



JASA Bartow Older Adult Center
2049 Bartow Ave, Room 31, Bronx, NY 10475
929 399 1394
FEBRUARY 2026
Activities Calendar

Partially funded by:

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>Walking w/ Odessa Returns in the SPRING</p> <p>11:00 am Health and Wellness w/ Ann</p> <p>Nutrition Presentation with Amelia</p> <p>12:00 pm: Blood Pressure w/ Gertie and Phyliss</p> <p>1:45 pm Smartphone & Tablet Class</p> <p>3:00 pm: Dinner Hou</p>	<p>4</p> <p>10:00 am: Stay-Well Exercise W/ Odessa</p> <p>12:30 pm: Line Dance W/ Cynthia</p> <p>Crime Prevention Presentation w/ 45th Precinct 1:30-2:30pm</p> <p>3:00 pm: Dinner Hour</p>	<p>5</p> <p>10:00 am: Arthritis Exercise W/ Damion</p> <p>10:00 am: Virtual Arts w/ Laura</p> <p>11:00 am: Hooked on Happy Knitting and Crochet Class W/ Lynn and Betty</p> <p>2:00 pm Card Games W/Frankie</p> <p>3:00 pm Dinner Hour</p>	<p>6</p> <p>10:00 am: Manicure returns on 1/9/26</p> <p>10:00 am: Massage returns on 1/9/26</p> <p>12:30 pm: Line Dance W/Cynthia returns on 1/7/26</p> <p>2:00 pm: Theater Ars w/ Dazee</p> <p>3:00 pm: Dinner Hour</p>	<p>7</p> <p>10:00 am: Intergenerational Arts and Crafts W/ Denise</p> <p>10:00 am: Salsa W/Rasheem</p> <p>12:30 pm: Lunch Hour</p> <p>1:30 pm: BINGO W/Jose</p>

Partially funded by:

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10</p> <p>Walking w/ Odessa Returns in the SPRING</p> <p>11:00 am: Health and Wellness w/ Ann</p> <p>1:45 pm Smartphone & Tablet Class</p> <p>3:00 pm: Dinner Hour</p>	<p>11</p> <p>10:00 am: Stay-Well Exercise W/ Odessa</p> <p>12:30 pm: Line Dance W/ Cynthia</p> <p>3:00 pm: Dinner Hour</p>	<p>12</p> <p>10:00 am: Arthritis Exercise W/ Damion</p> <p>10:00 am: Virtual Arts w/ Laura</p> <p>STOP & SHOP</p> <p>Meal Demo w/ Tina</p> <p>ZUMBA W/ HealthFirst</p> <p>12:30pm -2:30pm</p> <p>3:00pm: Dinner</p>	<p>13</p> <p>10:00 am: Manicure</p> <p>10:00 am: Massage</p> <p>12:30 pm: Line Dance W/Cynthia</p> <p>2:00 pm: Theater Ars w/ Dazee</p> <p>3:00 pm: Dinner Hour</p>	<p>14</p> <p>JASA BARTOW CLOSED IN RECOGNITION OF PRESIDENT DAY</p>
<p>17</p> <p>11:00 am Health and Wellness w/ Ann</p> <p>12:00 pm: Blood Pressure w/ Gertie and Phyliss</p> <p>1:45 pm: Smartphone & Tablet Class</p> <p>3:00 pm: Dinner Hour</p>	<p>18</p> <p>10:00 am: Stay-Well Exercise W/ Odessa</p> <p>12:30 pm: Line Dance W/ Cynthia</p> <p>3:00 pm: Dinner Hour</p>	<p>19</p> <p>10:00 am: Arthritis Exercise W/ Damion</p> <p>10:00 am: Virtual Arts w/ Laura</p> <p>11:00 am: Hooked on Happy Knitting and Crochet Class W/ Lynn and Betty</p> <p>2:00 pm Card Games W/Frankie</p> <p>3:00 pm Dinner Hour</p>	<p>20</p> <p>10:00 am: Manicure</p> <p>10:00 am: Massage</p> <p>12:30 pm: Line Dance W/Cynthia</p> <p>2:00 pm: Theater Ars w/ Dazee</p> <p>3:00 pm: Dinner Hour</p>	<p>21</p> <p>BHM ARTS AND CRAFTS EXHIBITION</p> <p>10:30 AM -2:00PM</p> <p>10:00 am: Salsa W/Rasheem</p> <p>12:30 pm: Lunch Hour</p> <p>1:30 pm: BINGO W/Jose</p>

Partially funded by:

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>24</p> <p>11:00 am Health and Wellness w/ Ann</p> <p>1:45 pm: Smartphone & Tablet Class</p> <p>3:00 pm: Dinner Hour</p>	<p>25</p> <p>10:00 am: Stay-Well Exercise W/ Odessa</p> <p>12:30 pm: Line Dance W/ Cynthia</p> <p>3:00 pm: Dinner Hour</p>	<p>26</p> <p>10:00 am: Arthritis Exercise W/ Damion</p> <p>10:00 am: Virtual Arts w/ Laura</p> <p>11:00 am: Hooked on Happy Knitting and Crochet Class W/ Lynn and Betty</p> <p>2:00 pm Card Games W/Frankie</p> <p>3:00 pm Dinner Hour</p>	<p>27</p> <p>BHM CELEBRATION 11:00AM - 2:30PM</p> <p>3:00 pm: Dinner Hour</p>	<p>28</p> <p>10:00 am: Intergenerational Arts and Crafts W/ Denise</p> <p>10:00 am: Salsa W/Rasheem</p> <p>12:30 pm: Lunch Hour</p> <p>1:30 pm: BINGO W/Jose</p>

