

JASA VAN CORTLANDT OLDER ADULT CENTER

* 3880 Sedgwick Ave., Bronx, NY * 718-549-4700



JANUARY 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 12:15 Lunch (Served Daily)</p> <p>1:00pm Virtual Chorus Rehearsal w/Cheryl (Virtual)</p> <p>1:15 PM: Tai Chi for Arthritis w/Judy (hybrid)</p>	<p>4 11:15pm Hot Topics w/Lucy (In Person)</p> <p>12:15 Lunch (Served Daily)</p>	<p>5 12:15 Lunch (Served Daily)</p> <p>10:30am Knitting w/Michele & Claire (In Person)</p> <p>2:00 Tai Chi for Arthritis w/Judy (hybrid)</p>	<p>6 12:15 Lunch (Served Daily)</p> <p>1:00pm Virtual Chorus Rehearsal w/Cheryl (Virtual)</p> <p>1:00pm Jewish/Klezmer Concerts in Motion (Virtual)</p>	<p>7 12:00pm Pro Latin Concerts from Concerts in Motion (Virtual)</p> <p>12:15 Lunch (Served Daily)</p>
<p>10 12:15 Lunch (Served Daily)</p> <p>1:00pm Virtual Choral Group w/Cheryl (Virtual)</p> <p>1:15 PM: Tai Chi for Arthritis w/Judy (hybrid)</p>	<p>11 11:15pm Hot Topics w/Lucy (In Person)</p> <p>12:15 Lunch (Served Daily)</p> <p>2:00pm Upper Body Aerobics w/Judy (hybrid)</p>	<p>12 10:30am Knitting w/ Michele & Claire (In Person)</p> <p>12:15 Lunch (Served Daily)</p> <p>2:00 Tai Chi for Arthritis w/Judy (hybrid)</p> <p>3:00pm Flowing Yoga w/Kathleen (Virtual)</p>	<p>13 12:15 Lunch (Served Daily)</p> <p>1:00pm Virtual Chorus Dress Rehearsal w/Cheryl (Virtual)</p> <p>1:00pm Jewish/Klezmer Concerts in Motion (Virtual)</p> <p>7:30pm MLK Commemorative Program by JASA Van Cortlandt Virtual Chorus</p>	<p>14 12:00pm Pro Latin Concerts from Concerts in Motion (Virtual)</p> <p>12:15 Lunch (Served Daily)</p>

<p>17</p> <p>Martin Luther King Jr. Day: Center closed.</p>	<p>18</p> <p>11:15pm Hot Topics w/Lucy (In Person) 12:15 Lunch (Served Daily)</p> <p>2:00pm Upper Body Aerobics w/Judy (hybrid)</p>	<p>19</p> <p>10:30am Knitting w/Michele & Claire (In Person) 12:15 Lunch (Served Daily)</p> <p>2:00 Tai Chi for Arthritis w/Judy (hybrid) 3:00pm Flowing Yoga (Virtual)</p>	<p>20</p> <p>12:15 Lunch (Served Daily) 1:00pm Jewish/Klezmer Concerts in Motion (Virtual)</p>	<p>21</p> <p>12:00pm Pro Latin Concerts from Concerts in Motion (Virtual)</p> <p>12:15 Lunch (Served Daily)</p>
<p>24</p> <p>12:15 Lunch (Served Daily)</p> <p>1:15 PM: Tai Chi for Arthritis w/Judy (hybrid)</p> <p>4:30pm Self Massage w/Kathleen (Virtual)</p>	<p>25</p> <p>11:15pm Hot Topics w/Lucy (In Person) 12:15 Lunch (Served Daily)</p> <p>2:00pm Upper Body Aerobics w/Judy (hybrid)</p>	<p>26</p> <p>10:30am Knitting w/Michele & Claire (In Person) 12:15 Lunch (Served Daily)</p> <p>2:00 Tai Chi for Arthritis w/Judy (hybrid) 3:00 Flowing Yoga (Virtual)</p>	<p>27</p> <p>12:15 Lunch (Served Daily)</p> <p>1:00 <i>Tu B'shvat</i>/Israel Arbor Day Concert w/ Suki Rae, flute & Steve Bloom, guitar.</p> <p>1:00pm Jewish/Klezmer Concerts Motion (Virtual)</p>	<p>28</p> <p>12:00pm Pro Latin Concerts from Concerts in Motion (Virtual)</p> <p>12:15 Lunch (Served Daily)</p>
<p>31</p> <p>12:15 Lunch (Served Daily)</p> <p>4:30pm Self Massage w/Kathleen (Virtual)</p>				

