Proud to be the go-to agency serving older New Yorkers

JASA Bartow Older Adult Center

2049 Bartow Ave, Room 31, Bronx, NY 10475

929 399 1394

October 2026

Activities Calendar

Department for the Aging

Partially funded by:

PROUD PARTNER UJA Federation NEW YORK

Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am: Walking w/ Odessa 11: 00 **Health and wellness w/Ann** 12:00 pm: Blood Pressure w/ Gertie and Phyllis 1:45 pm: Smartphone & Tablet Class (returns 9/15/2026) 3:00 pm: Dinner Hour	10:00 am: Stay-Well Exercise W/ Odessa 12:30 pm: Line Dance W/ Cynthia 3:00 pm: Dinner Hour	**1** 10:00 am: Arthritis Exercise W/ Damion 10:00 am: Virtual Arts w/ Laura 11:00 am: Hooked on Happy Knitting and Crochet Class W/ Lynn and Betty **12:45 Computer Learning (Beginner)** **1:45 Computer Learning (Advanced)** 2:00 pm: Card Games W/Frankie 3:00 pm: Dinner Hour	2 10:00 am: **Manicure** **10:00 am: Massage** 12:30 pm: Line Dance W/Cynthia 2:00 pm: Theater Arts w/ Dazee 3:00 pm: Dinner Hour	3 10:00 am: Intergenerational Arts and Crafts W/ Denise 10:00 am: Salsa W/Rasheem 12:30 pm: Lunch Hour **1:30 pm: Dominoes w/Angel (New)**

NYC Department for the Aging

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Tuesday	Wednesday	Thursday	Friday	Saturday
6 9:30 am: Walking w/ Odessa **(on break until 9/15/26)** 11: 00 Health and Wellness w/Ann **Nutrition Presentation w/Amelia** 12:00 pm **ALNYLAM Presentation w/Kathleen** 12:00 pm: Blood Pressure w/ Gertie and Phyllis 1:45 pm: Smartphone & Tablet Class 3:00 pm: Dinner Hour	**7** 10:00 am: Stay-Well Exercise W/ Odessa 12:30 pm: Line Dance W/ Cynthia 3:00 pm: Dinner Hour	8 10:00 am: Arthritis Exercise W/ Damion 10:00 am: Virtual Arts w/ Laura 11:00 am: Hooked on Happy Knitting and Crochet Class W/ Lynn and Betty **12:45 Computer Learning (Beginner)** **1:45 Computer Learning (Advanced)** 2:00 pm: Card Games W/Frankie 3:00 pm: Dinner Hour	9 **Hispanic Heritage Month Celebration** **12:00 pm- 2:30 pm** 10:00 am: **Manicure** **10:00 am: Massage** 12:30 pm: Line Dance W/Cynthia 2:00 pm: Theater Arts w/ Dazee 3:00 pm: Dinner Hour	10 10:00 am: Intergenerational Arts and Crafts W/ Denise 10:00 am: Salsa W/Rasheem 12:30 pm: Lunch Hour **1:30 pm: Dominoes w/Angel (New)**

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Tuesday	Wednesday	Thursday	Friday	Saturday
13 9:30 am: Walking w/Odessa 11:00 am: Health and Wellness w/ Ann **1:45 pm SmartPhone/Tablet Class** 3:00 pm: Dinner Hour	14 10:00 am: Stay-Well Exercise W/ Odessa 12:30 pm: Line Dance W/ Cynthia 3:00 pm: Dinner Hour	15 10:00 am: Arthritis Exercise W/ Damion 10:00 am: Virtual Arts w/ Laura 11:00 am: Hooked on Happy Knitting and Crochet Class W/ Lynn and Betty **12:45 Computer Learning (Beginner)** **1:45 Computer Learning (Advanced)** 2:00 pm: Card Games W/Frankie 3:00 pm: Dinner Hour	16 10:00 am: **Manicure** **10:00 am: Massage** 12:30 pm: Line Dance W/Cynthia 2:00 pm: Theater Arts w/ Dazee 3:00 pm: Dinner Hour	17 **Relax and Reset Women's Retreat** **11:30 am -2:30 pm** 10:00 am: Intergenerational Arts and Crafts W/ Denise 10:00 am: Salsa W/Rasheem 12:30 pm: Lunch Hour **1:30 pm: Dominoes w/Angel (New)**

