Van Cortlandt Older Adult Center

Phone Number (718) 549-4700 Address 185 W 231st Street Bronx, NY 10463

October 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	Join us for our Halloween contest on October 30th—come on in!	Oct. 5th World Teachers Day Oct.10th World Mental Health Oct.31st Halloween Oct 1 Int'l Day of older persons Oct.12 Indigenous Peoples Day Breast Cancer Awareness Month Domestic Violence Awareness Month	1 Int'l Day of Older Persons All Day- Technical Assistance w/Staff 10:00am Strength/Chair Yoga w/Patti Cancelled on vacation 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Dorian 2:00pm-3:30pm Art Social	2 All Day- Technical Assistance w/Staff 10:00am Exercise w/Cliff 12:15pm Lunch 2:30-3:30pm Men's Social
5 All Day- Technical Assistance w/Staff 9:00am Unwind w/Classical Music 12:15pm Lunch 1:00pm Group Therapy w/Donna NEW 2:15pm Digital Literacy w/Ron 2:30pm Cornhole	6 All Day- Technical Assistance w/Staff 10:00am Strength Training w/Patti Cancelled on vacation 12:15pm Lunch 1:30pm Salsa w/Inez 1:45pm Mixed Media Arts w/Ron 2:45pm Fine Arts	7 All Day- Technical Assistance w/Staff 11:00am Zumba w/Dorian 12:15pm Lunch 1:00pm Tie Dye 1:45pm Hot Topics w/Lucy 2:00-3:30pm Board Games w/Staff	8 All Day- Technical Assistance w/Staff 10:00am Strength/Chair Yoga w/Patti Cancelled on vacation 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Dorian 2:00pm-3:30pm Art Social	9 All Day- Technical Assistance w/Staff 10:00am Exercise w/Cliff 12:15pm Lunch 2:00pm Structure Engagement w/Donna 2:30-3:30pm Men's Social
12 All Day- Technical Assistance w/Staff 9:00am Unwind w/Classical Music 12:15pm Lunch 1:00pm Group Therapy w/Donna 2:15pm Digital Literacy w/Ron 2:30pm Color Match Game/jenga	13 All Day- Technical Assistance w/Staff 10:00am Advisory Board Meeting 10:00am Strength Training w/Patti Cancelled on vacation 11:00am JASAcare Pumpkin painting event 12:15pm Lunch 1:30pm Salsa w/Inez 1:45pm Mixed Media Arts w/Ron 2:45pm Fine Arts	14 All Day- Technical Assistance w/Staff 11:00am Zumba w/Dorian 12:15pm Lunch 1:45pm Leisure Bingo Raffle Day 1:45pm Hot Topics w/Lucy 2:00-3:30pm Movie & Popcorn	15 All Day- Technical Assistance w/Staff 10:00am Strength/Chair Yoga w/Patti Cancelled on vacation 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Dorian 2:00pm-3:30pm Art Social	16 All Day- Technical Assistance w/Staff 10:00am Exercise w/Cliff 12:15pm Lunch 2:30-3:30pm Men's Social