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January 2022 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Chicken Shwarma (Gyro) Alt: Veggie Burger Rice Beans Fruit, Juice, Whole Wheat bread</p>	<p>4 Yankee Pot Roast Alt: Baked Breaded Fish Mashed Potatoes Green Beans Fruit, Juice, Whole Wheat bread</p>	<p>5 Veggie Burger Alt: Chicken Salad Baked Sweet Potato California Blend Vegetables Fruit, Juice, Whole Wheat bread</p>	<p>6 Baked Salmon w/dill sauce Alt: Egg Frittata Orzo with vegetables Normandy Blend Vegetables Fruit, Juice, Whole Wheat bread</p>	<p>7 Hawaiian Chicken Legs Alt: Gefilte Fish Sweet Noodle Kugel Capri Blend Vegetables Challah slice, fruit & juice</p>
<p>10 Fish and Chips Alt: Sliced Deli Turkey Roasted Potato "chips" Caesar Salad Fruit, Juice, Whole Wheat bread</p>	<p>11 Chicken Marsala Alt: Tuna Salad Pasta Roasted String Beans Fruit, Juice, W. W. bread</p>	<p>12 Beef Hamburger Alt: Veggie Burger Roasted Potatoes Lettuce, Cucumber, onion & Tomato Salad Fruit, Juice, W. W. bread</p>	<p>13 Moroccan Chick Pea Stew Alt: Chicken Wrap Basmati Rice Moroccan Vegetables Fruit, Juice, W. W. bread</p>	<p>14 Sweet & Sour Chicken Alt: Gefilte Fish Toasted Egg Barley w/onion Steamed Cabbage Challah slice, fruit & juice</p>
<p>17 Rib Eye Roast Alt: Veggie Burger Baked Potato California Blend Vegetables Fruit, Juice, W. W. bread</p>	<p>18 Vegetarian Chili Alt: Beef Chili Brown Rice Green Beans Fruit, Juice, W. W. bread</p>	<p>19 Turkey Stuffed Pepper Alt: Baked Breaded Fish Cous Cous Yellow Squash Fruit, Juice, W. W. bread</p>	<p>20 Apricot Glazed Salmon Alt: Chicken Salad Quinoa Steamed Carrots Fruit, Juice, W. W. bread</p>	<p>21 Lemon Herb Chicken Alt: Gefilte Fish Kasha and Noodles Ratatouille Challah slice, fruit & juice</p>
<p>24 Beef Stuffed Cabbage Alt: Vegetarian Stuffed Cabbage Mashed Potato Steamed Carrots Fruit, Juice, W. W. bread</p>	<p>25 Sesame Chicken Alt: Tuna Salad Lo Mein Oriental Blend Vegetables Fruit, Juice, W.W. Bread</p>	<p>26 Soup Humus Plate Alt: Chicken Wrap Potato Salad Beet Salad Fruit, Juice & Pita</p>	<p>27 Tu B'shvat Concert Event Menu: Baked Salmon w/dill sauce Alt: Egg Frittata Orzo with vegetables Normandy Blend Vegetables Fruit, Juice, Whole Wheat bread</p>	<p>28 BBQ Chicken Legs Alt: Gefilte Fish Baked Potato Grilled Vegetables Challah slice, fruit & juice</p>

31 Beef Meatballs w/Marinara sauce Alt: ? Spaghetti California Blend Vegetables Fruit, Juice & W.W. bread				
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JASA Van Cortlandt Older Adult Center

3880 Sedgwick Ave., First Floor

Bronx, NY 10463

718-549-4700 swolfe@jasa.org

www.jasa.org

Hours: 9:00 AM – 5:00 PM Monday - Friday

**MLK Commemorative Program by the JASA Van Cortlandt Virtual Chorus on
Thurs. Jan. 13th at 7:30 PM (virtual)**

****Tu Bishvat/Israel Arbor Day Concert by Suki Rae, flute, and Steve Bloom, guitar
On Thurs. Jan. 27th at 1:00 PM (in person and virtual)***

***Note: a select menu will be served at 12:15 PM before this event.**

See the menu above for specific information re: special event meals.

Lunch is kosher catered by Diplomat kosher caterer. Menu is subject to change.

Kindly rsvp for these meals to swolfe@jasa.org a minimum of three days in advance.

Recommended voluntary meal contribution is \$2.00 daily and

\$3.00 for special events.