



JASA Bay Eden Older Adult Center

Phone Number (718)-882-3815

1220 East 229th Street, Bronx, NY 10466

February 2025 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 9:00 Keep on Track Blood Pressure Screening w/ Linda- In Person 10:00 Computer Class w/ Ron- In Person (reservation is required) 11:00 Painting w/ Ron - In-Person 11:00 Senior Fitness Boot Camp w/ Rufus- In-Person 12:00 Congregate Lunch 1:00 Chair Massage w. Brian - In Person (pre-sign up is required)</p>	<p>4. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Digital Literacy w/ Ron - In- Person 11:00 Digital Literacy w/ Ron - In Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:15 Music & Mental Health Awareness w Donna- In Person</p>	<p>5. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary In Person 10:00 B.C.H.N Blood Pressure Screening- In Person 10:00 Crochet w/ Yvette- In Person 12:00 Congregate Lunch 1:30 Line Dancing w/ Karina -In Person</p>	<p>6. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion / Current Events w. Tim- In-Person 10:00 Presentation: DOT Pedestrian Safety - In Person 11:00 Dance & Movement w/ Rufus -In-Person 12:00 Congregate Lunch</p>	<p>7. 8:30 Congregate Breakfast 9:00 The Weekly News Recap- In Person 10:00 Leisure Games: Crossword/Puzzles-In-Person 11:00 Hip Hop Dance- In Person 12:00 Congregate Lunch 1:00 Bay Eden Book Club Mtg- In Person</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Computer Class w/ Ron- In Person (reservation is required) 10:00 Garden Club Mtg- In Person 11:00 Painting w/ Ron - In-Person 11:00 Senior Fitness Boot Camp w/ Rufus- In-Person 12:00 Congregate Lunch 1:00 Chair Massage w. Brian - In Person (pre-sign up is required)</p>	<p>11. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Digital Literacy w/ Ron - In- Person 11:00 Digital Literacy w/ Ron - In Person 10:30 Nutrition Education w. Kiahni (Healthy Heart)- In Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Black History Month Discussion w. Donna (Dining Room) - In Person</p>	<p>12. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary In Person 10:00 B.C.H.N Blood Pressure Screening- In Person 10:00 Health Presentation: Heart Awareness w. Dr. Castro 10:00 Crochet w/ Yvette- In Person 12:00 Congregate Lunch 1:30 Line Dancing w/ Karina- In Person</p>	<p>13. 8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 9:00 Trip: Black History Month: Jackie Robinson Museum & Lunch at Dinosaur Bar-B-Que 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion / Current Events w. Tim- In-Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch</p>	<p>14. 8:30 Congregate Breakfast 9:00 The Weekly News Recap- In Person 10:00 Leisure Games: Crossword/Puzzles-In-Person 11:00 Hip Hop Dance- In Person 12:00 Congregate Lunch</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17.</p> <p>CENTER CLOSED</p> <p>PRESIDENTS DAY</p>	<p>18.</p> <p>8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Digital Literacy w/ Ron - In- Person 10:00 Advisory Board Meeting 11:00 Digital Literacy w/ Ron - In Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Congregate Lunch 1:00 Chit-Chat w/ Donna In-Person</p>	<p>19.</p> <p>8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary In Person 10:00 B.C.H.N Blood Pressure Screening- In Person 10:00 Crochet w/ Yvette- In Person 12:00 General Membership Mtg 12:00 Congregate Lunch 1:30 Line Dancing w/ Karina- In Person</p>	<p>20.</p> <p>8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion / Current Events w/ Tim- In-Person 10:30 Presentation: Montefiore Heart Awareness - Hybrid Zoom ID: 968 3104 8589 11:00 Dance & Movement w/ Rufus -In-Person 12:00 Congregate Lunch</p>	<p>21.</p> <p>8:30 Congregate Breakfast 9:00 The Weekly News Recap- In Person 10:00 Leisure Games: Crossword/Puzzles-In-Person 11:00 Presentation: Living with Congestive Heart Failure St John's University- Hybrid (Zoom Meeting Information) Meeting ID: 845 9510 1192 Password: 712281 11:00 Hip Hop Dance- In Person 12:00 Congregate Lunch</p>
<p>24.</p> <p>8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Computer Class w/ Ron- In Person (reservation is required) 11:00 Painting w/ Ron - In-Person 11:00 Senior Fitness Boot Camp w/ Rufus- In-Person 12:00 Congregate Lunch 1:00 Bingo w Joseph- In Person 1:00 Chair Massage w. Brian - In Person (pre-sign up is required)</p>	<p>25.</p> <p>8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Digital Literacy w/ Ron - In- Person 11:00 Digital Literacy w/ Ron - In Person 11:00 Dance & Movement w/ Rufus - In-Person 12:00 Black History Lunch 1:00 Chit-Chat w/ Donna In-Person</p>	<p>26.</p> <p>8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary In Person 10:00 B.C.H.N Blood Pressure Screening- In Person 10:00 Crochet w/ Yvette- In Person 11:00 Presentation: New World High School Students: Black History Month Celebration - In Person 12:00 Congregate Lunch 1:30 Line Dancing w/ Karina- In Person</p>	<p>27.</p> <p>8:30 Congregate Breakfast 9:00 Uniper/YouTube Documentary- In-Person 10:00 Leisure Games: Billiards/ Pool- In-Person 10:00 Discussion / Current Events w. Tim- In-Person 11:00 Dance & Movement w/ Rufus -In-Person 12:00 Congregate Lunch</p>	<p>28.</p> <p>8:30 Congregate Breakfast 9:00 The Weekly News Recap- In Person 10:00 Red Hatters Mtg- In Person 10:00 Leisure Games: Crossword/Puzzles-In-Person 11:00 Hip Hop Dance- In Person 12:00 Congregate Lunch</p>



