



Throgs Neck Older Adult Center

Phone Number (718) 823-1771-550 Balcom Ave, Bronx, NY, 10465

June 2024 Activity Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| <p>3</p> <p>9:00AM-The Breakfast Club Discussion Group 10:00AM-Board Games 11:00AM-Stress Relief Coloring 12:00PM-Congregate Lunch \$1.50 1:00PM-Blood Pressure Screening W. Jimmy</p> | <p>4</p> <p>9:00AM-The Breakfast Club Discussion Group 10:00AM- Su Casa Art & Craft 12:00PM-Congregate Lunch \$1.50 1:00PM-Dance and movement</p> | <p>5 Birthday Lunch/ Going Away Party 9:00AM- The Breakfast Club Discussion Group 10:00AM-Stress Relief Coloring 11:00AM- Zumba w. Rufus 12:00PM-Congregate Lunch \$1.50 1:00PM- Relationship Building: Mental Health Benefits Of Social Connection For Older Adults</p> | <p>6</p> <p>9:00AM-The Breakfast Club Discussion Group 10:00AM-Jewelry Making W Reina 11:00AM- Dance and Movement 12:00PM-Congregate Lunch \$1.50 1:00PM-Zumba w. Rufus</p> | <p>7 Final Payment Due 9:00AM- The Breakfast Club Discussion Group 10:00AM Tai Chi 11:00AM- Grains Kiahni Presentation 12:00PM-Congregate Lunch 1:00PM-Dance and Movement</p> |
| <p>10</p> <p>9:00AM-The Breakfast Club Discussion Group 10:00AM-Board Games 11:00AM-Candle Making 12:00PM-Congregate Lunch \$1.50 1:00PM-Blood Pressure Screening W. Jimmy</p> | <p>11</p> <p>9:00AM-The Breakfast Club Discussion Group 10:00AM- Su Casa Art & Craft 12:00PM-Congregate Lunch \$1.50 1:00PM-Dance and movement</p> | <p>12</p> <p>9:00AM- The Breakfast Club Discussion Group 10:00AM-Stress Relief Coloring 11:00AM- Zumba w. Rufus 12:00PM-Congregate Lunch \$1.50 1:00PM- Music & Wellness: The Benefits of Music on Mental, Physical, and Emotional Health</p> | <p>13</p> <p>9:00AM-The Breakfast Club Discussion Group 10:00AM-Jewelry Making W Reina 11:00AM- Healthy Oils Kiahni Presentation 12:00PM-Congregate Lunch \$1.50 1:00PM-Zumba w. Rufus</p> | <p>14 American Dream Field Trip 9:00AM- The Breakfast Club Discussion Group 10:00AM Tai Chi 11:00AM- Stress Relief Coloring 12:00PM-Congregate Lunch 1:00PM-Dance and Movement</p> |
| <p>17</p> <p>9:00AM-Brain Teasers 10:00AM-Board Games 11:00AM-Stress Relief Coloring 12:00PM-Congregate Lunch \$1.50 1:00PM-Dance and movement</p> | <p>18 Father's Day/ Juneteenth Party 9:00AM-Brain Teasers 10:00AM- Su Casa Art & Craft 12:00PM-Congregate Lunch \$1.50 1:00PM-Dance and movement</p> | <p>19</p>  <p style="text-align: center;">JASA CLOSED</p> | <p>20</p> <p>9:00AM-Brain Teasers 10:00AM- Board Game 11:00AM- Dance and Movement 12:00PM-Congregate Lunch \$1.50 1:00PM-Zumba w. Rufus</p> | <p>21</p> <p>9:00AM- Brain Teasers 10:00AM Tai Chi 11:00AM- Stress Relief Coloring 12:00PM-Congregate Lunch 1:00PM-Dance and Movement</p> |
| <p>24</p> <p>9:00AM-Brain Teasers 10:00AM-Board Games 11:00AM-Stress Relief Coloring 12:00PM-Congregate Lunch \$1.50 1:00PM-Dance and movement</p> | <p>25</p> <p>9:00AM-Brain Teasers 10:00AM- Su Casa Art & Craft 12:00PM-Congregate Lunch \$1.50 1:00PM-Dance and movement</p> | <p>26</p> <p>9:00AM- Brain Teasers 10:00AM-Stress Relief Coloring 11:00AM- Zumba w. Rufus 12:00PM-Congregate Lunch \$1.50</p> | <p>27</p> <p>9:00AM-Brain Teasers 10:00AM- Board Game 11:00AM- Dance and Movement 12:00PM-Congregate Lunch \$1.50 1:00PM-Zumba w. Rufus</p> | <p>28</p> <p>9:00AM- Brain Teasers 10:00AM Tai Chi 11:00AM- Stress Relief Coloring 12:00PM-Congregate Lunch 1:00PM-Dance and Movement</p> |
| <p style="text-align: center;">FUNDED BY NYC AGING</p> <p style="text-align: center;">*ACTIVITIES ARE SUBJECT TO CHANGE We are now open at 550 Balcom Ave. Join us every Monday- Friday 8AM-2PM If you need any assistance you can call at (718) 823-1771</p> | | <p>Juneteenth has never been a celebration of victory, or an acceptance of the way things are. Instead, it's a celebration of progress. It's an affirmation that despite the most painful parts of our history, things do get better. America can change. " — Barack Obama</p> | <p>Final Payment for American Dream Mall is June 7th please secure your spot, since seats are limited</p> | |


