


Throggs Neck Older Adult Center: 550 Balcom Avenue, Bronx, NY, 10465 (718) 823-1771

December 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*We are now located at the Kips Bay Boys & Girls Club @ 550 Balcom Avenue. We are open for in person programming Monday -Friday 8am-2pm.</p>	<p>Lunch/ Almuerzo 12pm-1pm DAILY</p> <p>HABLAMOS ESPAÑOL Must be the age of 60 and over to register</p>		<p>1 World Aids Day 9AM- Stress Relief Coloring 10AM- Morning Stretch (Hybrid) 12PM-Lunch/Almuerzo 1PM- Jazz Band Concert Trip to Co-op City 2PM- Brain Teasers 3PM- Knitting & Crochet (Hybrid)</p>	<p>2 9AM- Current Events 10AM- Tai Chi (Hybrid) 11AM- Board Games 12PM-Lunch/Almuerzo 1PM- Dance Group</p>
<p>5 9AM- Current Events 10:30AM- Chair Aerobics (Hybrid) 11:30 AM- Dance Group 12PM- Lunch/Almuerzo 1PM- Brain Teasers 2PM- Technology w. NY Enrichment Group</p>	<p>6 *NY Common Pantry 9a-12p* (outdoors) 9AM- Current Events 10AM- Brain Teasers 12PM- Lunch/Almuerzo 1PM- Self-care nail group 2PM- Holistic Wellness Discussion (Hybrid)</p>	<p>7 9AM- Brain Teasers 10AM- Current Events 12PM- Lunch/Almuerzo 12PM- Fit Fusion workout (hybrid) 1PM- Bingo 2PM- Dance group</p>	<p>8 9AM- Stress Relief Coloring Group 10AM- Morning Stretch (Hybrid) 12PM-Lunch/Almuerzo 1PM- Basketball Group 2PM- Brain Teasers</p>	<p>9 9AM- Current Events 10AM- Tai Chi (Hybrid) 11AM- Board Games 12PM-Lunch/Almuerzo 1PM- Dance Group</p>
<p>12 9AM- Currents Events 10:30AM- Chair Aerobics (Hybrid) 11:30AM- Captioncall Presentation 12PM- Lunch/Almuerzo 1PM- Brain Teasers 2PM- Dance Group</p>	<p>13 9AM- Current Events 10AM- Brain Teasers 12PM- Lunch/Almuerzo 1PM- Crafting w. Sandra 2PM- Holistic Wellness Discussion (Hybrid)</p>	<p>14 9AM- Brain Teasers 10AM- Blood pressure screening 11AM- Current Events 12PM- Lunch/Almuerzo 12PM- Fit Fusion workout (hybrid) 1PM- Nutrition Presentation By Kiahni (Hybrid)</p>	<p>15 9AM- Stress Relief Coloring Group 10 AM- Morning Stretch (Hybrid) 12PM-Lunch/Almuerzo 1PM- Basketball Group 2PM- Current events 3PM- Knitting & Crochet (Hybrid)</p>	<p>16 9AM- Current Events 10AM- Tai Chi (Hybrid) 11AM- Board Games 12PM-Lunch/Almuerzo 1PM- Dance Group</p>
<p>19 9AM- Currents Events 10:30AM- Chair Aerobics (Hybrid) 12PM- Lunch/Almuerzo 1PM- Brain Teasers 2PM- Dance Group</p>	<p>20 9AM- Current Events 10AM- Brain Teasers 12PM- Lunch/Almuerzo 1PM- Crafting w. Sandra 2PM- Holistic Wellness Discussion (Hybrid)</p>	<p>21 9AM- Puzzles 10AM- Current Events 12PM- Lunch/Almuerzo 12PM- Fit Fusion workout (Hybrid) 1PM- Nutrition Presentation By Kiahni (Hybrid)</p>	<p>22 9AM- Stress Relief Coloring Group 10 AM- Morning Stretch (Hybrid) 11AM- Current Events 12PM-Lunch/Almuerzo 1PM- Birthday/ Holiday celebration</p>	<p>23 9AM- Current Events 10AM- Tai Chi (Hybrid) 11AM- Board Games 12PM-Lunch/Almuerzo 1pm- Dance Group</p>
<p>26  JASA CLOSED Christmas Day Observed</p>	<p>27 9AM- Current Events 10AM- Brain Teasers 12PM- Lunch/Almuerzo 1PM- Self-care nail group 2PM- Holistic Wellness Discussion (Hybrid)</p>	<p>28 9AM- Brain Teasers 10AM- Current Events (outdoors) 11AM- Zumba 12PM- Lunch/Almuerzo 12PM- Fit Fusion workout (hybrid) 1PM- Puzzles</p>	<p>29 9AM- Stress Relief Coloring Group 10 AM- Morning Stretch (Hybrid) 11AM- Current Events 12PM-Lunch/Almuerzo 1PM- Basketball Group 2PM- Dance Group</p>	<p>30 9AM- Current Events 10AM- Tai Chi (Hybrid) 11AM- Board Games 12PM-Lunch/Almuerzo 1pm- Bingo</p>

Throggs Neck Older Adult Center: 550 Balcom Avenue, Bronx, NY, 10465 (718) 823-1771

December 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Baked Veg. Alfredo Pasta Sautéed String Beans (1/2 Cup) Apple	2 Spanish Style Chicken Yellow Rice Cabbage w/ Green Peas Banana
5 Stuffed Shells w/ Cheese Steamed Broccoli Apple	6 Spanish Chicken w/ Potatoes & Garlic White Rice Steamed Sliced Carrots Banana	7 BBQ Pulled Pork Garlic Mashed Potatoes Sautéed Spinach Orange	8 Sweet Potato Coconut Curry Fish Brown Rice (1/2 cup) Sautéed Green Beans Apple	9 Beef Salisbury Steak w/ Mushroom Gravy Pasta (1/2 Cup) Cabbage w/ Shredded Carrots Banana
12 Pernil (Roasted Pork Shoulder) Steamed Peas Sweet Baked Yams Apple	13 BBQ Chicken Yellow Rice Sautéed Green Beans Banana	14 Cornmeal Crusted Fish Cooked Cabbage w/ Carrots Home Fries w/ Peppers & Onions Orange	15 Vegetarian Chicken Brown Stew White Rice Steamed Spinach Apple	16 Curry Chicken Instant Mashed Potatoes Steamed Carrots & Green Beans Banana
19 Spanish Style Beef Stew Brown Rice (1/2 Cup) Sautéed String Beans Apple	20 Baked Chicken Thighs Baked Sweet Potato Broccoli w/ Toasted Garlic Banana	21 Baked Fish w/ Mushrooms & Peppers Rice Pilaf Cabbage w/ Carrots Orange	22 Pork Roast w/ Mango Chutney Bowtie Pasta (1/2 Cup) Steamed Spinach Apple	23 Vegetable Lasagna Baby Carrots w/ Parsley Banana
26 JASA CLOSED	27 Lentil Stew w/ Carrots & Turnips Yellow Rice Sautéed Spinach Orange	28 Smothered Pork Chops Homemade Mash Potatoes Vegetable Mix (Non- Starchy) Banana	29 Curry Chicken White Rice Cooked Cabbage w/ Shredded Carrots Apple	30 Lemon Pepper Fish Pasta (1/2 Cup) Steamed Broccoli Banana