





Throggs Neck Older Adult Center
Phone Number (718) 823-1771 550 Balcom Ave Bronx, NY, 10465
April 2026 Activity Calender

Monday	Tuesday	Wednesday	Thursday	Friday
	Pantry Day Tuesday 7, 2026 <i>*Outside*</i> WE WILL BE IN EINSTEIN LOCATION April 6-10	1 9:00AM-Board Game 10:00AM-Arts and Craft 11:00AM: Walking Group 12:00PM-Congregate Lunch \$1.50 1:00PM- Chair Aerobics-In person	2 <div style="background-color: yellow; border: 1px solid black; padding: 2px; display: inline-block;">WE ARE CLOSED</div> 	3 9:00AM-Walking Group 10:00AM- Stress Relief Coloring 11:00AM- BINGO 12:00PM-Congregate Lunch \$1.50 1:00PM- Dance & Movement
6 <u>Located in Einstein Location</u> 9am: Mindful Morning Tai-Chi 10:30am: Line Dance 11am: Book Club 12PM: Congregate Lunch \$1.50 1pm: Movies w/ Dennis	7 <u>Located in Einstein Location</u> 10am: Never Too Old To Learn Spanish 11am: Bridge To Care Arthritis Exercise 12:PM-Congregate Lunch \$1.50 1pm: Bingo	8 <u>Located in Einstein Location</u> 10AM-Stretch & Tone w/Ola 11am: Bodies in Motion w/ Ola 12PM-Congregate Lunch \$1.50 1PM- Technology w/ Jimmy	9 <u>Located in Einstein Location</u> 10AM- Visual Arts 11AM- Salsa Dance W/ George 12PM-Congregate Lunch \$1.50 1PM- Fit For life Exercise w/ Gail 2pm: Crochet & Knitting w/ Sarah	10 <u>Located in Einstein Location</u> 9AM-Coloring for Calmness 10AM- Chess Club 11AM-Blood Pressure Screening 12PM-Congregate Lunch \$1.50 1PM- Lets get it on zumba
13 9:00AM-Brain Teaser 10:30AM- Caribbean Dance- With Juan U. 11:00AM- Board Games 12:00PM-Congregate Lunch \$1.50 1:00PM-Technology with Jose	14 9:00AM-Brain Teasers 10:00AM-Dance & Movement 11:00- Walking Group 12:00PM-Congregate Lunch \$1.50 1:00PM-Stress Relief Coloring	15 Spring Party 9:00AM-Board Game 10:00AM- Arts and Craft 11:00AM-Stress Relief Coloring 12:00PM-Congregate Lunch \$1.50 1:00PM- Walking Group	16 9:00AM-Brain teaser 10:00AM-Dance & Movement 11:00AM- Stress Relief Coloring 12:00PM-Congregate Lunch \$1.50 1:00PM- Zumba Class W Rufus-In person	17 9:00AM-Walking Group 10:30AM- Caribbean Dance- With Juan U. 11:00AM- Technology with Jose 12:00PM-Congregate Lunch \$1.50 1:00PM- Dance & Movement
20 9:00AM-Brain Teaser 10:30AM- Caribbean Dance- With Juan U. 11:00AM- Board Games 12:00PM-Congregate Lunch \$1.50 1:00PM- Arts and Crafts	21 9:00AM-Brain Teasers 10:00AM-Dance & Movement 11:00- Board Games 12:00PM-Congregate Lunch \$1.50 1:00PM- Soca for Seniors w/ Cagney	22 9:00AM-Brain Teasers 10:00AM-Dance & Movement 11:00-Board Game 12:00PM-Congregate Lunch \$1.50 1:00PM- Chair Aerobics-In person	23 9:00AM-Brain Teaser 10:00AM-Dance & Movement 11:00AM- Stress Relief Coloring 12:00PM-Congregate Lunch \$1.50 1:00PM- Zumba Class W Rufus-In person	24 9:00AM-Walking Group 10:30AM- Caribbean Dance- With Juan U. 10:00AM- Blood Pressure Screening W. Jimmy 11:00AM- BINGO 12:00PM-Congregate Lunch \$1.50 1:00PM- Dance & Movement
27 9:00AM-Brain Teaser 10:30AM- Caribbean Dance- With Juan U. 11:00AM- Board Games 12:00PM-Congregate Lunch \$1.50 1:00PM- Blood Pressure Screening W. Jimmy	28 9:00AM-Brain Teasers 10:00AM-Dance & Movement 11:00- Board Games 12:00PM-Congregate Lunch \$1.50 1:00PM- Soca for Seniors w/ Cagney	29 9:00AM-Board Game 10:00AM-Dance & Movement 11:30AM: Walking Group 12:00PM-Congregate Lunch \$1.50 1:00PM- Arts and Craft	30 9:00AM-Brain Teaser 10:00AM-Dance & Movement 11:00AM- Citizen Preparedness Corps 12:00PM-Congregate Lunch \$1.50 1:00PM- Zumba Class W Rufus-In person	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

