



Sue Ginsburg Older Adult Center: 975 Waring Ave. Bronx, NY, 10469 (718)881-1758



JANUARY 2022 ACTIVITIES

Funded in Part by Generous grants from Councilman Mark Gjonaj

Monday	Tuesday	Wednesday	Thursday	Friday
3 10AM- Wii Game 11AM- Cycling Class (Phys. Ed.) 12PM- Lunch/Almuerzo 1PM- Word Search Puzzle 2PM- Painting Class 3PM- Leisure Game	4 10AM- Wii Game 11AM- Health Promotion (BXHouse) 12PM- Lunch/ Almuerzo 1PM- Exercise Class 2PM- Arts & Crafts (In-person) 3PM – Word Search Puzzles	5 10AM- Wii Game 11AM- Nutrition Class (BronxHouse) 12PM- Lunch/Almuerzo 1PM- Exercise Class 2PM- Arts & Crafts (In-person) 3PM- Leisure Games	6 <u>Happy Three Kings Day</u> 10AM- Wii Game 11AM- Crossword Puzzle 12PM- Lunch/ Almuerzo 1PM- Chair Zumba (Tommy Experience LLC.) 2PM- Presentation from Sponsor 3PM- Current Event w/ Vilma	7 10AM- Wii Game 11AM- Chair Yoga (BronxHouse) 12PM- Lunch/Almuerzo 1PM- Indoor Walking Club 2PM- Virtual Motown Music (C.I.M.) 3PM- Word Search Puzzle
10 10AM- Wii Game 11AM- Cycling Class (Phys. Ed.) 12PM- Lunch/Almuerzo 1PM- Salsa/Belly Dancing 2PM- Painting Class 3PM- Leisure Game	11 10AM- Wii Game 11AM- Health Promotion(BXHouse) 12PM- Lunch/ Almuerzo 1PM- Ritmo Latino (Walter Perez) 2PM- Arts & Crafts (In-person) 3PM – Word Search Puzzles	12 10AM- Wii Game 11AM- Nutrition Class (BronxHouse) 12PM- Lunch/Almuerzo 1PM Word Search Puzzle 2PM-Exercise Class 3PM- Leisure Games	13 <u>9:30AM- Pantry Distribution Day</u> 10AM- Wii Game 11AM- Crossword Puzzle 12PM- Lunch/ Almuerzo 1PM- Chair Zumba (Tommy Experience) 2PM- Current Event w/ Vilma 3PM- Arts & Crafts	14 10AM- Wii Game 11AM- Chair Yoga (BronxHouse) 12PM- Lunch/Almuerzo 1PM- Indoor Walking Club 2PM- Virtual Motown Music (C.I.M.) 3PM- Word Search Puzzle
17 <u>Happy MLK Jr. Day</u> CENTER CLOSED	18 10AM- Wii Game 11AM- Health Promotion (BXHouse) 12PM- Lunch/ Almuerzo 1PM- Cooking on a Budget 2PM- Arts & Crafts (In-person) 3PM – Word Search Puzzles	19 10AM- Wii Game 11AM- Nutrition Class (BronxHouse) 12PM- Lunch/Almuerzo 1PM Exercise Class 2PM- Crossword Puzzle 3PM- Leisure Games	20 10AM- Wii Game 11AM- Healthy Drinks 12PM- Lunch/ Almuerzo 1PM- Chair Zumba (Tommy Experience) 2PM- Nutrition Presentation 2/ Kiahni 3PM- Current Event w/ Vilma	21 10AM- Wii Game 11AM- Chair Yoga (BronxHouse) 12PM- Lunch/Almuerzo 1PM- Indoor Walking Club 2PM- Virtual Motown Music (C.I.M.) 3PM- Word Search Puzzle
24 10AM- Wii Game 11AM- Cycling Class (Phys. Ed.) 12PM- Lunch/Almuerzo 1PM- Word Search Puzzle 2PM- Painting Class 3PM- Leisure Game	25 10AM- Wii Game 11AM- Health Promotion(BXHouse) 12PM- Lunch/ Almuerzo 1PM- Knitting Class 2PM- Arts & Crafts (In-person) 3PM – Word Search Puzzles	26 10AM- Wii Game 11AM- Nutrition Class (BronxHouse) 12PM- Lunch/Almuerzo 1PM Exercise Class 2PM- Crossword Puzzle 3PM- Leisure Games	27 10AM- Wii Game 11AM- Crossword Puzzle 12PM- Lunch/ Almuerzo 1PM- Chair Zumba (Tommy Experience) 2PM- Current Event w/ Vilma 3PM- Arts & Crafts	28 10AM- Wii Game 11AM- Chair Yoga (BronxHouse) 12PM- Lunch/Almuerzo 1PM- Indoor Walking Club 2PM- Virtual Motown Music (C.I.M.) 3PM- Word Search Puzzle
31 10AM- Wii Game 11AM- Cycling Class (Phys. Ed.) 12PM- Lunch/Almuerzo 1PM- Word Search Puzzle 2PM- Painting Class			Lunch/ Almuerzo 12pm-1pm DAILY HABLAMOS ESPAÑOL Must be the age of 60 and over to register	All classes are offered in-person Please contact us to reserve seating. Thank you. Todas las clases se ofrecen en persona Por favor, póngase en contacto con nosotros para reservar asientos. Gracias.

