Throggs Neck Older Adult Center

Phone Number (718) 823-1771 135 Einstein Loop, Rm 46 Bronx, NY, 10475

November 2026 Activity Calender

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00AM-Mindful Mornings Tai-Chi 10:00AM-Juan Carribean Dance 11:00AM- Book Club 12:00PM-Congregate Lunch $1.50 1:00PM-Chair yoga & Zumba 1pm-3pm: Movies w/ Dennis	**3** 9:00AM-Never Too Old To Learn Spanish 10:00AM-current events 11:00- Bridge To Care Arthritis Exercise 12:00PM-Congregate Lunch $1.50 1:00PM-Yoga Class W Rufus 2:00PM- Technology with Jose	**4** 10:00AM-Stretch & Tone w/Ola 11:30AM: Bodies In Motion w/Ola 12:00PM-Congregate Lunch $1.50 1:00PM- Board Games	**5** 9:00AM-Visual Arts 11:00AM-Salsa Dance w/ George 12:00PM-Congregate Lunch $1.50 1:00PM-Zumba Class W Rufus-In person	**6** Pantry Day 9:00AM-Coloring for Calmness 10:00AM- Blood Pressure Screening w. Elisabeth 10:00AM- Chess Club 12:00PM-Congregate Lunch $1.50 1:00PM- Dance & Movement 2:00- Chit & Chat
9 9:00AM-Mindful Mornings Tai-Chi 10:00AM-Juan Carribean Dance 11:00AM- Book Club 12:00PM-Congregate Lunch $1.50 1:00PM-Chair yoga & Zumba 1pm-3pm: Movies w/ Dennis	**10** 9:00AM-Never Too Old To Learn Spanish 10:00AM-current events 11:00- Bridge To Care Arthritis Exercise 12:00PM-Congregate Lunch $1.50 1:00PM-Yoga Class W Rufus 2:00PM- Technology with Jose	**11** 10:00AM-Stretch & Tone w/Ola 11:30AM: Bodies In Motion w/Ola 12:00PM-Congregate Lunch $1.50 1:00PM- Board Games	**12** 9:00AM-Visual Arts 11:00AM-Salsa Dance w/ George 12:00PM-Congregate Lunch $1.50 1:00PM-Zumba Class W Rufus-In person	**13** 9:00AM-Coloring for Calmness 10:00AM- Blood Pressure Screening w. Elisabeth 10:00AM- Chess Club 12:00PM-Congregate Lunch $1.50 1:00PM- Dance & Movement 2:00- Chit & Chat
16 9:00AM-Mindful Mornings Tai-Chi 10:00AM-Juan Carribean Dance 11:00AM- Book Club 12:00PM-Congregate Lunch $1.50 1:00PM-Chair yoga & Zumba 1pm-3pm: Movies w/ Dennis	**17** 9:00AM-Never Too Old To Learn Spanish 10:00AM-current events 11:00- Bridge To Care Arthritis Exercise 12:00PM-Congregate Lunch $1.50 1:00PM-Yoga Class W Rufus 2:00PM- Technology with Jose	**18** Thanksgiving Party 10:00AM-Stretch & Tone w/Ola 11:30AM: Bodies In Motion w/Ola 12:00PM-Congregate Lunch $1.50 1:00PM- Board Games	**19** 9:00AM-Visual Arts 11:00AM-Salsa Dance w/ George 12:00PM-Congregate Lunch $1.50 1:00PM-Zumba Class W Rufus-In person	**20** 9:00AM-Coloring for Calmness 10:00AM- Blood Pressure Screening w. Elisabeth 10:00AM- Chess Club 12:00PM-Congregate Lunch $1.50 1:00PM- Dance & Movement 2:00- Chit & Chat
23 9:00AM-Mindful Mornings Tai-Chi 10:00AM-Juan Carribean Dance 11:00AM- Book Club 12:00PM-Congregate Lunch $1.50 1:00PM-Chair yoga & Zumba 1pm-3pm: Movies w/ Dennis	**24** 9:00AM-Never Too Old To Learn Spanish 10:00AM-current events 11:00- Bridge To Care Arthritis Exercise 12:00PM-Congregate Lunch $1.50 1:00PM-Yoga Class W Rufus 2:00PM- Technology with Jose	**25** 9:00AM- Blood Pressure Screening w. Elisabeth 10:00AM-Stretch & Tone w/Ola 11:30AM: Bodies In Motion w/Ola 12:00PM-Congregate Lunch $1.50 1:00PM- Board Games	**26** WE ARE CLOSED 	**27** WE ARE CLOSED
30 9:00AM-Mindful Mornings Tai-Chi 10:00AM-Juan Carribean Dance 11:00AM- Book Club 12:00PM-Congregate Lunch $1.50 1:00PM-Chair yoga & Zumba 1pm-3pm: Movies w/ Dennis	**Pantry will be FRIDAY the 6th** **Thanksgiving party will be the 18th**			FUNDED BY NYC AGING *ACTIVITIES ARE SUBJECT TO CHANGE We are now open at 135 Einstein loop. Join us every Monday- Friday 8AM-4PM If you need any assistance you can call at (718) 823-1771

