





JASA VAN CORTLANDT OLDER ADULT CENTER

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

JULY 2022 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>11:00am Salsa Dance Exercise *New* (Uniper, In person)</p> <p>12:15pm Lunch</p> <p>1:15pm Leisure Bingo (In person)</p> <p>2:15pm Board Games (In person)</p>
<p>4</p> <p>FOURTH of JULY OFFICE CLOSED</p> 	<p>5</p> <p>10:15am Country Line Dance (Uniper, In person)</p> <p>11:15am Hot Topics (In person)</p> <p>12:15pm Lunch</p> <p>1:00pm Mindful Meditation</p>	<p>6</p> <p>11:00am WorkOut to the 50's & 60's*New* (Uniper, In person)</p> <p>10:30am Knitting (In person)</p> <p>12:15pm Lunch</p> <p>1:15pm Bob Ross in Action *Special Event* (Uniper, In person)</p> <p>2:00pm Learn French</p>	<p>7</p> <p>10:30am Full Body Stretch*New* (Uniper, In person)</p> <p>11:00am Walking Club (In person)</p> <p>11:00am Crocheting w/Sandra *New* (In person)</p> <p>12:15pm Lunch</p>	<p>8</p> <p>11:00am Salsa Dance Exercise(Uniper, In person)</p> <p>12:15pm Lunch</p> <p>1:15pm Leisure Bingo (In person)</p> <p>2:15pm Board Games (In person)</p>

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		(Uniper, In person)	1:15pm Music & Concert (Uniper, In person)	
11 10:30am DanceWorkOut(Uniper, In person) 12:15pm Lunch 1:15pm Gentle Qigong(Uniper, In person) 2:00 Learn Spanish (Uniper, In person) 3:00pm Documentary (Uniper, In person)	12 10:15am Country Line Dance Uniper,(In person) 11:15am Hot Topics (In person) 12:15pm Lunch 1:00pm Mindful Meditation (In person) 1:15pm WII Sports Games* New* (In person)	13 10:30am Knitting (In Person) 11:00am WorkOut to the 50's & 60's (Uniper,In Person) 12:15pm Lunch 1:15pm Movie Presentation (In Person) 1:15 WII Sports Games (In Person) 2:00pm Learn French(Uniper,In Person)	14 10:30am Full Body Stretch(Uniper,In Person) 11:00 am Walking Club (In Person) 12:15pm Lunch 1:15pm Nutrition w/Saida(In Person) 2:15pm Music & Concert(Uniper,In Person)	15 11:00am Salsa Dance Exercise(Uniper,In person) 12:15pm Lunch 1:15 Leisure Bingo (In Person) 2:15pm Board Games(In Person)

<p>18</p> <p>10:30am DanceWorkOut(Uniper,In person)</p> <p>12:15pm Lunch</p> <p>1:15pm PotLuck *Special Event*(In person)</p> <p>2:15pm Learn Spanish(Uniper, In person)</p> <p>3:15pm Documentary(Uniper,In Person)</p>	<p>19</p> <p>10:15am Country Line Dance (Uniper,In person)</p> <p>11:15am Hot Topics (In person)</p> <p>12:15pm Lunch</p> <p>1:00pm Mindful Meditation (In person)</p> <p>1:15pm Wii Sports Games (In person)</p>	<p>20</p> <p>10:30am Knitting (In Person)</p> <p>11:00am WorkOut to the 50's & 60's (Uniper,In Person)</p> <p>12:15pm Lunch</p> <p>1:15pm Movie Presentation (In Person)</p> <p>1:15 Wii Sports Games (In Person)</p> <p>2:00pm Learn French(Uniper,In Person)</p>	<p>21</p> <p>10:30am Full Body Stretch(Uniper,In Person)</p> <p>11:00am Walking Club (In Person)</p> <p>12:15pm Lunch</p> <p>1:15pm Karaoke Day *New*(In Person)</p> <p>2:15pm Music & Concert(Uniper,In Person)</p>	<p>22</p> <p>11:00am Salsa Dance Exercise(Uniper, In person)</p> <p>12:15pm Lunch</p> <p>1:15pm Leisure Bingo (In person)</p> <p>2:15pm Board Games (In person)</p>
<p>25</p> <p>10:30amDanceWorkOut(Uniper,In person)</p> <p>12:15pm Lunch</p> <p>1:15pm Gentle Qigong(Uniper,In person)</p> <p>2:00 Learn Spanish (Uniper,In person)</p> <p>3:00pm Documentary (Uniper,In person)</p>	<p>26</p> <p>10:15am Country Line Dance (Uniper,In person)</p> <p>11:15am Hot Topics (In person)</p> <p>12:15pm Lunch</p> <p>1:15pm Tie Dye Beach Party *New*(In person)</p>	<p>27</p> <p>10:30am Knitting (In Person)</p> <p>11:00am WorkOut to the 50's & 60's (Uniper, In Person)</p> <p>12:15pm Lunch</p> <p>1:15 Wii Sports Games (In Person)</p> <p>2:00pm Learn French(Uniper,In Person)</p>	<p>28</p> <p>10:30am Full Body Stretch (Uniper, In Person)</p> <p>11:00 am Walking Club (In Person)</p> <p>12:15pm Lunch</p> <p>1:15pm Music & Concert(In Person)</p>	<p>29</p> <p>11:00am Salsa Dance Exercise</p> <p>12:15pm Lunch</p> <p>1:15pm Leisure Bingo (In person)</p> <p>2:15pm Board Games (In person)</p>