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Tuesday	Wednesday	Thursday	Friday	Saturday
20 **9:30 am: Walking w/ Odessa** 11: 00 am: Health and Wellness w/ Ann **Structured Engagement with Karl** 1:45 pm SmartPhone/Tablet Class 3:00 pm: Dinner Hour	**21** 10:00 am: Stay-Well Exercise W/ Odessa 12:30 pm: Line Dance W/ Cynthia 3:00 pm: Dinner Hour	22 10:00 am: Arthritis Exercise W/ Damion 10:00 am: Virtual Arts w/ Laura 11:00 am: Hooked on Happy Knitting and Crochet Class W/ Lynn and Betty **12:45 Computer Learning (Beginner)** **1:45 Computer Learning (Advanced)** 2:00 pm: Card Games W/Frankie 3:00 pm: Dinner Hour	23 **" Stage Coach Mary Returns to Bartow"** **W /Dazee and Friends** **11:30 am - 2:30 pm** 10:00 am: **Manicure** **10:00 am: Massage** 12:30 pm: Line Dance W/Cynthia 3:00 pm: Dinner Hour	24 10:00 am: Intergenerational Arts and Crafts W/ Denise 10:00 am: Salsa W/Rasheem 12:30 pm: Lunch Hour **1:30 pm: Dominoes w/Angel (New)**

Tuesday	Wednesday	Thursday	Friday	Saturday
27 11:00 am: Health and Wellness w/ Ann 12:00 pm: Blood Pressure w/ Gertie and Phyllis 1:45 pm SmartPhone/Tablet Class 3:00 pm: Dinner Hour	28 10:00 am: Stay-Well Exercise W/ Odessa 12:30 pm: Line Dance W/ Cynthia 3:00 pm: Dinner Hour	**29** 10:00 am: Arthritis Exercise W/ Damion 10:00 am: Virtual Arts w/ Laura 11:00 am: Hooked on Happy Knitting and Crochet Class W/ Lynn and Betty **12:45 Computer Learning (Beginner)** **1:45 Computer Learning (Advanced)** 2:00 pm: Card Games W/Frankie 3:00 pm: Dinner Hour	30 10:00 am: **Manicure** **10:00 am: Massage** 12:30 pm: Line Dance W/Cynthia 2:00 pm: Theater Arts w/ Dazee 3:00 pm: Dinner Hour	31 10:00 am: Intergenerational Arts and Crafts W/ Denise 10:00 am: Salsa W/Rasheem 12:30 pm: Lunch Hour **1:30 pm: Dominoes w/Angel (New)**

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October 2026 Dinner Menu

Generously Funded by Councilman Kevin Riley and Senator J. Bailey

Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Chicken Empanada Baked Fries w/ California Blend Vegetables ALT: Pork Meatballs w/Whole wheat Spaghetti and Italian Blend Vegetables	2 Basic Shepherd Pie w/Normandy Blend Vegetables ALT: Baked Fish in Garlic sauce w/Herbed Quinoa and Steamed Carrots and Green Beans	3 Baked Fish in Rustic Tomato Sauce and Black Beans and Rice; kale w/Tomato Salad ALT: BBQ Chicken Breast w/ Garlic Rosemary Roasted Potatoes and Steamed Collard Greens