Monday	Tuesday	Wednesday	Thursday	Friday
19 All Day- Technical Assistance w/Staff 9:00am Unwind w/Classical Music 12:15pm Lunch 12:30pm Nutrition Presentation w/Amelia 1:00pm Group Therapy w/Donna 2:15pm Digital Literacy w/Ron 2:30pm Board games	20 Patti Resumes All Day- Technical Assistance w/Staff 10:00am Strength Training w/Patti 12:15pm Lunch 1:30pm Salsa w/Inez 1:45pm Mixed Media Arts w/Ron 2:45pm Fine Arts	21 All Day- Technical Assistance w/Staff 11:00am Zumba w/Dorian 12:15pm Lunch 1:00pm Arts & Crafts 1:45pm Hot Topics w/Lucy 2:00-3:30pm Movie & Popcorn	22 Wear Pink All Day- Technical Assistance w/Staff 10:00am Strength/Chair Yoga w/Patti 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Dorian 2:00pm-3:30pm Art Social	23 All Day- Technical Assistance w/Staff 10:00am Exercise w/Cliff 12:15pm Lunch 2:30-3:30pm Men's Social
26 All Day- Technical Assistance w/Staff 9:00am Unwind w/Classical Music 12:15pm Lunch 1:00pm Group Therapy w/Donna 2:15pm Digital Literacy w/Ron 2:30pm Dominos/ Uno cards	27 All Day- Technical Assistance w/Staff 10:00am Strength Training w/Patti 12:15pm Lunch 1:30pm Salsa w/Inez 1:45pm Mixed Media Arts w/Ron 2:30pm Leisure Bingo Raffle Day 2:45pm Fine Arts	28 Nat'l Chocolate Day All Day- Technical Assistance w/Staff 11:00am Zumba w/Dorian 12:15pm Lunch 1:45pm Hot Topics w/Lucy 2:00-3:30pm Movie & Popcorn	29 All Day- Technical Assistance w/Staff 10:00amStrength/Chair Yoga w/Patti 12:15pm Lunch 1:30pm Produce Distribution 1:30pm Jewelry Making w/Dorian 1:30-3:30pm Halloween Fest 	30 All Day- Technical Assistance w/Staff 10:00am Exercise w/Cliff 12:15pm Lunch 2:30-3:30pm Men's Social

Please be advised that taking any food items from this location to consume elsewhere is entirely at your own risk. For your personal safety and to prevent potential foodborne illnesses, it is crucial to either consume the food or promptly refrigerate it within thirty minutes of departing the premises. When reheating, ensure it is done so in an oven set to 350 degrees Fahrenheit for a minimum of five minutes to achieve a safe internal temperature. Furthermore, it is imperative to discard any remaining food after a maximum of three days. These guidelines are in place to protect your health and well-being.

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October 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Please note: Menu items are subject to change based on food availability. Produce Distribution Every Thursdays at 1:30pm			1 Lemon Chicken Brown Rice California Blend Vegetables	2 Baked Ziti w/Turkey Whole Wheat Bread Sauteed String Beans
5 Plant Based Stewed Beans Perfect White Rice Garden Salad	6 Baked Chicken Quarters Garlic Mashed Potatoes Steamed Spinach	7 Pernil (Roasted Pork Shoulders) Arroz con Guandules Black Bean Soup Roasted Broccoli	8 Beef Hamburger WW Hamburger Bun Lettuce & Tomato Roasted Sweet Potato Fries	9 Asopao de Pollo(Chicken Stew) Garlic & Rosemary Roasted Potatoes Steamed Collared Greens
12 Plant Based Tasty WW Lo Mein w/Chickpeas Sauteed Greens Beans w/Onions	13 Baked Fish w/Rustic Tomato Sauce Black Beans & Rice Kale w/Tomato	14 Chicken Empanada Baked Fries California Blend Vegetables	15 Basic Shepherd's Pie Whole Wheat Bread Normandy Blend	16 Oven Fried Chicken Garlic Mashed Potatoes Italian Blend Vegetables
19 Plant Based Stewed Beans Brown Rice Steamed Broccoli	20 Chicken Adobo Yuca con Mojo (Yuka w/Garlic Lime Sauce) California Blend Vegetables	21 Mojo Pork WW Hamburger Bun Mixed Green Salad w/Dressing Roasted Sweet Potato Fries	22 Baked Chicken Quarters Garlic & Rosemary Roasted Potato Garden Salad No Dressing	23 Fish w/Creole Sauce Black Beans & Rice Baby Carrots & parsley
26 Plant Based Cozy Lentil & Veggie Soup Perfect White Rice Roasted Root Vegetables	27 Turkey Meatballs w/Tomato Sauce Spaghetti Caesar Salad	28 Beef Picadillo Roasted Potatoes Steamed Broccoli	29 Peruvian Chicken Arroz con Gandules Mixed Green Salad w/Dressing	30 Chicken Empanada Garlic Mashed Potatoes Steamed Green Beans

