

March 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday to all born in March !!!</p>	<p>*All Sponsored classes are subject to change* Lunch/Almuerzo 12pm-1pm HABLAMOS ESPAÑOL Must be the age of 60 and over to register</p>	<p>1 11:00am Knitting 12:15pm Lunch 1:15-3pm Latch Hook 3:00pm Flowing Yoga/ Kathleen(Hybrid)</p>	<p>2 11:00am Technology Class 12:15pm Lunch 1:15pm Movie Presentation- (In Person) 2:15pm WII Sports Games 2:00pm Dominos</p>	<p>3 10:30am Exercise w/ Tommy 12:15pm Lunch 1:15pm Leisure Bingo 3:00pm-Word Search</p>
<p>6 10:00am High Blood Pressure 12:15pm Lunch 1:15pm Technology w/ Joel 2:00 Self Massage (Hybrid) 2:15pm Chinese Calligraphy</p>	<p>7 10:30 am Tai Chi for Arthritis 11:15am Hot Topics (In person) 12:15pm Lunch 1:30pm- An Encanto Purim (We Don't Talk about Haman)" by The Maccabeats! Youtube Clip 3:00pm ALLABOUT PURIM Crossword</p>	<p>8 11:00am Knitting 12:15pm Lunch 1:15-3pm Latch Hook/Sandra 3:00pm Flowing Yoga/ Kathleen(Hybrid)</p>	<p>9 <u>10:30am Walmart Trip</u> 11:00am Technology Class 12:15pm Lunch 1:15pm Movie Presentation- 2:15pm WII Sports Games (In Person) 3:00pm Board games</p>	<p>10 10:30am Exercise w/ Tommy 12:15pm Lunch 1:15pm Leisure Bingo 3:00pm-Word Search</p>
<p>13 10:00am High Blood Pressure 12:15pm Lunch 1:15pm Technology w/ Joel 2:00 Self Massage (Hybrid) 2:15pm Chinese Calligraphy</p>	<p>14 10:30 am Tai Chi for Arthritis 11:15am Hot Topics (In person) 12:15pm Lunch 1:30pm- Educational Movie w/ discussion</p>	<p>15 11:00am Knitting 12:15pm Lunch 1:15-3pm Latch Hook 3:00pm Flowing Yoga/ Kathleen(Hybrid)</p>	<p>16 11:00am Technology Class 12:15pm Lunch 1:15pm Movie Presentation- 2:15pm WII Sports Games (In Person) 2:00pm Dominos</p>	<p>17 St. Patrick's Day 10:30am Exercise w/ Tommy 12:15pm Lunch 1:15pm Leisure Bingo 3:00pm-Word Search</p>
<p>20 10:00am High Blood Pressure 12:15pm Lunch 1:15pm Technology w/ Joel 2:00 Self Massage (Hybrid) 2:15pm Chinese Calligraphy</p>	<p>21 10:30 am Tai Chi for Arthritis 11:15am Hot Topics (In person) 12:15pm Lunch 2:00pm General Poetry w/ Dr. Lynne 1:30pm-3pm Create a Life Vision</p>	<p>22 11:00am Knitting 12:15pm Lunch 1:15-3pm Latch Hook 3:00pm Flowing Yoga/ Kathleen(Hybrid)</p>	<p>23 <u>10:30am City Island Trip</u> 11:00am Technology Class 12:15pm Lunch 1:15pm Movie Presentation- 2:15pm WII Sports Games (In Person) 3:00pm Board games</p>	<p>24 10:30am Exercise w/ Tommy 12:15pm Lunch 1:15pm Leisure Bingo 3:00pm-Word Search</p>
<p>27 10:00am High Blood Pressure 12:15pm Lunch 1:15pm Technology w/ Joel 2:00 Self Massage (Hybrid) 2:15pm Chinese Calligraphy</p>	<p>28 10:30 am Tai Chi for Arthritis 11:15am Hot Topics (In person) 12:15pm Lunch 12:30pm Membership meeting 2:30pm Educational Movie w/ discussion</p>	<p>29 11:00am Knitting 12:15pm Lunch 1:15-3pm Latch Hook /Sandra 3:00pm Flowing Yoga/ Kathleen(Hybrid)</p>	<p>30 1:00am Technology Class 12:15pm Lunch 1:15pm Movie Presentation- 2:15pm WII Sports Games (In Person) 2:00pm Dominos</p>	<p>31 10:30am Exercise w/ Tommy 12:15pm Lunch 1:15pm Leisure Bingo 3:00pm-Word Search</p>