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***3880 Sedgwick Ave Bronx, NY* 718-549-4700**
JULY 2022 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Vegetarian Stuffed Cabbage Potato Kugel Veg. Ratatouille Alt: Gefilte Fish
4 OFFICE CLOSED 	5 Chicken Shawarma Rice Israeli Salad Alt: Vegetable Cutlet	6 Beef Burger Bun and Corn Tossed Salad Alt: Tuna Salad	7 Baked Salmon Orzo w/ Vegetables Normandy Blend Veg. Alt: Chicken Salad	8 Roasted Chicken Potato Kugel Veg. Ratatouille Alt: Gefilte Fish

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<p>11</p> <p>Greek Salad Pasta Salad</p> <p>Alt: Egg Frittata</p>	<p>12</p> <p>Roast Turkey Mashed Sweet Potatoes Roasted String Beans</p> <p>Alt: Tuna Salad</p>	<p>13</p> <p>Pepper Steak Brown Rice Oriental Blend Veg.</p> <p>Alt: Asian Tofu</p>	<p>14</p> <p>Baked Flounder Quinoa Mixed Veg.</p> <p>Alt: Chicken Wrap</p>	<p>15</p> <p>Malayjian Chicken Yellow Rice Green Bean Saute</p> <p>Alt: Gefilte Fish</p>
<p>18</p> <p>Vegetarian Stuffed Cabbage Mashed Potatoes Steamed Carrots</p> <p>Alt: Chicken Salad</p>	<p>19</p> <p>Baked Breaded Chicken Cutlet w/ Mushroom Gravy Egg Barley w/ Mushroom and Onion Roasted Peppers</p> <p>Alt: Baked Breaded Cod</p>	<p>20</p> <p>Beef Hamburger Garlic & Rosemary potatoes Lettuce, tomato and onions</p> <p>Alt: Veggie Burger</p>	<p>21</p> <p>Apricot Glazed Salmon Wild Rice California Mixed Veg.</p> <p>Alt: Sliced Deli Turkey</p>	<p>22</p> <p>Moroccan Chicken Brown Rice Sauteed Green Beans</p> <p>Alt: Gefilte Fish</p>
<p>25</p> <p>Sesame Chicken Lo Mein Noodles Oriental Blend Veg.</p> <p>Alt: Baked Breaded Flounder</p>	<p>26</p> <p>Turkey Pastrami Sandwich Pasta Salad 4 Bean Salad</p> <p>Alt: Egg Salad</p>	<p>27</p> <p>Vegetable Cutlet Baked Sweet Potato California Blend Veg.</p> <p>Alt: Chicken Wrap</p>	<p>28</p> <p>Beef Stew Brown Rice Capri Blend Veg.</p> <p>Alt: Tuna Salad</p>	<p>29</p> <p>Apricot Glazed Chicken Sweet Noodle Kugel Roasted Butternut Squash</p> <p>Alt: Gefilte Fish</p>