



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

## JUNE 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join Sandra from 7pm-8pm every Saturday in June                      Zoom link Provided in Email</p>	<p><i>Happy Pride Month!</i></p>  <p>*June 19th is Father's Day</p>	<p><b>1</b>                      10AM- Alzheimer's 101 presentation(hybrid)                      11AM- Zumba (In-person)                      12PM- <b>Lunch/Almuerzo</b>                      1PM- Self Care Nail Group                      2PM- Chair Aerobics (Hybrid)                      3PM -Board Game</p>	<p><b>2</b>                      10:30AM-Blood Pressure Screening                      12PM- <b>Lunch/ Almuerzo</b>                      12:30PM- DOT Safety Transportation                      1PM- Board Games                      2PM- Meditation (Hybrid)                      3PM- Knitting &amp; Crochet (Hybrid)</p>	<p><b>3</b>                      10AM- Tai Chi (Hybrid)                      11AM- Board Games                      12PM- <b>Lunch/ Almuerzo</b>                      12PM- Concert in Motion (Hybrid)                      1PM- Stress Relief Coloring Group                      2PM- 4PM- Dance Group</p>
<p><b>6</b>                      10:30AM- Chair Aerobics (Hybrid)                      12PM- <b>Lunch/Almuerzo</b>                      1PM- Brain Teasers                      2PM- Technology Class (Hybrid)                      3PM- Puzzles</p>	<p><b>7</b> *NY Common Pantry 9a-12p*                      11AM- Walking group                      12PM- <b>Lunch/ Almuerzo</b>                      1PM- Crafting With Sandra                      2PM- Jewelry Making                      3PM- Current Events</p>	<p><b>8</b>                      10AM- Brain Teasers                      11AM- Salsa Dancing (In-person)                      12PM- <b>Lunch/Almuerzo</b>                      1PM- Self Care Nail Group                      2PM- Chair Aerobics (Hybrid)                      3PM -Board Game</p>	<p><b>9</b>                      10:30AM-Blood Pressure Screening                      12PM- <b>Lunch/ Almuerzo</b>                      1PM- Board Games                      2PM- Meditation (Hybrid)                      3PM- Knitting &amp; Crochet (Hybrid)                      *Crazy Hat Day*</p>	<p><b>10</b>                      10AM- Tai Chi (Hybrid)                      11AM- Board Games                      12PM- <b>Lunch/ Almuerzo</b>                      12PM- Concert in Motion (Hybrid)                      1PM- Stress Relief Coloring Group                      2PM- 4PM- Dance Group</p>
<p><b>13</b>                      10:30AM- Chair Aerobics (Hybrid)                      11AM- <u>Tie Dye making</u>                      12PM- <b>Lunch/Almuerzo</b>                      1PM- Brain Teasers                      2PM- Current Events                      3PM- Puzzles</p>	<p><b>14</b>                      11AM- Walking Group                      12PM- <b>Lunch/ Almuerzo</b>                      1PM- Crafting With Sandra                      2PM- Jewelry Making                      3PM- Current Events</p>	<p><b>15</b>                      10AM- Nature Photography (Smartphones)                      11AM- Zumba (In-person)                      12PM- <b>Lunch/Almuerzo</b>                      1PM- Self Care Nail Group                      2PM- Chair Aerobics (Hybrid)                      3PM -Board Game</p>	<p><b>16</b>                      10:30AM-Blood Pressure Screening                      12PM- <b>Lunch/ Almuerzo</b>                      1PM- Board Games                      2PM- Meditation (Hybrid)                      3PM- Knitting &amp; Crochet (Hybrid)</p>	<p><b>17</b>                      10AM- Tai Chi (Hybrid)                      11AM- Board Games                      12PM- <b>Lunch/ Almuerzo</b>                      12PM- Concert in Motion (Hybrid)                      1PM- Stress Relief Coloring Group                      2PM- 4PM- Dance Group</p>
<p><b>20</b>                      Jasa Closed</p> 	<p><b>21</b> Summer Begins                      11AM- Walking Group                      12PM- <b>Lunch/ Almuerzo</b>                      1PM- Juneteenth Crafting With Sandra                      2PM- Jewelry Making                      3PM- Current Events                      *Pride Tie Dye Day*</p>	<p><b>22</b>                      10AM- Brain Teasers                      11AM- Salsa Dancing(In-person)                      12PM- <b>Lunch/Almuerzo</b>                      1PM- Nutrition Presentation by Kiahni                      2PM- Chair Aerobics (Hybrid)                      3PM -Board Game</p>	<p><b>23</b>                      10:30AM-Blood Pressure Screening                      12PM- <b>Lunch/ Almuerzo</b>                      1PM- Outdoor Walking Group                      2PM- Meditation (Hybrid)                      3PM- Knitting &amp; Crochet (Hybrid)                      *Workout Gear day*</p>	<p><b>24</b>                      10AM- Tai Chi (Hybrid)                      11AM- Board Games                      12PM- <b>Lunch/ Almuerzo</b>                      12PM- Concert in Motion (Hybrid)                      2PM- Bingo                      3PM- 4PM- Dance Group</p>
<p><b>27</b>                      10:30AM- Chair Aerobics (Hybrid)                      11:30AM-Current events                      12PM- <b>Lunch/Almuerzo</b>                      12PM- NYPL Read Aloud (Hybrid)                      2PM- Technology (Hybrid)                      3PM- Board Games</p>	<p><b>28</b>                      11AM- Walking Group                      12PM- <b>Lunch/ Almuerzo</b>                      1PM- Pride Sip N paint With Sandra                      2PM- Jewelry Making                      3PM- Current Events</p>	<p><b>29</b>                      10AM- Puzzles                      11AM- Zumba (In-person)                      12PM- <b>Lunch/Almuerzo</b>                      1PM- Self Care Nail Group                      2PM- Chair Aerobics (Hybrid)                      3PM -Board Game</p>	<p><b>30</b>                      10:30AM-Blood Pressure Screening                      12PM- <b>Lunch/ Almuerzo</b>                      12-2pm- DJ/Celebration (Fathers Day)                      2PM- Meditation (Hybrid)                      3PM- Knitting &amp; Crochet (Hybrid)</p>	

