADED FISH EGG BARLEY WITH MUSHROOMS GRILLED VEGETABLES</p> <p>NON KOSHER:</p> <p>BREADED FISH FILLET MASHED SWEET POTATOES COOKED CABBAGE WITH SHREDDED CARROTS</p>	<p>7</p> <p>KOSHER:</p> <p>BEEF HAMBURGER GARLIC AND ROSEMARY POTATOES ALT: SALMON BURGER LETTUCE AND TOMATO CUCUMBER SALAD WITH BANANA</p> <p>NON KOSHER:</p> <p>ITALIAN SAUSAGE SAUTEED ONIONS AND PEPPERS BAKED POTATO SAUTEED SPINACH</p>	<p>8</p> <p>KOSHER:</p> <p>MOROCCAN TOMATO SAUCE ROASTED CHICKEN LEGS ALT: FISH BROWN RICE STEAMED GREEN BEANS</p> <p>NON KOSHER:</p> <p>WHOLE WHEAT TACOS WITH VEGGIES RICE PILAF BABY CARROTS WITH PARSLEY</p>
<p>11</p> <p>KOSHER:</p> <p>VEGETARIAN STUFFED PEPPER ALT. VEGETABLE: CABBAGE COUSCOUS STEAMED YELLOW SQUASH</p> <p>NON KOSHER:</p> <p>CURRY CHICKEN HOMEMADE MASHED POTATOES CORN AND PEAS SAUTEED GREEN BEANS WITH ONIONS</p>	<p>12</p> <p>KOSHER:</p> <p>CHICKEN SHAWARMA ALT: FALAFEL PLAIN PITA YELLOW RICE ISRAELI SALAD</p> <p>NON KOSHER:</p> <p>BLACK BEAN FAJITAS SAUTEED SPINACH</p>	<p>13</p> <p>KOSHER:</p> <p>BAKED FLOUNDER ALT: VEGGIE BURGER PEARLED BARLEY MOROCCAN VEGETABLES</p> <p>NON KOSHER:</p> <p>BAKED FISH MARSALA WITH MUSHROOMS PERFECT WHITE RICE VEGETABLE MIX</p>	<p>14</p> <p>KOSHER:</p> <p>PEPPER FLANK STEAK ALT: ASIAN TOFU VEGETABLE LO MEIN ORIENTAL VEGETABLES</p> <p>NON KOSHER:</p> <p>HAMBURGER/BUN HOME FRIES CABBAGE AND APPLE SLAW</p>	<p>15</p> <p>KOSHER:</p> <p>ITALIAN ROASTED CHICKEN ALT: FISH SPINACH NOODLE KUGEL ROASTED ZUCCHINI</p> <p>NON KOSHER:</p> <p>APRICOT GLAZED PORK CHOPS BROWN RICE ITALIAN BLEND VEGETABLES</p>

<p>18 KOSHER:</p> <p>SWEET AND SOUR BEEF MEATBALLS ALT: FALAFEL SPAGHETTI TOMATO SAUCE CALIFORNIA VEGETABLES</p> <p>NON KOSHER:</p> <p>BAKED CHICKEN THIGHS RICE AND BEANS CAULIFLOWER WITH CARROTS AND PARSLEY MIXED VEGETABLES</p>	<p>19 KOSHER:</p> <p>BAKED BREADED CHICKEN CUTLET ALT: DELI TURKEY MUSHROOM GRAVY EGG BARLEY ROASTED PEPPERS</p> <p>NON KOSHER:</p> <p>CARIBBEAN SQUASH WITH GROUND BEEF (STUFFED CHAYOTE) STEAMED GREEN BEANS</p>	<p>20 KOSHER:</p> <p>ZESTY CHICKPEA STEW BROWN RICE ALT: CHICKPEA STEW TOSSED SALAD WITH DRESSING</p> <p>NON KOSHER:</p> <p>BAKED FISH WITH BLACK BEAN SAUCE PASTA CORN AND PEAS STEAMED SLICED CARROTS</p>	<p>21 KOSHER:</p> <p>APRICOT GLAZED SALMON ALT: CHICKEN SALAD BAKED SWEET POTATO CAPRI BLEND VEGETABLES</p> <p>NON KOSHER:</p> <p>CURRIED JAMAICAN STEW PERFECT WHITE RICE CALIFORNIA BLEND VEGGIES</p>	<p>22 KOSHER:</p> <p>HAWAIIAN CHICKEN LEGS ALT: FISH ORZO WITH VEGETABLES NORMANDY BLEND VEGETABLES</p> <p>NON KOSHER:</p> <p>CHICKEN CURRY WITH APPLES AND PEAS ORIENTAL BLEND VEGGIES</p>
<p>25 KOSHER:</p> <p>MEDITERRANEAN FISH ALT: TOFU MIXED VEGETABLES COUSCOUS ROASTED EGGPLANT</p> <p>NON KOSHER:</p> <p>BEEF BRISKET WITH TOMATO AND ONIONS GARLIC MASHED POTATOES NORMANDY VEGGIES</p>	<p>26 KOSHER:</p> <p>BEEF STEW ALT: GRILLED CHICKEN BROWN RICE CALIFORNIA BLEND VEGETABLES</p> <p>NON KOSHER:</p> <p>SPANISH STYLE BAKED CHICKEN YELLOW RICE SAUTEED SPINACH</p>	<p>27 KOSHER:</p> <p>CHICKEN MARSALA ORZO ALT: EGG FRITTATA NORMANDY VEGETABLES</p> <p>NON KOSHER:</p> <p>CHICKPEA SALAD KALE SALAD WITH LEMON</p>	<p>28 KOSHER:</p> <p>VEGETABLE STUFFED CABBAGE ALT: FALAFEL INSTANT MASHED POTATOES STEAMED CARROTS</p> <p>NON KOSHER:</p> <p>COCONUT CURRIED FISH ZITI SAUTEED STRING BEANS</p>	<p>29 KOSHER:</p> <p>BBQ CHICKEN LEG QUARTERS ALT: FISH GARLIC AND ROSEMARY ROASTED POTATOES GRILLED VEGETABLES</p> <p>NON KOSHER:</p> <p>CHICKEN THIGH STEW WITH GINGER AND PUMPKIN YELLOW RICE PATTA GOBI MATTAR (CABBAGE WITH GREEN PEAS)</p>



Einstein Older Adult Center

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Bronx, New York

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M-F 8am-4pm

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