



# JASA Bay Eden Older Adult Center

Phone Number (718)-882-3815

1220 East 229th Street, Bronx, NY, 10466

## June 2024 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Computer Class w. Ron - In- Person 11:00 Painting w. Ron - In-Person 11:00 Senior Fitness Boot Camp w. Rufus- In-Person 12:00 Congregate Lunch 1:00 Indoor Gardening w. Victor - In-Person</p>	<p>4. 8:30 Congregate Breakfast 9:00 NYC Aging Tips Resources to Stay Safe in Hot Weather 10:00 Computer Class w. Ron - In- Person 10:00 Advisory Board Mtg 11:00 Dance &amp; Movement w. Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit-Chat w. Donna In Person</p>	<p>5. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 BCHN: Blood Pressure Screening - In-Person 10:00 Crochet w. Yvette- In-Person 10:00 Dance w Walter- In Person 11:00 General Membership 12:00 Congregate Lunch 1:00 Bingo w. Joseph - In-Person</p>	<p>6. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion / Current Events w. Tim- In-Person 11:00 Dance &amp; Movement w. Rufus -In-Person 12:00 Congregate Lunch 1:00 Chit-Chat w Donna- In-Person</p>	<p>7. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Leisure Games: Crossword/Puzzles-In-Person 10:00 Big Apple Walk w. Michelle 11:00 Dance w Walter- In Person 12:00 Congregate Lunch</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>10. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Computer Class w. Ron - In- Person 11:00 Painting w. Ron - In-Person 11:00 Senior Fitness Boot Camp w. Rufus- In-Person 12:00 Congregate Lunch 1:00 Indoor Gardening w. Victor - In-Person</p>	<p>11. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Digital Literacy w. Ron - In- Person 11:00 Dance &amp; Movement w. Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit-Chat w. Donna In Person</p>	<p>12. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 BCHN: Blood Pressure Screening - In-Person 10:00 Crochet w. Yvette- In-Person 10:00 Dance w Walter- In Person <b>11:00 Nutrition Education w. Kiahni-In-Person</b> 12:00 Congregate Lunch</p>	<p>13. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion / Current Events w. Tim- In-Person 11:00 Dance &amp; Movement w. Rufus -In-Person 12:00 Congregate Lunch 1:00 Chit-Chat w Donna- In-Person</p>	<p>14. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Leisure Games: Crossword/Puzzles-In-Person <b>10:00 Cultural Arts Presentation : Caribbean Heritage - In-Person</b> 11:00 Dance w Walter- In Person <b>11:00 Caribbean Heritage Celebration w. DJ Prentice</b> <b>12:00 Caribbean Heritage Lunch</b></p>
<p>17. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Computer Class w. Ron - In- Person 11:00 Painting w. Ron - In-Person 11:00 Senior Fitness Boot Camp w. Rufus- In-Person 12:00 Congregate Lunch 1:00 Indoor Gardening w. Victor - In-Person</p>	<p>18. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Digital Literacy w. Ron - In- Person <b>10:00 Presentation: Juneteenth w. Yvette Williams - In-Person</b> 11:00 Dance &amp; Movement w. Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit-Chat w. Donna In Person</p>	<p>19.  <b>CENTER CLOSED JUNETEENTH</b></p>	<p>20. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion / Current Events w. Tim- In-Person 11:00 Dance &amp; Movement w. Rufus -In-Person 12:00 Congregate Lunch 1:00 Chit-Chat w Donna- In-Person</p>	<p>21. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Leisure Games: Crossword/Puzzles-In-Person 10:00 Big Apple Walk w. Michelle 11:00 Dance w Walter- In Person 12:00 Congregate Lunch</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>24. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Computer Class w. Ron - In- Person 11:00 Painting w. Ron - In-Person 11:00 Senior Fitness Boot Camp w. Rufus- In-Person 12:00 Congregate Lunch 1:00 Indoor Gardening w. Victor - In-Person</p>	<p>25. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Digital Literacy w. Ron - In- Person 11:00 Dance &amp; Movement w. Rufus - In-Person <b>* ELECTION DAY CLASS SIZE WILL BE LIMITED*</b> 12:00 Congregate Lunch 1:00 Chit-Chat w. Donna In Person</p>	<p>26. 8:30 Congregate Breakfast <b>8:00 Trip: Kruckers Picnic</b> 9:00 Uniper/YouTube Documentary- In-Person 10:00 BCHN: Blood Pressure Screening - In-Person 10:00 Dance w Walter- In Person 12:00 Congregate Lunch</p>	<p>27. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion / Current Events w. Tim- In-Person 11:00 Dance &amp; Movement w. Rufus -In-Person 12:00 Congregate Lunch 1:00 Chit-Chat w Donna- In-Person</p>	<p>28. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Leisure Games: Crossword/Puzzles-In-Person <b>10:00 Red Hatter's Mtg - In- Person</b> 10:00 Big Apple Walk w. Michelle 11:00 Dance w Walter- In Person 12:00 Congregate Lunch</p>
<p><b>June 2024</b> <b>Senior Metrocard/ Fair Fare</b> <b>Metrocard/ Senior Ferry</b></p> <p><b>*See Case Manager</b> <b>Vilma Sorrentini</b> <b>for more Information!</b></p>	<p><b>*Must be the age of 60</b> <b>and over to register</b></p> <p><b>*MUST BE A MEMBER TO</b> <b>PARTICIPATE IN ALL CLASSES</b></p> <p><b>* GRAB N GO LUNCH</b> 11:00am - 1:30pm</p> <p><b>*ACTIVITIES ARE SUBJECT</b> <b>TO CHANGE*</b></p>	<p><b>*Breakfast Contribution</b> \$1.00</p> <p><b>*Breakfast is from</b> 8:30am - 9:30am</p> <p><b>*Lunch Contribution</b> \$1.50</p> <p><b>*Lunch is from</b> 12:00pm - 1:00pm</p>	<p><b>CARIBBEAN HERITAGE</b> <b>MONTH CELEBRATION</b> 06/14/2024 w. DJ Prentice 10:00am - 2:30pm</p> <p><b>Juneteenth Presentation:</b> by Yvette Williams 06/18/2024 @10:00am</p>	<p><b>Juneteenth</b> <b>Center Closed</b> 06/19/2024</p> <p><b>Trip: Kruckers Picnic</b> 06/26/2024 Bus Leaves at 8:30am</p>

