





# JASA VAN CORTLANDT OLDER ADULT CENTER

**\* 3880 Sedgwick Ave Bronx, NY\* 718-549-4700**

## JUNE 2022 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>10:30am Knitting (In Person)</b> <b>12:15pm Lunch</b> <b>1pm Coloring Hour (In Person)</b> <b>3:00pm Flowing Yoga (Hybrid)</b>	<b>2</b> <b>11:00am Walking Club w/Daisy (In Person) *NEW*</b> <b>12:15pm Lunch</b> <b>1:00pm Jewish/Klezmer Concerts in Motion (Hybrid)</b> <b>1:30pm Chorus Rehearsal (Hybrid)</b>	<b>3</b> <b>12:15pm Lunch</b> <b>12:45pm Advisory Board Campaign *Special Event* (In Person)</b> <b>1:30pm Leisure Bingo *NEW*(In Person)</b>
<b>6</b> <b>OFFICE CLOSED</b> 	<b>7</b> <b>11:15am Hot Topics (In Person)</b> <b>11:15am Spanish Hot Topics (In Person)</b> <b>12:15pm Lunch</b> <b>1:00pm Mindful Meditation (In Person)</b> <b>2:15pm Still Life Painting w/Lucy (In Person)</b>	<b>8</b> <b>10:30am Knitting (In Person)</b> <b>12:15pm Lunch</b> <b>1:15pm Chinese Dance (Hybrid)</b> <b>3:00pm Flowing Yoga (Hybrid)</b>	<b>9</b> <b>11:00am Walking Club (In Person)</b> <b>12:15pm Lunch</b> <b>1:00pm Jewish/Klezmer Concerts in Motion (Hybrid)</b> <b>1:30pm Chorus Rehearsal (Hybrid)</b>	<b>10</b> <b>11:00am Eating Well w/ Saida *Special Event* (In Person)</b> <b>12:15pm Lunch</b> <b>12:45pm Advisory Board Campaign *Special Event*</b> <b>1:30pm Leisure Bingo (In Person)</b>

Funded by NYC Department for the Aging




<b><u>*Make Up Sunday June 26*</u></b>	<b>Person) *Special Event*</b>			<b>2:00pm Board Games (In Person)</b>
<p><b>13</b></p> <p><b>11:00am</b> Walking Club w/ Daisy <b>(In Person) *NEW*</b></p> <p><b>11:00am</b> Chorus Rehearsal <b>(Virtual)</b></p> <p><b>12:15pm Lunch</b></p> <p><b>1:15pm</b> Tai Chi <b>(Hybrid)</b></p> <p><b>2:15pm</b> Chinese Calligraphy <b>(Hybrid)</b></p> <p><b>4:30pm</b> Self Massage <b>(Hybrid)</b></p>	<p><b>14</b></p> <p><b>11:15am</b> Hot Topics <b>(In Person)</b></p> <p><b>11:15am</b> Spanish Hot Topics <b>(In Person)</b></p> <p><b>12:15pm Lunch</b></p> <p><b>1:00pm</b> Mindful Meditation <b>(In Person)</b></p>	<p><b>15</b></p> <p><b>10:30am</b> Knitting <b>(In Person)</b></p> <p><b>11:00am</b> DOT Traffic Safety Presentation <b>* Special Event* (In Person)</b></p> <p><b>12:15pm Lunch</b></p> <p><b>1:15pm</b> Father's Day Celebration <b>*Special Event*(In Person)</b></p> <p><b>3:00pm</b> Flowing Yoga <b>(Hybrid)</b></p>	<p><b>16</b></p> <p><b>11:00am</b> Walking Club <b>(In Person)</b></p> <p><b>12:15pm Lunch</b></p> <p><b>1:00pm</b> Jewish/Klezmer Concerts in Motion <b>(Hybrid)</b></p> <p><b>1:30pm</b> Chorus Rehearsal <b>(Hybrid)</b></p>	<p><b>17</b></p> <p><b>12:15pm Lunch</b></p> <p><b>12:45pm</b> Advisory Board Campaign <b>*Special Event*</b></p> <p><b>1:30pm Juneteenth Movie Presentation: Miss Juneteenth *Special Event*(In Person)</b></p>


