




## Van Cortlandt Older Adult Center

Phone Number (718) 549-4700 Address 185 W 231st Street, Bronx, NY 10463

### February 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:00am-11:30am Cardio/Strength w/Patti 12:15pm Lunch 2:00pm Digital Literacy w/Ron 3:30pm Board Games	<b>3</b> 10:00am Glide to Health w/Patti 12:15pm Lunch 2:00pm Leisure Bingo 2:15pm Mixed Media Arts w/Ron 4:00pm Book Club w/Horace Mann	<b>4</b> 11:00am Zumba w/Dorian 12:15pm Lunch 1:45pm Hot Topics w/Lucy 2:00pm Leisure Bingo 3:30pm Technical Assistance w/Staff	<b>5</b> <b>Wear Red for Heart Day</b> 10:00am-11:30am Chair Yoga w/Patti 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Dorian 2:00pm-4:30pm Art Social	<b>6</b> 10:00am Exercise w/Cliff 12:15pm Lunch 1:00pm SE w/Donna Topic "I Don't Wanna Grow Up" 2:00-4:00pm Leisure Bingo 3:00-4:30pm Men's Social
<b>9</b> 10:00am-11:30am Cardio/Strength w/Patti 12:15pm Lunch 2:00pm Digital Literacy w/Ron 3:30pm Board Games	<b>10</b> 10:00am Glide to Health w/Patti 12:15pm Lunch 2:00pm - 4:00pm Leisure Bingo 2:15pm Mixed Media Arts w/Ron 4:00pm Book Club w/Horace Mann	<b>11</b> 11:00am Zumba w/Dorian 12:15pm Lunch 1:45pm Hot Topics w/Lucy 2:00pm Leisure Bingo 3:30pm Technical Assistance w/Staff	<b>12</b> 10:00am-11:30am Chair Yoga w/Patti <b>Cancelled</b> 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Dorian 2:00pm-4:30pm Art Social	<b>13</b> <b>Wear Pink or Red</b> 10:00am Exercise w/Cliff 12:15pm Lunch 2:00pm <b>Birthday Party/Valentine w/DJ</b> 
<b>16</b> <b>Center is Closed</b> <b>President's Day</b>	<b>17</b> 10:00am Glide to Health w/Patti 12:15pm Lunch 2:00pm-4:00pm Leisure Bingo 2:15pm Mixed Media Arts w/Ron 4:00pm Book Club w/Horace Mann	<b>18</b> 11:00am Zumba w/Dorian 12:15pm Lunch 1:45pm Hot Topics w/Lucy 2:00pm Leisure Bingo 3:30pm Technical Assistance w/Staff	<b>19</b> 10:00am-11:30am Chair Yoga w/Patti 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Dorian 2:00pm-4:30pm Art Social	<b>20</b> 10:00am Exercise w/Cliff 12:15pm Lunch 2:00-4pm Leisure Bingo 3:00-4:30pm Men's Social

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>23</p> <p>10:00am-11:30am Cardio/Strength w/Patti</p> <p>12:15pm Lunch</p> <p>2:00pm Digital Literacy w/Ron</p> <p>3:30pm Word Search</p>	<p>24</p> <p>10:00amGlide to Health w/Patti</p> <p>12:15pm Lunch</p> <p>2:00pm-4:00pm Leisure Bingo</p> <p>2:15pm Mixed Media Arts w/Ron</p> <p>4:00pm Book Club w/Horace Mann</p>	<p>25</p> <p>11:00am Zumba w/Dorian</p> <p>12:15pm Lunch</p> <p>1:45pm Hot Topics w/Lucy</p> <p>2:00pm Leisure Bingo</p> <p>3:30pm Technical Assistance w/Staff</p>	<p>26</p> <p>10:00am-11:30am Chair Yoga w/Patti</p> <p>12:15pm Lunch</p> <p>1:30pm Produce Distribution</p> <p>1:30pm Jewelry Making w/Dorian</p> <p>2:00pm-4:30pm Art Social</p>	<p>27</p> <p>10:00am Exercise w/Cliff</p> <p>12:15pm Lunch</p> <p>1:00pm <b>Elder Abuse Presentation</b></p> <p>2:00-4:00pm Leisure Bingo</p> <p>3:00-4:30pm Men's Social</p>
				

Please be advised that taking any food items from this location to consume elsewhere is entirely at your own risk. For your personal safety and to prevent potential foodborne illnesses, it is crucial to either consume the food or promptly refrigerate it within thirty minutes of departing the premises. When reheating, ensure it is done so in an oven set to 350 degrees Fahrenheit for a minimum of five minutes to achieve a safe internal temperature. Furthermore, it is imperative to discard any remaining food after a maximum of three days. These guidelines are in place to protect your health and well-being.

