



# Van Cortlandt Older Adult Center

Phone Number (718) 549-4700

185 W 231st Street, Bronx, NY 10463

## February 2025 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:00am-11:30am Strength Cardio w/ Patti (In Person)</p> <p>12:15pm Lunch</p> <p>1:30pm Dominos</p> <p>1:30pm Digital Literacy w/Ron (In Person)</p> <p>3:00pm Board Games</p>	<p>4</p> <p>9:30am <b>Advisory Board meeting*</b></p> <p>10:30am Zumba w/Carmen(In Person)</p> <p>12:15pm Lunch</p> <p>1:30pm Leisure Bingo</p> <p>2:15pm Mixed Media Arts w/Ron (In Peron)</p> <p>3:00pm Word Search</p>	<p>5</p> <p>10:00am-11:30am Sculpt/ Pound (In Person)</p> <p>11:30am Unwind w/Classical Music</p> <p>12:15pm Lunch</p> <p>1:45pm Hot Topics w/Lucy (In Person)</p> <p>3:00pm Movie</p>	<p>6</p> <p><b>Wear Red</b></p> <p>10:00am-11:30am Chair Yoga w/ Patti (In Person)</p> <p>12:15pm Lunch</p> <p>1:30pm <b>Jewelry Making w/Dorian</b></p> <p>1:30pm Produce Distribution</p> <p>3:00pm Dominos</p>	<p>7</p> <p><b>Bake Sale</b></p> <p>10:00am Exercise w/Cliff (In Person)</p> <p>12:15pm Lunch</p> <p>1:00pm SE w/Donna</p> <p>1:30-4:00pm Leisure Bingo</p> <p>3:00pm-4:00pm Men's Social</p>
<p>10</p> <p>10:00am-11:30am Strength Cardio w/ Patti (In Person)</p> <p>12:15pm Lunch</p> <p>1:30pm Dominos</p> <p>1:30pm Digital Literacy w/Ron (In Person)</p> <p>3:00pm Board Games</p>	<p>11</p> <p><b>Bake Sale</b></p> <p>10:30am Zumba w/Carmen(In Person)</p> <p>11:15am Blood Pressure screening w/Linda</p> <p>12:15pm Lunch</p> <p>1:30pm Leisure Bingo</p> <p>2:15pm Mixed Media Arts w/Ron (In Peron)</p> <p>3:00pm Word Search</p>	<p>12</p> <p>10:00am-11:30am Sculpt/ Pound (In Person)</p> <p>12:00pm <b>Nutrition presentation</b> w/Amelia (In Person)</p> <p>12:15pm Lunch</p> <p>1:45pm Hot Topics w/Lucy (In Person)</p> <p>3:00pm Movie</p>	<p>13</p> <p>10:00am-11:30am Chair Yoga w/ Patti (In Person)</p> <p>12:15pm Lunch</p> <p>1:30pm <b>Jewelry Making w/Dorian</b></p> <p>1:30pm Produce Distribution</p> <p>3:00pm Dominos</p>	<p>14</p> <p><b>Valentines Day Fun Live Band</b></p> <p>10:00am Exercise w/Cliff (In Person)</p> <p>12:15pm Lunch</p> <p>1:00pm SE w/Donna</p> <p>1:30-4:00pm Leisure Bingo</p> <p>3:00pm-4:00pm Men's Social</p>
<p>17</p> <p><b>Center is Closed</b></p> <p><b>Presidents Day</b></p>	<p>18</p> <p><b>Bake Sale</b></p> <p>10:30am Zumba w/Carmen</p> <p>12:15pm Lunch</p> <p>1:30pm Leisure Bingo</p> <p>2:15pm Mixed Media Arts w/Ron (In Peron)</p> <p>3:00pm Word Search</p>	<p>19</p> <p>10:00am-11:30am Sculpt/ Pound</p> <p>12:15pm Lunch</p> <p>1:45pm Hot Topics w/Lucy (In Person)</p> <p>2:45pm Movie</p> <p>3:45pm WII Sports</p>	<p>20</p> <p>10:00am-11:30am Chair Yoga w/ Patti (In Person)</p> <p>12:15pm Lunch</p> <p>1:30pm <b>Jewelry Making w/Dorian</b></p> <p>1:30pm Produce Distribution</p> <p>3:00pm Dominos</p>	<p>21</p> <p><b>Bazaar sale</b></p> <p>10:00am Exercise w/Cliff (In Person)</p> <p>12:15pm Lunch</p> <p>1:00pm SE w/Donna</p> <p>1:30-4:00pm Leisure Bingo</p> <p>3:00pm-4:00pm Men's Social</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>24</b> 10:00am-11:30am Strength Cardio w/ Patti (In Person) 12:15pm Lunch 1:30pm Dominos 1:30pm Digital Literacy w/Ron (In Person) 3:00pm Board Games	<b>25</b> 10:30am Zumba w/Carmen 11:15am Blood Pressure screening w/Linda 12:15pm Lunch 1:30pm Leisure Bingo 2:15pm Mixed Media Arts w/Ron (In Peron) 3:00pm Word Search	<b>26</b> 10:00am-11:30am Sculpt/ Pound 11:30am Unwind w/Classical Music 12:15pm Lunch 1:45pm Hot Topics w/Lucy (In Person) 2:45pm Movie 3:45pm WII Sports	<b>27</b> 10:00am-11:30am Chair Yoga w/ Patti (In Person) 12:15pm Lunch 1:30pm <b>Jewelry Making w/Dorian</b> 1:30pm Produce Distribution 3:00pm Dominos	<b>28</b> <b>Bake Sale</b> 10:00am Exercise w/Cliff (In Person) 12:15pm Lunch 1:00pm SE w/Donna 1:30-4:00pm Leisure Bingo 3:00pm-4:00pm Men's Social