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## June 2024 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3.</b> Bran Muffin Cottage Cheese Multigrain Cheerios Apple	<b>4.</b> Egg White Omelette w Peppers & Onions Cheesy Grits Orange	<b>5.</b> Fish Cakes Home Fries Bran Flakes Banana	<b>6.</b> Apple Pancakes Scrambled Eggs w Swiss Shredded Wheat Cereal Biscuit Apple	<b>7.</b> Waffle Baked Egg Omelette Apple Raisin Cereal Orange
<b>10.</b> French Toast Bran Flakes Plain Greek Yogurt	<b>11.</b> Hard Boiled Egg Blueberry Muffin Cheerios Orange	<b>12.</b> Western Omelette Home Fries Maple Quinoa Oatmeal Porridge Banana	<b>13.</b> Grilled Mozzarella & Tomato Sandwich Raisin Bran Cereal Orange	<b>14.</b> Cinnamon Whole Wheat French Toast Scrambled Eggs Grits Banana
<b>17.</b> Plain Greek Yogurt Multigrain Cheerios Apple	<b>18.</b> Grilled Cheese Oatmeal Banana	<b>19.</b> CENTER CLOSED	<b>20.</b> Fish Cakes Grits Apple	<b>21.</b> Scrambled Eggs w Swiss Sweet Potatoes Bran Flakes Cereal Banana
<b>24.</b> Cheerios Greek Yogurt Apple	<b>25.</b> Scrambled Eggs w Swss Toasted Oats Orange	<b>26.</b> Turkey Sausage Patty Sweet & Smokey Baked Beans Oatmeal Apple	<b>27.</b> Omelette w Peppers & Onions Cream of Wheat Raisin Bran Bananana	<b>28.</b> Hard Boiled Egg Grits Home Fries Orange
Breakfast Contribution is \$1.00 Breakfast is 8:30am - 9:30am				<b>** Menu is Subject to Change**</b>