Partially funded by:

Tuesday	Wednesday	Thursday	Friday	Saturday
				31

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JASA Bartow Older Adult Center

929 399 1394

2049 Bartow Ave, Room 3,1 Bronx, NY 10475

FEBRUARY 2026 Dinner Menu

Generously Funded by Councilman Kevin Riley and Senator J. Bailey

Partially funded by:

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3 Kosher: Roasted Turkey Breast w/ Baked Sweet Potato Steamed Mixed Vegetables Non-Kosher: Coconut Breaded Fish w/ Brown rice and Quinoa and Steamed Spinach</p>	<p>4 Kosher: Moroccan Salmon w/Couscous and Steamed Yellow Squash Non-Kosher: Oven-Fried Chicken With Macaroni and Cheese with Steamed Collard Greens</p>	<p>5 Kosher: Grilled Chicken w/ Baked Red Potato with Yellow Squash Non-Kosher: Lentil Stew w/ Carrots and Turnips, White Rice, and Steamed Cauliflower</p>	<p>6 Kosher: Beef of Pot Roast w/Mashed Potatoes and Green Beans Non-Kosher: Baked Asian Style Honey Chicken w/ Pasta and Steamed Cabbage</p>	<p>7 Kosher: Breaded Vegetable Cutlet w/ Couscous and healthy slaw Non-Kosher: Tuna Salad w/ Classic Macaroni Salad and Asian Style Cucumber Salad</p>
<p>10 Kosher: Roasted Chicken w/ Pearled Barley and Carrot Salad Non-Kosher: Baked Fish w/ Mushroom and Pepper w/ Cous-Cous and Sauteed Green Bean with Onions</p>	<p>11 Kosher: Grilled Chicken w/ Baked Red Potato with Yellow Squash Non-Kosher: Lentil Stew w/ Carrots and Turnips, White Rice, and Steamed Cauliflower</p>	<p>12 Kosher: Lentil and Bean Chilli w/Brown Rice and Steamed Capri Blend Vegetables Non-Kosher: BBQ Pork Ribs w/ White Rice and California Blend Vegetable</p>	<p>13 Kosher: BBQ Chicken with/ Baked Potato and Steamed Carrot Non-Kosher: Jerk Chicken W/ Black Beans and Rice with Steamed Broccoli</p>	<p>14 JASA BARTOW OAC CLOSED IN RECOGNITION OF PRESIDENT DAY</p>

Partially funded by:

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17 Kosher: Beef of Pot Roast w/Mashed Potatoes and Green Beans Non-Kosher: Baked Asian Style Honey Chicken w/ Pasta and Steamed Cabbage</p>	<p>18 Kosher: Lentil and Bean Chilli w/Brown Rice and Steamed Capri Blend Vegetables Non-Kosher: BBQ Pork Ribs w/ White Rice and California Blend Vegetable</p>	<p>19 Kosher: Grilled Chicken w/ Baked Red Potato with Yellow Squash Non-Kosher: Lentil Stew w/ Carrots and Turnips, White Rice, and Steamed Cauliflower</p>	<p>20 Kosher: BBQ Chicken w/ Brown Rice and Steamed Carrots Non-Kosher: Chickpea and Kale Stir-Fry w/ Brown Rice and Cauliflower with Carrots and Parsley</p>	<p>21 Kosher: BBQ Chicken with/ Brown Rice and Steamed Carrots Non-Kosher: Fish w/Mushrooms, Peppers and Tomatoes with Coconuts Rice and Peas; Normandy Blend</p>
<p>24 Kosher: BBQ Chicken with/ Baked Potato and Steamed Carrot Non-Kosher: Jerk Chicken W/ Black Beans and Rice with Steamed Broccoli</p>	<p>25 Kosher: Baked Breaded Chicken Cutlet w/ Garlic and Rosemary Roasted Potato; Cucumber Dill Salad Non-Kosher: Buffalo Chickpeas Power Grain Bowl w/ Steamed Carrots</p>	<p>26 Kosher: Moroccan Salmon w/Couscous and Steamed Yellow Squash Non-Kosher: Grilled Caribbean Chicken Breast w/ Quinoa and Cabbage- Carrot Slaw</p>	<p>27 Kosher: Teriyaki Chicken Breast w/ Pasta and Marinated Mushroom Non-Kosher: Pork Tenderloin w/ Zesty Cilantro Sauce; Baked Red Potato Wedge and Steamed Carrots</p>	<p>28 Kosher: Classic Chicken Cacciatore w/Pearled Parley and Roasted Eggplant Non-Kosher: Cobb Salad w/ Grilled Chicken; Rotini w/ Black Olives and Tomatoes, and Broccoli and Red Pepper Salad</p>

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Bartow Older Adult Center

2049 Bartow Ave rm 31 Bronx NY 10475

(929) 399-1394

www.jasa.org

Hours

Tuesdays - Saturdays 9:30 am - 5:30 pm

Closed for Federal and Jewish Holidays

JASA Bartow Older Adult Center Staff

Ann Moncrieffe, Program Director amoncrieffe@jasa.org

Dennis Hugee Program Assistant Director dhugee@jasa.org

Carolyn Ximines-Robinson, Program Coordinator cximines-robinson@jasa.org

Julesa Grimes, Case Manager jgrimes@jasa.org

Available By Appointments ONLY on Tuesdays and Thursdays

10:00 am-4:30 pm

Karl Custer, Social Worker/Clinician kcuster@jasa.org

Available By Appointments ONLY on Tuesdays and Thursdays

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