Partially funded by: NYC Aging & NYC Council



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June 2024 Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 3. PB Lentil Stew w Carrots & Turnips White Rice Steamed Cauliflower Apple | 4. Spanish Style Catfish Chinese Style Spaghetti Oriental Blended Vegetables Orange | 5. Birthday/ Going Away Party Oven Fried Chicken Yellow Rice Potato Salad Greek Salad Lemonade Sweet Potato Pie | 6. Spanish Style Beef Stew ALT Chicken Mashed Potatoes Mixed Vegetables Banana | 7. Coconut Breaded Fish Brown Rice Quinoa Sauteed Spinach Orange |
| 10. BBQ Pork Chops ALT Chicken White Rice California Blend Vegetables Apple | 11. Baked Asian Style Honey Chicken Egg Noodles Steamed Red Cabbage Orange | 12. PB Lemon Chickpea & Kale Stir Fry Brown Rice Cauliflower w. Carrots & Parsley Apple | 13. Baked Fish w Mushrooms & Peppers Couscous Sauteed Green Beans w Onions Orange | 14. Fried Chicken Baked Mac & Cheese Collard greens |
| 17 Spanish Style Roast Pork ALT Chicken Black beans & Rice Collard Greens Apple | 18 Father's Day/ Juneteenth Party Caribbean Style BBQ Chicken Roasted Potatoes Sauteed Spinach Orange | 19  | 20. Fish w/ Mushrooms Pepper & Tomatoes Coconut Rice w pigeon peas Banana | 21 Curried Chicken legs Penne Pastes Baby Carros w Parsley Orange |
| 24 Spanish Style Beef Stew ALT Chicken Mashed Potatoes Steamed Broccoli Apple | 25. Jerk Chicken w Rosemary Rice & Bean Collard Greens Orange | 26. PB Buffalo Chickpea Power Grain Bowl Pasta Steamed Carrots Apple | 27 Spanish Style Baked Chicken Italian Vegetables Sweet Potatoes Fries Banana | 28 Baked Fish w Black Bean Sauce Pasta Normandy Blend Orange |
| FUNDED BY NYC AGING *ACTIVITIES ARE SUBJECT TO CHANGE We are now open at 550 Balcom Ave. Join us every Monday- Friday 8AM-2PM If you need any assistance you can call at (718) 823-1771 | Starting Jun 17, 2024 we will be located at 135 Einstein Loop Bronx, NY 10475 For more information talk to Martha M or Lizbel V | Juneteenth has never been a celebration of victory, or an acceptance of the way things are. Instead, it's a celebration of progress. It's an affirmation that despite the most painful parts of our history, things do get better. America can change. " — Barack Obama | Final Payment for American Dream Mall is June 7th please secure your spot, seats are limited | |

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550 Balcom Avenue, Bronx , NY 10465
(718) 823-1771 • Email
www.jasa.org

Hours

Mondays - Fridays 8:00am - 2:00pm
Closed for Federal and Jewish Holidays

Throgs Neck Older Adult Center Staff

Martha Montero, Assistant Director Mmontero@jasa.org
Luis Galvan, Case Manager Lgalvan@jasa.org
Lizbel Vargas, Program Coordinator Lvargas@jasa.org

NEW May Activities/Programming

Su Casa Arts & Crafts Every Tuesday From 10:00AM-12:00PM

Walk With Ease With Bethanie 3x A week

Jewelry Making With Reina Every Thursday 10AM

Structured Engagement Activities presented by JASA Mental Health Staff June 5th, 12th 1PM

American Dream Mall Trip Jun 14, 2024 9AM

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