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Phone Number (718) 882-3815

1220 East 229th Street, Bronx, NY 10466

February 2025 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3. Pumpkin Muffin Greek Yogurt Raisin Bran Cereal Orange	4. Spinach & Fetta Omelette Big Biscuit Shredded Wheat Cereal Banana	5. Waffle Turkey Bacon Cornmeal Porridge Orange	6. Cinnamon French Toast Hard Boiled Egg Bran Flakes Apple	7. Egg White Omelette w/ Peppers & Onions Oatmeal Banana
10. Bran Muffin Cottage Cheese Multi-Grain Cherrieos Apple	11. Egg White Omelette w/ Peppers & Onions Cheesy Grits Orange	12. Fish Cakes Home Fries Bran Flakes Cereal Banana	13. Apple Pancakes Scrambled Eggs w/ Swiss Cheese Big Biscuit Apple	14. Waffle Baked Egg Omelette Apple Raisin Oatmeal Orange
17. CENTER CLOSED PRESIDENTS DAY	18. Hard Boiled Egg Blueberry Muffins Cheerios Orange	19. Western Omelette Maple Quinoa Porridge Home Fries Banana	20. Grilled Mozzarella & Tomato Sandwich Raisin Bran Cereal Orange	21. Cinnamon French Toast Scrambled Eggs Grits Banana

Monday	Tuesday	Wednesday	Thursday	Friday
<p>24. Mini Bagel Greek Yogurt Cheerios Apple</p>	<p>25. Grilled Cheese Sandwich Oatmeal Banana</p>	<p>26. Egg a la Mexicana Raisin Bran Cereal Orange</p>	<p>27. Fish Cakes Grits Apple</p>	<p>28. Scrambled Eggs w/ Swiss Cheese Sauteed Sweet Potatoes Bran Flakes Cereal Banana</p>



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February 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3. Brown Stew Chicken Yellow Rice Cooked Cabbage w/ Shredded Carrots Apple	4. Pork Spare Ribs ALT Chicken Mashed Potatoes Sauteed Green Beans Orange	5. PB Smokey Black Beans & Sweet Potato Chilli Brown Rice Steamed Green Beans Apple	6. Beef Meatballs w Sofritio ALT Turkey Meatballs Pasta Baby Carrots & Parsley Banana	7. Chicken Breast & Rice Steamed Broccoli Orange
10. Spanish Style Catfish Chinese Style Spaghetti Oriental Blend Vegetables Apple	11. PB Lentil Stew w Carrots w/ Turnips White Rice Steamed Cauliflower Orange	12. Spanish Style Beef Stew ALT Chicken Mashed Potatoes Mixed Vegetables Apple	13. Jerk Chicken Black Beans & Rice Steamed Broccoli Banana	14. Coconut Breaded Fish Brown Rice Quinoa Sauteed Spinach Orange
17. CENTER CLOSED PRESIDENTS DAY	18. <u>Black History Month Lunch</u> Oven Fried Chicken Macaroni & Cheese Collard Greens Orange	19. Baked Fish w/ Mushrooms & Peppers Cous Cous Sauteed Green Beans & Onions Apple	20. PB Lemony Chickpea & Kale Stir Fry Brown Rice Cauliflower & Parsley Banana	21. BBQ Pork Chops ALT BBQ Chicken White Rice California Blend Vegetables Orange

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<p>24. Caribbean style BBQ Chicken Roasted Potatoes Sautéed Spinach Apple</p>	<p>25. Spanish Style Roast Pork ALT Chicken Black Beans & Rice Steamed Collard Greens Orange</p>	<p>26. Curried Chicken Legs Pasta Baby Carrots & Parsley Apple</p>	<p>27. PB Chickpea & Vegetable Curry w/ Quinoa Steamed Broccoli Banana</p>	<p>28. Fish w/ Mushrooms Peppers & Tomatoes Coconut Rice & Pigeon Peas Normandy Blend Orange</p>



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Hours of Operation

Monday - Friday 8:00am - 4:00pm

Closed for Federal and Jewish Holidays

Bay Eden Older Adult Center Staff

Michelle Pottinger: Program Director [mpottinger@jasa.org]

Office Phone: 718-882-3815 Option #1

Yasmin Ahmad: Assistant Director [yahmad@jasa.org]

Office Phone: 718-882-3815 Option #2

Direct: 929-374-0122

Joseph Albanese: Program Coordinator [jalbanese@jasa.org]

Office Phone: 718-882-3815 Option #3

Direct: 929-374-0123

Vilma Sorrentini: Case Manager [vsorrentini@jasa.org]

Office Phone: 718-882-3815 Option #6

[In Office: Monday, Tuesday & Wednesday]

Donna Williams: Clinical Social Worker [dwilliams2@jasa.org]

Work Cell- 914-267-4706

[In Office: Tuesday & Thursday]