




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

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00AM-Brain Teaser 10:00AM-Stress Relief Coloring 11:00AM- Board Games 12:00PM-Congregate Lunch \$1.50 1:00PM- Blood Pressure Screening W. Jimmy	3 Pantry Day 9:00AM-Brain Teasers 10:00AM-Dance & Movement 11:00- Walking Group 12:00PM-Congregate Lunch \$1.50 1:00PM-Stress Relief Coloring	4 9:00AM-Board Game 10:00AM-Dance & Movement 11:00AM- Walking Group 12:00PM-Congregate Lunch \$1.50 1:00PM- Walking Group	5 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	6 9:00AM-Walking Group 10:00AM- Stress Relief Coloring 11:00AM- BINGO 12:00PM-Congregate Lunch \$1.50 1:00PM- Dance & Movement
9 9:00AM-Brain Teaser 10:00AM-Stress Relief Coloring 11:00AM- Board Games 12:00PM-Congregate Lunch \$1.50 1:00PM- Blood Pressure Screening W. Jimmy	10 9:00AM-Brain Teasers 10:00AM-Dance & Movement 11:00- Walking Group 12:00PM-Congregate Lunch \$1.50 1:00PM-Stress Relief Coloring	11 Valentine & Birthday Party 9:00AM-Board Game 10:00AM-Dance & Movement 11:30AM: Walking Group 12:00PM-Congregate Lunch \$1.50 1:00PM- Chair Aerobics-In person	12 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	13 9:00AM-Walking Group 10:00AM- Stress Relief Coloring 11:00AM- Brain teaser 12:00PM-Congregate Lunch \$1.50 1:00PM- Dance & Movement
16 We Are Closed 	17 Located in Einstein Location 10AM-11AM: Never Too Old To Learn Spanish 11AM-12PM: Bridge To Care Arthritis Exercise w/ Damien 12PM-1PM: LUNCH 1pm-2pm: BINGO	18 Located in Einstein Location 9AM-11AM- Hair Care 4 U (appt. only) 10AM-11AM: Stretch & Tone w/Ola 11AM-12PM: Bodies In Motion w/Ola 12PM-1PM: LUNCH 1PM-2PM: Board Games	19 Located in Einstein Location 10AM-11AM: Computers & Smart Phones w/ Pastor Mike 10AM-12PAM: Visual Arts 11AM-12PM: Salsa Dance w/ George 12PM-1PM: LUNCH 1PM-2PM: Fit For Life Exercise w/Gail	20 Located in Einstein Location 9:30AM- 10:30 AM- Coloring for Calmness 10AM-12PM:Chess Club 10:30AM-12PM: Blood Pressure Screening 11:00 AM- 12:00 AM- Health & Wellness 2.0- 1PM-2PM: Let's Get It On Zumba
23 9:00AM-Brain Teaser 10:00AM-Stress Relief Coloring 11:00AM- Board Games 12:00PM-Congregate Lunch \$1.50 1:00PM- Blood Pressure Screening W. Jimmy	24 9:00AM-Brain Teasers 10:00AM-Dance & Movement 11:00- Board Games 12:00PM-Congregate Lunch \$1.50 1:00PM-Stress Relief Coloring	25 9:00AM-Brain Teasers 10:00AM-Dance & Movement 11:00-Board Game 12:00PM-Congregate Lunch \$1.50 1:00PM- Chair Aerobics-In person	26 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	27 9:00AM-Walking Group 10:00AM- Stress Relief Coloring 11:00AM- BINGO 12:00PM-Congregate Lunch \$1.50 1:00PM- Dance & Movement
		WE WILL BE IN EINSTEIN LOCATION JAN 17-20	FEBRUARY	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
February 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pork Roast with Mango Chutney Brown Rice Cooked Cabbage with Shredded Carrots Apple	3 Baked Chicken Thighs Mashed Sweet Potatoes California Blend Vegetables Orange	4 PB Blackeye Pea Curry with Potatoes and Tomatoes Instant Mashed Potatoes Steamed Broccoli Apple	5 Dairy-Free Baked Ziti with Beef Baby Carrots and Parsley Banana	6 Spanish Chicken with Potatoes and Garlic Steamed Green Beans Orange
9 Pork Spare Ribs Garlic Mashed Potatoes Steamed Collard Greens Apple	10 PB Latin Sweet Potato and Red Bean Chili White Rice Steamed Cauliflower Orange	11 Jumbo Stuffed Shells with Meat Sauce Vegetable Mix Apple	12 Baked Asian Style Honey Chicken Half White Rice Half Quinoa Steamed Broccoli Banana	13 Fish with Tomatoes and Herbs Caribbean Rice and Red Beans Sauteed Spinach Orange
16 We Are CLOSED 	17 Spanish Style Roast Pork White Rice California Blend Vegetables Orange	18 PB No Cheese Spring Vegetable Lasagna Sauteed Green Beans with Onions Apple	19 Baked Fish with Mushrooms and Peppers Cous Cous, Cauliflower with Carrots and Parsley Banana	20 Caesar Salad with Grilled Chicken Basic Pasta Salad Orange
23 Beef Hamburger Baked Red Potato Wedges Cooked Cabbage with Shredded Carrots Apple	24 PB Bright and Lemony Stewed White Beans with Carrots and Spinach Perfect White Rice Steamed Broccoli Orange	25 Fish with Mushrooms, Peppers, and Tomatoes Pasta Baby Carrots and Parsley Apple	26 Spanish Style Roast Pork Black Beans and Rice Steamed Collard Greens Banana	27 Chicken Legs with Stewed Tomatoes Coconut Rice and Pigeon Peas Normandy Blend Orange

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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

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Jeremie Ortega, Porter jortega@jasa.org

New 2025 Activities/Programming

We Are CLOSED February 16

We Will be in Einstein Co-Op February 17-20

Bingo Fridays @11am: 2/6, 2/27

Zumba Class W Rufus- In person Every Thursday @ 1pm

Chair Aerobics twice a month with Jimmy @ 1pm: 1/14 & 1/28

Blood Pressure Screening with Jimmy @1pm every Monday

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