<p>20</p> <p><b>OFFICE CLOSED in observation of:</b></p> 	<p>21</p> <p><b>11:15 am Hot Topics (In Person)</b></p> <p><b>11:15am Spanish Hot Topics (In Person)</b></p> <p><b>12:15pm Lunch</b></p> <p><b>1:30pm Show Your Pride: Tye Dye Day w/Eva (In Person) *Special Event*</b></p>	<p>22</p> <p><b>10:30am Knitting (In Person)</b></p> <p><b>12:15pm Lunch</b></p> <p><b>1pm Coloring Hour (In Person)</b></p> <p><b>1:15pm Chinese Dance Final Interactive Performance (Hybrid) *Special Event*</b></p> <p><b>3:00pm Flowing Yoga (Hybrid)</b></p>	<p>23</p> <p><b>11:00am Walking Club (In Person)</b></p> <p><b>12:15pm Lunch</b></p> <p><b>1:00pm Jewish/Klezmer Concerts in Motion (Hybrid)</b></p> <p><b>1:30pm Chorus Rehearsal (Hybrid)</b></p>	<p>24</p> <p><b>10:00am Breakfast Chat w/ Indira *NEW*</b></p> <p><b>12:15pm Lunch</b></p> <p><b>12:45pm Advisory Board Campaign *Special Event*</b></p> <p><b>1:30pm Leisure Bingo (In Person)</b></p> <p><b>2:00pm Board Games (In Person)</b></p>
<p>27</p> <p><b>11am Walking Club w/ Daisy</b></p> <p><b>11:00am Chorus Rehearsal (Virtual)</b></p> <p><b>12:15pm Lunch</b></p> <p><b>1:15pm Tai Chi (Hybrid)</b></p> <p><b>2:00pm Chinese Calligraphy Art Show w/ Wei Tang (Hybrid) *Special Event*</b></p> <p><b>4:30pm Self Massage (Hybrid)</b></p>	<p>28</p> <p><b>11:15 am Hot Topics (In Person)</b></p> <p><b>11:15am Spanish Hot Topics (In Person)</b></p> <p><b>12:15pm Lunch</b></p> <p><b>1:00pm Mindful Meditation (In Person)</b></p> <p><b>2:30pm Compassion in These Uncertain Times w / Christina (In Person) *Special Event*</b></p>	<p>29</p> <p><b>10:30am Knitting (In Person)</b></p> <p><b>12:15pm Lunch</b></p> <p><b>1pm Coloring Hour (In Person)</b></p> <p><b>3:00pm Flowing Yoga (Hybrid)</b></p>	<p>30</p> <p><b>11:00am Walking Club (In Person)</b></p> <p><b>12:15pm Lunch</b></p> <p><b>1:00pm Jewish/Klezmer Concerts in Motion (Hybrid)</b></p> <p><b>1:00pm Chorus End Season Concert (Hybrid) *Special Event*</b></p>	<p><b>**Lunch is served daily at 12:15 pm First Come First Serve**</b></p> <p><i>Calendar is Subjected to Change</i></p>



**JASA VAN CORTLANDT OLDER ADULT CENTER**  
**\*3880 Sedgwick Ave Bronx, NY\* 718-549-4700**  
**JUNE 2022 MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Veggie Burger</b> Brown Rice Sauteed Green Beans  <b>Alt: Chicken Wrap</b>	<b>2</b> <b>Poached Salmon</b> Baked Sweet Potato Normandy Blend Veg.  <b>Alt: Chicken Salad</b>	<b>3</b> <b>Baked Chicken Quarters</b> Pineapple Sweet and Sour Sauce Capri Blend Veg.  <b>Alt: Geflite Fish</b>
<b>6 OFFICE CLOSED</b>    <u><b>*Make Up Sunday June 26*</b></u>	<b>7</b> <b>Vegetarian Chili</b> Baked Brown Rice Pilaf California Blend Veg.  <b>Alt: Salmon Burger</b>	<b>8</b> <b>Yankee Pot Roast</b> Brown Rice Winter Blend Veg.  <b>Alt: Egg Frittata</b>	<b>9</b> <b>Mediterranean Fish</b> Cous Cous Steamed Green Beans  <b>Alt: Asian Tofu</b>	<b>10</b> <b>Honey- Apricot Glazed Chicken</b> Sweet Noddle Kugel Israeli Salad  <b>Alt: Gefilte Fish</b>

