


Throgs Neck Older Adult Center: 2705 Schley Ave, Bronx, NY, 10465 (718) 823-1771

JULY 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch/ Almuerzo 12pm-1pm DAILY</p> <p>HABLAMOS ESPAÑOL Must be the age of 60 and over to register</p>				<p>1 10AM- Tai Chi (Hybrid) 11AM- Board Games 12PM- Lunch/ Almuerzo 1PM- Stress Relief Coloring Group 2PM- 4PM- Dance Group</p>
<p>4 JASA CLOSED Independence Day</p> 	<p>5 *NY Common Pantry 9a-12p*</p> <p>11AM- Walking group 12PM- Lunch/ Almuerzo 1PM- At the theater (UNIPER) 2PM- Jewelry Making 3PM- Current Events</p>	<p>6</p> <p>10AM- Brain Teasers 11AM- Salsa Dancing (In-person) 12PM- Lunch/Almuerzo 1PM- Self Care Nail Group 2PM- Chair Aerobics (Hybrid) 3PM -Board Game</p>	<p>7</p> <p>10:30AM-Blood Pressure Screening 12PM- Lunch/ Almuerzo 12PM- Concert in Motion (Hybrid) 1PM- Board Games 2PM- Meditation (Hybrid) 3PM- Knitting & Crochet (Hybrid)</p>	<p>8</p> <p>10AM- Tai Chi (Hybrid) 11AM- Puzzle 12PM- Lunch/ Almuerzo 1PM- Board Game/BINGO 2pm- Silver Sneakers:Motown (UNIPER) 3PM- 4PM- Dance Group Social/ BBQ</p>
<p>11</p> <p>10:30AM- Chair Aerobics (Hybrid) 12PM- Lunch/Almuerzo 1PM- Crafting With Sandra (Hybrid) 2PM- Technology Class (UNIPER) 3PM- Puzzles</p>	<p>12</p> <p>11AM- Walking Group 12PM- Lunch/ Almuerzo 1PM- At the theater (UNIPER) 2PM- Chair Yoga (UNIPER) 3PM- Current Events</p>	<p>13</p> <p>10AM- Puzzles 11AM- Zumba (In-person) 12PM- Lunch/Almuerzo 1PM- Self Care Nail Group 2PM- Chair Aerobics (Hybrid) 3PM -Board Game</p>	<p>14 *Crazy Sock Day*</p> <p>10:30AM-Blood Pressure Screening 12PM- Lunch/ Almuerzo 12PM- Concert in Motion (Hybrid) 1PM- Board Games 2PM- Meditation (Hybrid) 3PM- Knitting & Crochet (Hybrid)</p>	<p>15</p> <p>10AM- Tai Chi (Hybrid) 11AM- Board Games 12PM- Lunch/ Almuerzo 1PM- Stress Relief Coloring Group 2PM- 4PM- Dance Group</p>
<p>18</p> <p>10:30AM- Chair Aerobics (Hybrid) 11AM- Vase Painting 12PM- Lunch/Almuerzo 1PM- Crafting With Sandra (Hybrid) 2PM- Board game 3PM- Puzzles</p>	<p>19</p> <p>11AM- Walking Group 12PM- Lunch/ Almuerzo 1PM- At the theater (UNIPER) 2PM- Jewelry Making 3PM- Current Events</p>	<p>20</p> <p>10AM- Brain Teasers 11AM- Cooking Live with DFTA 12PM- Lunch/Almuerzo 12pm- Nutrition presentation by Kiahni 1PM- Self Care Nail Group 2PM- Chair Aerobics (Hybrid) 3PM -Board Game</p>	<p>21</p> <p>10:30AM-Blood Pressure Screening 12PM- Lunch/ Almuerzo 12PM- Concert in Motion (Hybrid) 1PM- Board Games 2PM- Meditation (Hybrid) 3PM- Knitting & Crochet (Hybrid)</p>	<p>22</p> <p>10AM- Tai Chi (Hybrid) 11AM- Board Games 12PM- Lunch/ Almuerzo 1PM- Puzzle 2pm- Silver Sneakers:Motown (UNIPER) 3PM- 4PM- Dance Group</p>
<p>25</p> <p>10:30AM- Chair Aerobics (Hybrid) 12PM- Lunch/Almuerzo 1PM- Crafting With Sandra (Hybrid) 2PM- Technology Class (UNIPER) 3PM- Puzzles</p>	<p>26</p> <p>11AM- Walking Group 12PM- Lunch/ Almuerzo 1PM- At the theater (UNIPER) 2PM- Chair yoga (UNIPER) 3PM- Current Events</p>	<p>27</p> <p>10AM- Puzzles 11AM- Zumba (In-person) 12PM- Lunch/Almuerzo 1PM- Self Care Nail Group 2PM- Chair Aerobics (Hybrid) 3PM -Board Game</p>	<p>28 * Nerd Day*</p> <p>10:30AM-Blood Pressure Screening 12PM- Lunch/ Almuerzo 12PM- Concert in Motion (Hybrid) 12-2pm- DJ/Birthday Celebration 2PM- Meditation (Hybrid) 3PM- Knitting & Crochet (Hybrid)</p>	<p>29</p> <p>10AM- Tai Chi (Hybrid) 11AM- Board Games 12PM- Lunch/ Almuerzo 1PM- Stress Relief Coloring Group 2pm- BINGO 2PM- 4PM- Dance Group</p>

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JULY 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Fish w/ Black Bean Sauce Pasta (1/2 Cup) Normandy Blend Orange Pineapple Juice Pear
4 CENTER CLOSED Happy Independence Day	5 Curried Chicken Legs Perfect White Rice Normandy Blend Apple Juice Orange	6 Pork Tenderloin Baked Red Potato Wedges Carrots Orange Pineapple Juice Pear	7 Chicken Fajitas Cilantro Lime Rice Italian Blend Vegetables Banana Orange Juice	8 Fish w/ Fresh Salsa Relish Brown Rice (1/2 Cup) Steamed Kale Apple Juice Orange
11 Pasta Primavera Steamed Spinach Apple Juice Orange	12 Brown Stew Chicken Yellow Rice Cabbage w/ Shredded Carrots Banana Orange Juice	13 Beef Meatballs w/ Sofrito Whole Wheat Spaghetti Baby Carrots w/ Parsley Apple Orange Pineapple Juice	14 Stewed Codfish w/ Eggplant Barley Steamed Green Beans Apple Juice Banana	15 Arroz con Pollo (Chicken w/ Rice) Broccoli w/ Toasted Garlic Orange Pineapple Juice Pear
18 Vegetarian Chicken Brown Stew Baby Carrots w/ Parsley Collard Greens Apple Juice Orange	19 Spanish Style Catfish Chinese Style Spaghetti Oriental Blend Banana Orange Juice	20 Jerk Chicken Orzo Steamed Broccoli Apple Orange Pineapple Juice	21 Spanish Style Beef Stew Baked Red Potato Wedges Roasted Zucchini Apple Juice Orange	22 Homemade Coconut Breaded Fish Quinoa (1/2 Cup) Sautéed Spinach Orange Juice Pear
25 BBQ Pork Chops White Rice Steamed Kale Apple Juice Orange	26 Jerk Chicken Baked Sweet Potato Steamed Red or Green Cabbage Banana Orange Juice	27 Baked Ziti w/ Ricotta Okra w/ Tomatoes Apple Orange Pineapple Juice	28 Stewed Codfish (Bacalao Guisado) Steamed Spinach Yucca Apple Juice Banana	29 Oven Fried Chicken Baked Macaroni and Cheese Collard Greens Kiwi Orange Juice