Partially funded by:NYC Aging & NYC Council

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Phone Number (718) 823-1771 550 Balcom Ave, Bronx, NY, 10465
April 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 PB No Cheese Spring Vegetable Lasagna Sauteed Green Beans with Onions Apple	2 WE ARE CLOSED	3 Caesar Salad with Grilled Chicken Basic Pasta Salad Orange
6 Beef Hamburger Baked Red Potato Wedges Cooked Cabbage with Shredded Carrots Apple	7 PB Bright and Lemony Stewed White Beans with Carrots and Spinach Perfect White Rice Steamed Broccoli Orange	8 Fish with Mushrooms, Peppers, and Tomatoes Pasta Baby Carrots and Parsley Apple	9 Spanish Style Roast Pork Black Beans and Rice Steamed Collard Greens Banana	10 Chicken Legs with Stewed Tomatoes Coconut Rice and Pigeon Peas Normandy Blend Orange
13 Spanish Style Beef Stew Homemade Mashed Potatoes Steamed Broccoli Apple	14 Baked Fish with Sweet and Sour Sauce Pasta Normandy Blend Orange	15 Spring Party Arroz con Pollo Chicken Breast and Rice Whole Wheat Bread Boiled Southern Greens Apple	16 PB Aromatic Pumpkin and Chickpea Curry Perfect White Rice Italian Cut Green Beans Banana	17 Jerk Chicken Black Beans and Rice Italian Blend Vegetables Orange
20 Beef Meat Sauce with Peppers and Onions Half White Rice Half Quinoa Steamed Green Beans Apple	21 PB Buffalo Chickpea Power Grain Bowl Classic Macaroni Salad Orange	22 Jerk Fish Black Beans and Rice Steamed Kale Apple	23 Sweet and Sour Pork with Pineapple Baked Red Potato Wedges Steamed Sliced Carrots Banana	24 Curried Chicken Legs Perfect White Rice Cooked Cabbage w. Shredded Carrots Orange
27 Pork Roast with Mango Chutney Brown Rice Cooked Cabbage with Shredded Carrots Apple	28 Baked Chicken Thighs Mashed Sweet Potatoes California Blend Vegetables Orange	29 PB Blackeye Pea Curry with Potatoes and Tomatoes Instant Mashed Potatoes Steamed Broccoli Apple	30 Dairy-Free Baked Ziti with Beef Baby Carrots and Parsley Banana	

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Throggs Neck Older Adult Center
550 Balcom Avenue, Bronx , NY 10465 (718) 823-1771
Hours: Mondays - Fridays 8:00am - 2:00pm

Throggs Neck Older Adult Center Staff

Martha Montero, Program Director Mmontero@jasa.org

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New 2026 Activities/Programming

We Will be CLOSED April 2nd for Passover

Bingo Fridays Twice a month @11:00am: 4/3 & 4/24

Zumba Class W Rufus- In person on Thursdays @ 1pm

Chair Aerobics twice a month with Jimmy @ 1pm: 4/1 & 4/22

Blood Pressure Screening with Jimmy @1pm every Monday

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