January 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Apricot Glazed Pork Chops Baked Potatoes Steamed Spinach Apple Juice Orange	4 Chicken Marsala Cous Cous Italian Blend Vegetables Banana Orange Juice	5 Beef Meatballs w/ Sofrito Baby Carrots w/ Parsley Spaghetti Apple Orange/ Pineapple Juice	6 Baked Breaded Fish Barley Steamed Green Beans Banana Orange Pineapple Juice	7 Vegetarian Chili Baked Brown Rice Pilaf Broccoli w/ Toasted Garlic Apple Juice Orange
10 Chili Con Carne Perfect White Rice Baby Carrots w/ Parsley Collard Greens Apple Juice Orange	11 Baked Turkey Breast Chinese Style Spaghetti Oriental Blend Vegetables Banana Orange Juice	12 Chicken Cacciatore Orzo Steamed Broccoli Apple Orange/Pineapple Juice	13 Rasta Pasta Sauce Tofu Pasta Roasted Zucchini Apple Juice Orange	14 Baked Tilapia Quinoa (1/2 Cup) Sautéed Spinach Apple Orange Juice
17 <p style="text-align: center;">CENTER CLOSED</p>	18 Jerk Chicken Baked Sweet Potato Steamed Red/ Green Cabbage Banana Orange Juice	19 Sweet & Sour Tofu Yellow Rice w/ Pigeon Peas Okra w/ Tomatoes Apple Orange/ Pineapple Juice	20 Stewed Cod Fish (Bacalao Guisado) Steamed Spinach Yucca Apple Juice Banana	21 Spanish Style Baked Chicken Brown Rice (1/2 Cup) Baby Carrots w/ Parsley Apple Orange Juice
24 Tofu & Vegetable Fried Rice Braised Collard Greens Apple Juice Orange	25 BBQ Chicken Leg Quarters Roasted Butternut Squash Sautéed Spinach Banana Orange Pineapple Juice	26 Pork Tenderloin w/ Zesty Cilantro Sauce Baked Red Potato Wedges Steamed Broccoli Apple Orange Juice	27 Baked Fish Fillets Baked Mac and Cheese Normandy Blend Vegetable Apple Juice Banana	28 Curried Chicken Legs Brown Rice w/ Pigeon Peas Okra Apple Orange Juice
31 Eggplant and Lentil Curry Bowtie Pasta Steamed Carrots Apple Juice Orange				