



JASA Bartow Older Adult Center
2049 Bartow Ave Room 31 Bronx NY 10475
929 399 1394
FEBRUARY 2025
Activities Calendar

Partially funded by:

Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 10:00 am: Intergenerational Arts and Crafts W/ Denise 10:00 am: Salsa W/Rasheem 12:30 pm: Lunch Hour 1:30 pm: BINGO W/Jose</p>
<p>4 10:00 am: Walking w/ Odessa 11:00 am: Nutrition Presentation w/ Amelia 12:00 pm Blood Pressure w/ Gertie 1:00pm Nutrion Presentation with Tina (STOP& SHOP) 1:45 pm: Smartphone & Tablet Class 3:00 pm: Dinner Hour</p>	<p>5 10:00 am: Stay-Well Exercise W/ Odessa 12:00 pm: Bereavement Hour w/ Chaplin Dorine 12:30 pm: Line Dance W/ Cynthia 3:00 pm: Dinner Hour 5:00 pm: Computer Learning w/ Ralph</p>	<p>6 10:00 am: Arthritis Exercise W/ Damion 10:00 am: Virtual Arts w/ Laura 11:00 am: Hooked on Happy Knitting and Crochet Class W/ Lynn and Betty 2:00 pm Card Games W/Frankie 3:00 pm Dinner Hour</p>	<p>7 10:00 am: Massage and Facial 10:30 am: Movies w/Dennis 12:30 pm: Line Dance W/Cynthia 2:00 pm: Theater Ars w/ Dazee 3:00 pm: Dinner Hour</p>	<p>8 10:00 am: Intergenerational Arts and Crafts W/ Denise 10:00 am: Salsa W/Rasheem 12:30 pm: Lunch Hour 1:30 pm: BINGO W/Jose</p> <p style="text-align: center;">JASA BARTOW OAC BHM ARTS AND CRAFTS EXHIBITION 11:00 AM -1:30 PM</p>

Partially funded by:

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11 10:00 am: Walking w/ Odessa 11:00 am Health and Wellness w/ Ann 1:45 pm: Smartphone & Tablet Class 3:00 pm: Dinner Hour</p>	<p>12 10:00 am: Stay-Well Exercise W/ Odessa 12:30 pm: Line Dance w/ Cynthia 3:00 pm: Dinner Hour 5:00 pm: Computer Learning w/ Ralph</p>	<p>13 10:00 am: Arthritis Exercise W/ Damion 10:00 am: Virtual Arts w/ Laura 11:00 am: Hooked on Happy Knitting and Crochet Class W/ Lynn and Betty 2:00 pm Card Games W/Frankie 3:00 pm Dinner Hour</p>	<p>14 10:00 am: Massage and Manicure 10:30 am: Movies w/Dennis 12:30 pm: Line Dance W/Cynthia 2:00 pm: Theater Ars w/ Dazee</p> <p style="text-align: center;">SPECIAL VALENTINE'S DAY DINNER 2:30 PM</p>	<p>15 10:00 am: Intergenerational Arts and Crafts W/ Denise 10:00 am: Salsa W/Rasheem 12:30 pm: Lunch Hour 1:30 pm: BINGO W/Jose</p>

Partially funded by:

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18</p> <p>10:00 am: Walking w/ Odessa</p> <p>11:00 am Health and Wellness w/ Ann</p> <p>12:00 pm Blood Pressure w/ Gertie</p> <p>Heart Health Presentation (Oak Street) 1:00 pm</p> <p>1:45 pm: Smartphone & Tablet Class</p> <p>3:00 pm: Dinner Hour</p>	<p>19</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>5:00 pm: Computer Learning w/ Ralph (New)</p>	<p>20</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>21</p> <p>10:00 am: Massage and Facial</p> <p>BHM CELEBRATION WITH MARGARET AND FRIENDS 11:00 AM TO 2:30 PM</p> <p>3:00 pm Dinner</p>	<p>22</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>

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Tuesday	Wednesday	Thursday	Friday	Saturday
<p>25</p> <p>10:00 am: Walking w/ Odessa</p> <p>11:00 am: Health and Wellness w/ Ann</p> <p>Structured Engagement w/ Karl)</p> <p>1:45 pm: Smartphone & Tablet Class</p> <p>3:00 pm: Dinner Hour</p>	<p>26</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>5:00 pm: Computer Learning w/ Ralph</p>	<p>27</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>28</p> <p>10:00 am: Massage and Manicure</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>	

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2049 Bartow Ave Room 31 Bronx NY 10475

Partially funded by:

FEBRUARY 2025 Dinner Menu

Generously Funded by Councilman Kevin Riley and Senator J. Bailey

Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 Kosher: Breaded Vegetable Cutlet w/ Couscous and healthy slaw Non-Kosher: Tuna Salad w/ Classic Macaroni Salad and Asian Style Cucumber Salad</p>

Partially funded by:

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4 Kosher: Beef of Pot Roast w/ Roasted Potatoes and Tossed Salad w/ Dressing Non-Kosher: Spanish Style Roasted Pork w/ Black Beans and Rice and Braised Collard Greens</p>	<p>5 Kosher: Chickpea Curry Medley w/ Pearled Barley and Cole Slaw Non-Kosher: Curried Chicken w/ Penne Pasta and Baby Carrots and Parsley</p>	<p>6 Kosher: Breaded Fish Filet w/ Baked Potato and Israeli Salad Non-Kosher: Chickpea and Vegetable Curry with Quinoa and Steamed Broccoli</p>	<p>7 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>8 Kosher: Roasted Turkey Breast w/ Baked Sweet Potato Steamed Mixed Vegetables Non-Kosher: Egg Salad w/ Whole Wheat Pasta Primavera and Asian Style Cucumber Salad</p>
<p>11 Kosher: Beef of Pot Roast w/Mashed Potatoes and Green Beans Non-Kosher: Spanish Style Stew Beef w/ Homemade Mashed Potato and Steamed Broccoli</p>	<p>12 Kosher: Lentil and Bean Chilli w/Brown Rice and Steamed Capri Blend Vegetables Non-Kosher: Jerk Chicken w/ Beans and Rice; Braised Collard Greens</p>	<p>13 Kosher: Roasted Chicken w/ Pearled Barley and Carrot Salad Non-Kosher: Arroz Con Pollo Chicken Breast and Rice w/ Broccoli with Toasted Garlic.</p>	<p>14 SPECIAL VALENTINE'S DAY DINNER Kosher: Stuffed Chicken Breast w/ Mashed Sweet Yam and Sauteed String Beans Non-Kosher: GRAB AND GO (Jerk Chicken w/ Rice and Beans and Sauteed String Beans)</p>	<p>15 Kosher: Moroccan Salmon w/Couscous and Steamed Yellow Squash Non-Kosher: Grilled Caribbean Chicken Breast w/ Quinoa and Cabbage- Carrot Slaw</p>

Partially funded by:

Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18 Kosher: Breaded Vegetable Cutlet w/ Couscous and Cabbage and Beet Salad Non-Kosher: Homestyle Vegan Whole Grain Mac and Cheese w/ Steamed Broccoli</p>	<p>19 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>20 Kosher: Moroccan Salmon w/Couscous and Steamed Yellow Squash Non-Kosher: Grilled Caribbean Chicken Breast w/ Quinoa and Cabbage- Carrot Slaw</p>	<p>21 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>22 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>
<p>25 Kosher: BBQ Chicken w/ Brown Rice and Steamed Carrots Non-Kosher: Fish w/Mushrooms, Peppers and Tomatoes with Coconuts Rice and Peas; Normandy Blend</p>	<p>26 Kosher: Beef of Pot Roast w/Mashed Potatoes and Green Beans Non-Kosher: Spanish Style Stew Beef w/ Homemade Mashed Potato and Steamed Broccoli</p>	<p>27 Kosher: Italian Roasted Chicken w/ Sweet Noodle Kugel and Steamed Mixed Vegetables Non-Kosher: Stewed Codfish w/ Sauteed Spinach and Yuca w/ Onions</p>	<p>28 Kosher: Chickpea Curry Medley w/ Pearled Barley and Cole Slaw Non-Kosher: Curried Chicken w/ Penne Pasta and Baby Carrots and Parsley</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

Carolin 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 Tuesdays and Thursdays

Partially funded by:

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FEBRUARY 2025

Nutrition Presentation w/ Amelia

2/4/2025

11:00 am-12:00 pm

Meal Demo w/ Tina (STOP& SHOP)

2/4/2025

1:00 PM -2:00 PM

BHM ARTS AND CRAFTS EXHIBITION

2/8/2025

11:00PAM -1:30 PM

SPECIAL VALENTINE'S DAY DINNER

2/14/2025

2:30 PM

HEART HEALTH PRESENTATION

(OAK STREET)

2/18/2025

1:00 PM-2:00 PM

BHM CELEBRATION WITH MARGARET AND FRIENDS

2/21/2025

11:00 AM -2:30 PM

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