Partially funded by:NYC Aging & NYC Council

Phone Number (718) 823-1771 135 Einstein Loop North, Bronx, NY, 10475

November 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Plant based Dominican Vegan Sancocho Puerto Rican Style Arroz Con Gandules Caesar Salad Orange	3 Italian Style Pork Loin Yuca con Mojo Baby Spinach Salad with Lemon Vinaigrette Apple	4 Beef Meatballs Whole Wheat Spaghetti California Blend Vegetables Banana	5 Baked Chicken Quarters Yellow Rice Capri Blend Vegetables Orange	6 Baked Fish with Garlic Sauce Herbed Quinoa Steamed Carrots and Green Beans Apple
9 Plant based Cozy Lentil and Veggie Soup Perfect White Rice Roasted Broccoli orange	10 Baked Chicken Thighs Mexican Confetti Rice Black Bean Soup Apple	11 Beef Empanada Boiled Southern Greens Banana	12 Lemon Chicken Brown Rice California Blend Vegetables Orange	13 Baked Ziti with Turkey Sauteed String Beans Apple
16 Plant based Stewed Beans Perfect White Rice Garden Salad orange	17 Baked Chicken Quarters Garlic Mashed Potatoes Steamed Spinach Apple	18 Pernil Arroz con Gandules Black Bean Soup - Roasted Broccoli - Banana	19 Beef Hamburger Lettuce and Tomato Roasted Sweet Potato Fries Orange	20 Asopao de Pollo Garlic and Rosemary Roasted Potatoes Steamed Collard Greens Apple
23 Plant based Tasty Whole Wheat Lo Mein with Chickpeas Sauteed Green Beans with Onions Orange	24 Baked Fish with Rustic Tomato Sauce Black Beans and Rice Kale with Tomato Apple	25 Chicken Empanada Baked Fries California Blend Vegetables Banana	26 WE ARE CLOSED 	27 WE ARE CLOSED
30 Plant based Stewed Beans Brown Rice Steamed Broccoli Orange				

Department for the Aging

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PROUD PARTNER UJA Federation NEW YORK

Throggs Neck Older Adult Center
135 Einstein Loop North , Bronx , NY 10475 (718) 823-1771
Hours: Mondays - Fridays 8:00am - 4:00pm

***We are currently operating at Einstein OAC located at 135 Einstein Loop Bronx, NY, 10475**
To RSVP for transportation to Einstein OAC, please contact Jose Rodriguez at (762) 783-8599 Or Elisabeth Flores 646-879-4539

Throggs Neck Older Adult Center Staff
Martha Montero, Program Director Mmontero@jasa.org
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NYC Department for the Aging

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