**JUNE 2022 MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Meatballs with Sofrito Whole Wheat Spaghetti Baby Carrots with Parsley Apple /Orange Pineapple Juice	2 Stewed Codfish w.Eggplant (Bacalao Fresco y Berenjena) Barley Steamed Green Beans Apple Juice/ Banana	3 Arroz con Pollo Chicken Breast and Rice Broccoli with Toasted Garlic Orange Pineapple Juice/ Pear
6 Vegetarian Chicken Brown Stew Baby Carrots with Parsley Collard Greens Apple Juice/ Orange	7 Spanish Style Catfish Chinese Style Spaghetti Oriental Blend Banana/Orange Juice	8 Jerk Chicken Orzo Steamed Broccoli Apple/ Orange Pineapple Juice	9 Spanish Style Beef Stew Baked Red Potato Wedges Roasted Zucchini Apple Juice/ Orange	10 Homemade Coconut Breaded Fish Quinoa (1/2 cup) Sauteed Spinach Orange Juice/Pear
13 BBQ Pork Chops White Rice Steamed Kale Apple Juice/ Orange	14 Jerk Chicken Baked Sweet Potato Steamed Red or Green Cabbage Banana /Orange Juice	15 Baked Ziti with Ricotta Whole Wheat Bread Okra with Tomatoes Apple /Orange Pineapple Juice	16 Stewed Codfish (Bacalao Fresco Guisado) Steamed Spinach Yuca Apple Juice/ Banana	17 Oven Fried Chicken Baked Macaroni and Cheese Whole Wheat Dinner Roll Collard Greens Kiwi/ Orange Juice
20 Homemade Roast Pork Spanish Style Penne Braised Collard Greens Apple Juice/Pear	21 BBQ Chicken Roasted Butternut Squash Sauteed Spinach Orange Pineapple Juice	22 Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Broccoli Apple /Orange Juice	23 Fish with Fresh Salsa Relish Baked Macaroni and Cheese Normandy Blend Apple Juice/Banana	24 Curried Chicken Legs Brown Rice & Pigeon Peas Okra Kiwi/ Orange Juice
27 Baked Ziti with Ricotta Roasted Broccoli Steamed Carrots Apple Juice/Tangerine	28 Jerk Chicken Rice & Beans Braised Collard Greens Grape Juice Unsweetened/Orange	29 Spanish Style Beef Stew Baked Red Potato Wedges Steamed Broccoli Apple/Orange Juice	30 Spanish Style Baked Chicken Cous Cous Italian Blend Vegetables Banana/ Apple Juice	