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### February 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <u>Plant Based</u>            Comforting Red Lentil Bolognese            Pearled Barley            Spiced Mixed Vegetables            Alt:Vegetarian Stuffed Cabbage</p>	<p>3 <u>Cold Food</u>            Chicken Salad            Potato Salad            Cabbage &amp; Beet Salad            Alt: Tuna Salad</p>	<p>4            Teriyaki Baked Fish            Mexican Confetti Rice            Steamed Yellow Squash            Alt:Egg Salad</p>	<p>5            Beef &amp; String Beans            Brown Rice            Vegetable Mix            Alt: Grilled Chicken Breast</p>	<p>6            BBQ Chicken Leg Quarters            Spinach Noodle Kugel            Capri Blend Vegetables            Alt: Gefilte Fish</p>
<p>9            Beef Hamburger            Baked Red Potato Wedges            Health Slaw            Alt:Breaded Vegetable Cutlet</p>	<p>10 <u>Plant Based</u>            Chickpea Curry Medley            Brown Rice            Roasted Eggplant            Alt: Vegan Stuffed Peppers</p>	<p>11            Chicken Stew (P.R Asopao)            California Blend Vegetables            Alt:Tuna Cakes</p>	<p>12            Ginger &amp; Lime Salmon            Baked Sweet Potato            Prince Edward Blend Vegetables            Alt: Chicken Salad</p>	<p>13            BBQ Chicken Quarters            Bowtie Pasta w/Kasha            Sauteed GreenBeans w/Onions            Alt: Gefilte Fish</p>
<p>16  <b>Center is Closed</b>  <b>President's Day</b></p>	<p>17            Veggie Chicken Cacciatore            Spaghetti            Sauteed String Beans            Alt: Tuna Cakes</p>	<p>18 <u>Plant Based</u>            Eggplant Chickpea Tagine            Egg Barley            Vegetable Mix            Alt: Falafel</p>	<p>19            Dairy-Free Baked Ziti w/Beef            Capri Blend Vegetables            Alt: Curried Chicken Salad</p>	<p>20            Baked Chicken Quarters            Apple Noodle Kugel            Roasted Zucchini            Alt: Gefilte Fish</p>
<p>23 <u>Plant Based</u>            Scallion Ginger Tofu Stir Fry            Pearled Barley            Capri Blend Vegetables            Alt:Baked Falafel Balls</p>	<p>24            Chicken Gumbo            Couscous            Roasted Eggplant            Alt:Grilled Chicken Breast</p>	<p>25 <u>Cold Food</u>            Tuna Salad            Basic Pasta Salad            Cole Slaw            Alt: Chicken Salad</p>	<p>26            Lemon Salmon            Yellow Rice            Steamed Green Beans            Alt: Egg Salad</p>	<p>27            BBQ Chicken Leg Quarters            Baked Potato            California Blend Vegetables            Alt: Gefilte Fish</p>
				<p>Please note: Menu items are subject to change based on food availability.</p>

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**February 2026**

**Van Cortlandt Older Adult Center**

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(718) 549-4700 • Email [www.jasa.org](http://www.jasa.org)

**Hours of Operation**

**Mondays - Fridays 9:00am - 5:00pm**

**\*Closed for Federal and Jewish Holidays\***

**Upcoming Closures**

**February 16th President's Day Center is Closed**

**Daily Lunch**

**Mondays - Fridays 12:15pm - 1:15pm - Dining Room**

**Van Cortlandt Older Adult Center Staff**

Indira Ortiz, Program Director [lortiz@jasa.org](mailto:lortiz@jasa.org)

Anna Barcene, Assistant Director [Abarcene@jasa.org](mailto:Abarcene@jasa.org)

Daisy Ruiz, Program Coordinator [Druiz@jasa.org](mailto:Druiz@jasa.org)

Nadira Khanam, Case Assistant [Nkhanam@jasa.org](mailto:Nkhanam@jasa.org)

Carla Luna, Food technician [Cluna@jasa.org](mailto:Cluna@jasa.org)

Donna Williams, Social Worker/Clinician [Dwilliams@jasa.org](mailto:Dwilliams@jasa.org)

Xylina Rosario, Porter [Xrosario@jasa.org](mailto:Xrosario@jasa.org)

**NEW February 2026 Activities/Programming**

**February 13 Birthday Party/Valentine celebration**

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