<p>13</p> <p><b>Chicken Cacciatore</b> Rice Pilaf Italian Blend Veg.</p> <p><b>Alt: Egg Salad</b></p>	<p>14</p> <p><b>Shakshuka</b> Brown Rice Winter Blend Veg.</p> <p><b>Alt: Baked Breaded Fish</b></p>	<p>15</p> <p><b>Beef Stew</b> Bulgur California Blend Veg.</p> <p><b>Alt: Veggie Burger</b></p>	<p>16</p> <p><b>Baked Salmon</b> Brown Rice Steamed Green Beans</p> <p><b>Alt: Sliced Deli Turkey</b></p>	<p>17</p> <p><b>Whole Roasted Chicken</b> Bowtie Pasta w/ Kasha Vegetable Ratatouille</p> <p><b>Alt: Gefilte Fish</b></p>
<p>20</p> <p><b>OFFICE CLOSED in observation of:</b></p> 	<p>21</p> <p><b>Sweet and Sour Meatballs</b> Brown Rice California Blend Veg.</p> <p><b>Alt: Stir Fry Tofu</b></p>	<p>22</p> <p><b>Baked Salmon w/ Dill Sauce</b> Orzo w/ Veg Normandy Blend Veg.</p> <p><b>Alt: Veggie Burger</b></p>	<p>23</p> <p><b>Baked Fish w/ Lemon Garlic Butter Sauce</b> Cous Cous Steamed Peas and Carrots</p> <p><b>Alt: Vegetarian Stuffed Cabbage</b></p>	<p>24</p> <p><b>Baked Chicken Quarters</b> Brown Rice Steamed Green Beans</p> <p><b>Alt: Gefilte Fish</b></p>
<p>27</p> <p><b>Deli Roast Beef</b> Cole Slaw Potato Salad</p> <p><b>Alt: Salmon Burger</b></p>	<p>28</p> <p><b>Baked Salmon</b> Orzo Normandy Blend Veg.</p> <p><b>Alt: Chicken Salad</b></p>	<p>29</p> <p><b>Veggie Burgers</b> Instant Mash Potato California Blend Veg.</p> <p><b>Alt: Veggie Burger</b></p>	<p>30</p> <p><b>BBQ Chicken Leg Quarters</b> Potato Kugel Grilled Veg.</p> <p><b>Alt: Egg Frittata</b></p>	<p><i>Whole Wheat Bread and Juice is served with Lunch Daily</i></p> <p><i>Menu is Subjected to Change</i></p>



**Van Cortlandt Older Adult Center**

**3880 Sedgwick Ave, 1st Floor**

**Bronx, NY 10463**

**Tele 718-549-4700 iortiz@jasa.org**

**www.jasa.org**

**Hours of Operation: Monday through Friday 9 am -5 pm**

<p><b><u>Tai Chi Instructor:</u></b> Judy Farnum  <b><u>Chorus Leader:</u></b> Cheryl Warfield  <b><u>Chinese Calligraphy Instructor:</u></b> Wei Tang  <b><u>Spanish Hot Topics Leader:</u></b> Christina Soddano  <b><u>Chinese Dance Instructor:</u></b> Ling Tang  <b><u>Flowing Yoga Instructor:</u></b> Kathleen O'Hannon  <b><u>Hot Topics Leader:</u></b> Lucy Degidon  <b><u>Mindful Meditation Instructor:</u></b> Christina Soddano  <b><u>Knitting Leaders:</u></b> Michele Panossian and Claire Sandorf</p>	<p><b>Special Event Tuesday, June 7 at 2:15pm:</b> Still Life Painting w/Lucy <b>(In Person)</b>  <b>Special Event Friday June 10 at 11:00am</b> Eating Well w/ Saida <b>(In Person)</b>  <b>Special Event Wednesday June 15:</b> DOT Safety Presentation <i>and</i> Father's Day Celebration <b>(In Person)</b>  <b>Special Event Friday, June 17 at 1:30pm:</b> Juneteenth Movie Presentation: Miss Juneteenth <b>(In Person)</b></p>	<p><b>Special Event Tuesday June 21 at 1:30 pm</b> Show Your Pride: Tye Dye Day w/Eva <b>(In Person)</b>  <b>Special Event Wednesday June 22 at 1:15pm</b> Final Chinese Dance Interactive Performance <b>(In Person)</b>  <b>Special Event Friday June 24 at 10:00am</b> Breakfast Chat w/ Indira <b>(In Person)</b>  <b>Special Event Monday June 27 at 2:00pm</b> Chinese Calligraphy Art Show w/ Wei Tang <b>(Hybrid)</b></p>
<p><b>NEW Every Friday at 1:30 pm</b> Leisure Bingo <b>(In Person)</b>  <b>NEW Every Monday and Thursdays at 1:15pm</b> Walking Club w/ Daisy <b>(In Person)</b></p>		<p><b>Special Event Tuesday June 28 at 2:30pm</b> Compassion in These Uncertain Times w / Christina <b>(In Person)</b></p>

**Special Event Every Friday at 12:45pm:** Advisory  
Board Counsel Campaign **(In Person)**

**Special Event Thursday June 30 at 1:00pm** Chorus End Season  
Concert **(Hybrid)**