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## February 2025 Lunch Menu

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<p>3 <u>Plant Based</u> Rustic Moroccan Chickpea &amp; swiss chard stew Brown Rice Baby Carrots &amp; Parsley Alt:Vegetarian Stuffed Cabbage</p>	<p>4 Baked Turkey Meatballs Pearled Barley Normandy Blend Vegetables Alt: Tuna Salad</p>	<p>5 Fish w/Fresh Salsa Relish Mexican confetti Rice Sauteed Zucchini Alt: Egg Salad</p>	<p>6 Beef Stew Garlic Mashed Potatoes Green Bean Salad Alt: Grilled Chicken Breast</p>	<p>7 BBQ Chicken Leg Quarters Spinach Noodle Kugel Beet Salad Alt: Gefilte Fish</p>
<p>10 <u>Plant Based</u> Comforting Lentil &amp; Bean Chilli Brown Rice Roasted Eggplant Alt:Vegetarian Stuffed Peppers</p>	<p>11 Turkey Burger Baked Red Potato Wedges Cabbage Carrot Slaw Alt:Breaded Vegetable Cutlet</p>	<p>12 Beef Stew Yellow Rice California Blend Vegetables Alt: Tuna Cakes</p>	<p>13 Apricot Glazed Salmon Baked Sweet Potato Prince Edward Blend Vegetables Alt:Baked Falafel Balls</p>	<p>14 Chicken Legs w/Stewed Tomatoes Bowtie Pasta w/Kasha Sauteed Green Beans w/Onions Alt: Gefilte Fish</p>
<p>17 Center is Closed Presidents Day</p>	<p>18 Turkey Meatloaf w/Mushroom Spaghetti Sauteed String Beans  Alt: Tuna Cakes</p>	<p>19 Baked Fish w/Garlic Sauce Couscous /Peas &amp; lemon Garden Salad  Alt: Egg Salad</p>	<p>20 Dairy-Free Baked Ziti w/Beef Capri Blend Vegetable  Alt:Curried Chicken Salad</p>	<p>21 Baked Chicken Quarters Apple Noodle Kugel Roasted Zucchini  Alt: Gefilte Fish</p>
<p>24 <u>Plant Based</u> Scallion Ginger Tofu Stir Pearled Barley Capri Blend Vegetables Alt:Baked Falafel Balls</p>	<p>25 Beef Pot Roast Couscous Roasted Eggplant Alt: Chicken Salad</p>	<p>26 Baked Breaded Fish Classic Macaroni Salad Beets &amp; Baby Carrots w/Dill Alt: Mushroom &amp; Egg Salad</p>	<p>27 Pepper Flank Steak Yellow Rice Steamed Green Beans Alt: Salmon Burger</p>	<p>28 BBQ Chicken Legs Quarters Orzo California Blend Vegetables Alt: Gefilte Fish</p>

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- Email [www.jasa.org](http://www.jasa.org)

### Hours

Mondays - Fridays 9:00am - 5:00pm

\*Closed for Federal and Jewish Holidays\*

### Upcoming Closures

February 17th Presidents Day

Black History Month

### Daily Lunch

Mondays - Fridays

12:15pm - 1:15pm - Dining Room

### Van Cortlandt Older Adult Center Staff

Indira Ortiz, Program Director [lortiz@jasa.org](mailto:lortiz@jasa.org)

Anna Barcene, Assistant Director [Abarcene@jasa.org](mailto:Abarcene@jasa.org)

Daisy Ruiz, Program Coordinator, [Druiz@jasa.org](mailto:Druiz@jasa.org)

Nadira Khanam, Case Assistant, [Nkhanam@jasa.org](mailto:Nkhanam@jasa.org)

Carla Luna, Food technician, [Cluna@jasa.org](mailto:Cluna@jasa.org)

Donna Williams, Social Worker/Clinician, [Dwilliams@jasa.org](mailto:Dwilliams@jasa.org)

Eddie Alvarez, Porter, [Ealvarez@jasa.org](mailto:Ealvarez@jasa.org)

### NEW February 2025 Activities/Programming

Jewelry Making w/Dorian - February 6th Thursdays @ 1:30pm - 2:30pm

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