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## June 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. PB Lentil Stew w Carrots &amp; Turnips White Rice Steamed Cauliflower Apple</p>	<p>4. Spanish Style Catfish Chinese Style Spaghetti Oriental Blended Vegetables Orange</p>	<p>5. Jerk Chicken Black Beans &amp; Rice Steamed Broccoli Apple</p>	<p>6. Spanish Style Beef Stew ALT Chicken Mashed Potatoes Mixed Vegetables Banana</p>	<p>7. Coconut Breaded Fish Brown Rice Quinoa Sauteed Spinach Orange</p>
<p>10. BBQ Pork Chops ALT Chicken White Rice California Blend Vegetables Apple</p>	<p>11. Baked Asian Style Honey Chicken Egg Noodles Steamed Red Cabbage Orange</p>	<p>12. PB Lemon Chickpea &amp; Kale Stir Fry Brown Rice Cauliflower w. Carrots &amp; Parsley Apple</p>	<p>13. Baked Fish w Mushrooms &amp; Peppers Couscous Sauteed Green Beans w Onions Orange</p>	<p>14. <b>Caribbean Heritage Lunch</b>   <u>\$7.00 Special Lunch Menu</u>            Chicken Patty, Chicken Wings, Sweet Plantain, Escovitch Fish, Brown Stew Chicken, Rice &amp; Pigeon Peas, Steamed Vegetables, Caribbean Punch, Bread Pudding   <u>\$1.50 Contribution</u>  <u>NYC Aging Lunch</u>            Oven Fried Chicken, Baked Mac &amp; Cheese, Collard Green, Fruit, Milk</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
17. Spanish Style Roast Pork ALT Chicken Black Beans & Rice Braised Collard Greens Apple	18. Caribbean Style BBQ Chicken Roasted Potatoes Sautéed Spinach Orange	19. CENTER CLOSED	20. Fish w Mushrooms Peppers & Tomatoes Coconut Rice w Pigeon Peas Normandy Blend Banana	21. Curried Chicken Legs Penne Pasta Baby Carrots w Parsley Orange
24. Spanish Style Beef Stew ALT Chicken Homemade Mashed Potatoes Steamed Broccoli Apple	25. Jerk Chicken w Rosemary Rice & Beans Braised Collard Greens Orange	26. PB Buffalo Chickpea Power Grain Bowl Pasta Steamed Carrots Apple	27. Spanish Style Baked Chicken Italian Blended Vegetables Roasted Sweet Potato Fries Banana	28. Baked Fish w Black Bean Sauce Pasta Normandy Blend Orange
<b>GRAB N GO LUNCH</b> available from 11am - 1:30pm Must sign up for Grab N GO lunch in advance before 12pm		Lunch Contribution \$1.50  Lunch is from 12:00pm -  1:00pm		<b>** Menu is Subject to Change**</b>  PB= Plant Based

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**JASA Bay Eden Older Adult Center**  
**1220 East 229th Street, Bronx, NY 10466**  
**(718) 882-3815**  
**www.jasa.org**

**Hours**

**Mondays - Fridays 8:00am - 4:00pm**

**\*Closed for Federal and Jewish Holidays\***

**Bay Eden Older Adult Center Staff**

**Michelle Pottinger, Program Director [[mpottinger@jasa.org](mailto:mpottinger@jasa.org)]**

**Office Phone: 718-882-3815 Option #1**

**Yasmin Ahmad, Assistant Director [[yahmad@jasa.org](mailto:yahmad@jasa.org)]**

**Office Phone: 718-882-3815 Option #2**

**Joseph Albanese, Program Coordinator [[jalbanese@jasa.org](mailto:jalbanese@jasa.org)]**

**Office Phone: 718-882-3815 Option #3**

**Vilma Sorrentini, Case Manager [[vsorrentini@jasa.org](mailto:vsorrentini@jasa.org)]**

**Office Phone: 718-882-3815 Option #6 or Cell (929)374-0143**

**Donna Williams, Clinical Social Worker [[dwilliams2@jasa.org](mailto:dwilliams2@jasa.org)]**

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