March 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Trips are by reservation only*</p>	<p>*Lunch is served daily at 12:15 pm First Come First Serve**</p> <p>Activity schedule as well as food menu is subject to change</p>	<p>1</p> <p>General TSO chicken Pasta Oriental Blend Vegetables</p> <p>Alt: Baked Breaded Fish</p>	<p>2</p> <p>Beef Meatballs in Tomato Sauce Roasted Butternut Squash Tossed Salad with Dressing</p> <p>Alt:Tuna Noodle Casserole</p>	<p>3</p> <p>Baked Chicken Thighs Yellow Rice Steamed Green Beans</p> <p>Alt: Gefilte Fish</p>
<p>6</p> <p>Vegetarian Chili White Rice Tossed Salad w/Dressing</p> <p>Alt: Egg Frittata</p>	<p>7</p> <p>Oven Fried Chicken Roasted Potatoes Moroccan Vegetables</p> <p>Alt: Baked Breaded Fish</p>	<p>8</p> <p>Roasted Beef Instant Mash Potato Steamed Carrots</p> <p>Alt: Tuna Patty</p>	<p>9</p> <p>Baked Flounder Couscous Roasted Eggplant</p> <p>Alt: Vegetable Cutlet</p>	<p>10</p> <p>Whole Roasted Chicken Bowtie Pasta w/Kasha Steamed Red or Green Cabbage</p> <p>Alt: Gefilte Fish</p>
<p>13</p> <p>Sliced Roast Beef Baked Potato Sauteed String Beans</p> <p>Alt: Tuna Noodle Casserole</p>	<p>14</p> <p>Grilled Chicken Breast Egg Barley w/Mushrooms Roasted Zucchini</p> <p>Alt: Baked Breaded Fish</p>	<p>15</p> <p>Whole Wheat Pasta Primavera Roasted Mushrooms</p> <p>Alt: Vegetable Cutlet</p>	<p>16</p> <p>Apricot Glazed Salmon Wild Rice California Blend Vegetables</p> <p>Alt: Egg Frittata</p>	<p>17</p> <p>Sweet and Sour ChickenThighs Spinach Noodles Kugel Winter Blend Vegetables</p> <p>Alt: Gefilte Fish</p>
<p>20</p> <p>Chickpea Stew Brown Rice Tossed Salad with Dressing</p> <p>Alt: Egg Frittata</p>	<p>21</p> <p>Roasted Turkey Breast Mashed Sweet Potatoes Steamed Green Beans</p> <p>Alt: Baked Breaded Fish</p>	<p>22</p> <p>Baked Breaded Fish Roasted Potatoes Roasted Root Vegetables</p> <p>Alt: Salmon Burger</p>	<p>23</p> <p>Pepper Flank Steak Brown Rice Oriental Blend Vegetables</p> <p>Alt: Tuna Salad</p>	<p>24</p> <p>Moroccan Style Sauce Brown Rice Sauteed String Beans</p> <p>Alt: Gefilte Fish</p>

27	Falafel (pre-pared) Plain Pitalsraeli Salad israeli Salad Alt: Flounder Salad	28	Baked Salmon Baked Sweet Potato Normandy Blend Alt: Chicken Salad	29	BBQ sauce Grilled Chicken Breast Egg Barley w/Mushrooms Grilled Vegetables Alt: Egg Salad	30	Beef Stew Brown Rice California Blend Vegetables Alt:Tuna Salad	31	Whole Roasted Chicken Potato Kugel Vegetable Ratatouille Alt: Gefilte Fish



JASA VAN CORTLANDT OLDER ADULT CENTER
***3880 Sedgwick Ave Bronx, NY* 718-549-4700**
March 2023 MENU

Come and Join us!
We are Open Sunday March 19,2023

March 19,2023 - 10am- Breakfast: Waffles, Scrambled Eggs, Grilled Turkey

12:15pm- Lunch: Tuna Salad Or Chicken Salad

11am- Exercise

1:30 pm- Creative Writing

2:30 pm - Movie Presentation- To Be Determined