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October 2026 Alternate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Monday Meals are Plant Based Abbreviation for Whole wheat; WW Abbreviation for Black; Blk	Please note that our new hours of operations are now 8am - 4pm.	Please note: Menu items are subject to change based on food availability. Produce Distribution Every Thursdays at 1:30pm	1 Healthier Tuna Salad Sliced Cucumbers & Tomatoes Southern Chickpea Salad	2 Classic Macaroni Salad Grilled Chicken Breast Mixed Green Salad w/dressing
5 Plant Based Cabbage Carrot Slaw w/Chickpeas Mixed Green Salad w/Dressing Potato Salad	6 Garden Salad (no dressing) Garlic Chicken Italian Chickpea Pasta Salad Light Italian Dressing	7 Cabbage Carrot Slaw Potato Salad w/Egg Tuna Salad	8 Carrot Salad Grilled Chicken Breast Southwestern Quinoa & Blk Bean Salad	9 Baked Fish Red Cabbage & Cauliflower Salad Tomato & Cucumber Salad w/dressing
12 Plant Based Cabbage Carrot Slaw Potato Salad Whole Wheat Pita Stuffed w/Eggplant Cucumber, and Tzatziki	13 Baby Spinach Salad w/Lemon Vinaigartte Cucumber Dill Salad WW Chicken Salad Sandwich	14 Four Bean Salad Sliced Cucumbers & Tomatoes WW Egg Salad Sandwich	15 Classic Macaroni Salad Grilled Mozzarella & Tomato Sandwich (WW) Bread Mixed Green Salad w/Dressing	16 Beet,Arugula, & Feta Salad Cucumber & Chickpea Salad Tuna Salad
19 Plant Based Cabbage Carrot Slaw Classic Macaroni Salad Four Bean Salad	20 Honey Mustard Chicken Breast Mixed Green Salad W/Dressing Pasta Primavera Salad	21 Cobb Salad w/Grilled Chicken Potato Salad	22 Healthier Tuna Salad Sliced Cucumbers & Tomatoes Southern Chickpea Salad	23 Classic macaroni Salad Grilled Chicken Breast Mixed Green Salad w/Dressing
26 Plant Based Cabbage Carrot Slaw w/Chickpeas Mixed Green Salad w/Dressing Potato Salad	27 Garden Salad No Dressing Garlic Chicken Italian Chickpea Pasta Salad Light Italian Dressing	28 Cabbage Carrot Slaw Potato Salad w/Egg Tuna Salad	29 Carrot Salad Grilled Chicken Breast Southwestern Quinoa & Blk Bean Salad	30 Baked Fish Red Cabbage & Cauliflower Salad Tomato & Cucumber Salad w/Dressing

October 2026

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New Hours of Operation are now Mondays - Fridays 8:00am - 4:00pm

Closed for Federal and Jewish Holidays

Daily Lunch Mondays - Fridays 12:15pm - 1:15pm - Dining Room

Van Cortlandt Older Adult Center Staff

Indira Ortiz,Program Director Iortiz@jasa.org

Anna Barcene,Assistant Director Abarcene@jasa.org

Daisy Ruiz,Program Coordinator Druiz@jasa.org

Nadira Khanam,Case Manager Nkhanam@jasa.org

Carla Luna,Food technician Cluna@jasa.org

Donna Williams,Social Worker/Clinician Dwilliams@jasa.org

Xylina Rosario,Porter Xrosario@jasa.org

NEW September 2026 Activities/Programming

New caterer menu options are different

October 9th 2:00pm Structure Engagement w/Donna

October 5th @ 1pm Every Monday Group Therapy with Donna for 6 weeks

October 13th @11 am JASAcare Pumpkin Painting Event

October 19th@ 12:30pm Nutrition Presentation w/Amelia

October 29th @ 1:30pm Halloween Fest w/DJ