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Tuesday	Wednesday	Thursday	Friday	Saturday
6 Stewed Beans w/Brown Rice and Steamed Broccoli ALT: Whole Wheat Penne w/White Beans, Eggplant and tomatoes; Mediterranean Quinoa and Garden Salad	7 Chicken Adobo w/ Yuca con Mojo (Yuca in Garlic Lemon sauce) w/Californinia Blend Vegetables ATL: Chinese Style Pork w/White Rice and Broccoli in Teriyaki Sauce	8 Mojo Pork w/Hamburger Bun Mixed Green Salad and Roasted Sweet Potato Fries ALT: Fish w/Tomatoes and Herbs; Couscous w/Peas and Lemon and Steamed Spinach	9 Baked Chicken Quarter w/ Garlic Roasted Potatoes with Fresh Garden Salad ALT: Baked Turkey Ziti (dairy-Free) w/Sauteed String Beans	10 Fish in Creole Sauce w/Black Beans and Rice and Steamed Baby Carrots w/Parsley ALT: Beef Hamburger w/Bun; Baked Fries, Lettuce and Tomatoes
13 Cozy Lentil and Veggie Soup W/White Rice and Roasted Root Vegetables ALT: Black Bean Quinoa Veggie Burger wBun and Roasted Root Vegetables	14 Turkey Meatball in Tomato Sauce w/Spaghetti and Caesar Salad ALT: Italian Style Pork Loin w/ Yuca con Mojo and Baby Spinach Salad w/ Lemon Vinaigrette	15 Beef Picadillo w/Roasted Potatoes and Steamed Broccoli ALT: Chicken Parmesan w/Orzo and Roasted Root Vegetables	16 Peruvian Chicken w/Arroz con Gandules (Mexican Style Brown Rice and Pigeon Peas) Mixed Green Salad W/Dressing ALT: Lemon Dill Fish Marinade w/Quinoa with Kale and Carrots; Italian Blend Vegetables	17 Chicken Empanada w/Garlic Mashed Potatoes and Steamed Green Beans ALT: Pernil w/Yellow Rice and Roasted Broccoli

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Tuesday	Wednesday	Thursday	Friday	Saturday
20 Dominican Vegan Sancocho w/ Puerto Rican Style Arroz con Gandules w/Caesar Salad ALT: Tasty Whole Wheat Lo Mein with Chickpea and Sauteed Green Beans	21 Italian Style Pork with Yuca con Mojo and Baby Spinach Salad w/Lemon Vinaigrette ALT: Baked Chicken Breast w/Garlic Rosemary Roasted Potatoes and Steamed Collard Greens	22 Beef Meatballs w/Whole Wheat Spaghetti and California Blend Vegetables ALT: Baked Fish in Rustic Tomato Sauce w/Black Beans and Rice and Kale and Tomato salad	23 Baked Chicken w/Yellow Rice and Capri Blend Vegetables ALT: Chinese Eggplant with Pork and Normandy Blend Vegetables	24 Baked Fish in Garlic w/Herbed Quinoa and Steamed Baby Carrots ALT: Oven Fried Chicken w/Garlic Mashed Potatoes and Italian Blend Vegetables
27 Cozy Lentil and Veggie Soup W/White Rice and Roasted Root Vegetables ALT: Black Bean Quinoa Veggie Burger wBun and Roasted Root Vegetables	28 Baked Chicken Thighs with Mexican Confetti Rice; Black Bean Soup w/ Italian Blend Vegetables ALT: Chinese Style Pork w/White Rice and Broccoli in Teriyaki Sauce	29 Chicken Empanada Baked Fries w/ California Blend Vegetables ALT: Pork Meatballs w/Whole wheat Spaghetti and Italian Blend Vegetables	30 Baked Chicken Quarter w/ Garlic Roasted Potatoes with Fresh Garden Salad ALT: Baked Turkey Ziti (dairy-Free) w/Sauteed String Beans	31 Chicken Empanada w/Garlic Mashed Potatoes and Steamed Green Beans ALT: Pernil w/Yellow Rice and Roasted Broccoli

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Bartow Older Adult Center

2049 Bartow Ave rm 31 Bronx NY 10475

(929) 399-1394

www.jasa.org

Hours

Tuesdays - Saturdays 9:30 am - 5:30 pm

Closed for Federal and Jewish Holidays

JASA Bartow Older Adult Center Staff

Ann Moncrieffe, Program Director amoncrieffe@jasa.org

Dennis Hugee, Program Assistant Director dhugee@jasa.org

Carolin Ximines-Robinson, Program Coordinator cximines-robinson@jasa.org

Karl Custer, Social Worker/Clinician kcuster@jasa.org

Available by appointment only on Tuesdays and Thursdays

Generously Funded by Councilman Kevin Riley and Senator J. Bailey

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