

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC. @ BEATRICE LEWIS**

**FEBRUARY DAILY ACTIVITIES SHEET**

**2322 THIRD AVENUE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				2
				<b>Fan Food 10AM</b> <b>Metro-Pharmacy Workshop - 12:45</b> *Dancercise 10:30 *Latch Hook-11:30 *How to use your devices 10am-2pm
5	6	7	8	9
<b>Adult Medical Day Program- 12:45</b> *Individual Computer Training 10:30am *Tai Chi 11am-12pm *Drama Class 11am *Arts &Crafts- 11:30	*Beading -11am *Dancercise 12-2pm *Stretching 1-1:30pm *Discussion Group 2pm	*Chair Exercise-11am *Drama Class 11-12pm *Crocheting-11am *Discussion Group 2pm	*Tai Chi- 11-12pm *Dancercise- 12-2pm *Music for Memory 11-12pm *Discussion Group 2pm *Stretching 1-1:30pm	<b>Cake Sale 10AM</b> *Dancercise 10:30 *Latch Hook-11:30 *How to use your devices 10am-2pm
12	13	14	15	16
*Individual Computer Training 10:30am *Tai Chi 11am-12pm *Drama Class 11am *Arts &Crafts- 11:30	<b>Dallas BBQ's 10:30am</b> *Beading 11am *Dancercise 12-2pm	*Chair Exercise-11am *Drama Class 11-12pm *Crocheting-11am *Discussion Group 2pm	*Tai Chi- 11-12pm *Dancercise- 12-2pm *Music for Memory 11-12pm *Discussion Group 2pm *Stretching 1-1:30pm	<b>Smoking Cessation Workshop-12:45</b> <b>GAME NIGHT 5-7:30PM</b> *Dancercise 10:30 *Latch Hook-11:30
19	20	21	22	23
<b>CENTER CLOSED</b> 	*Beading -11am *Dancercise 12-2pm *Stretching 1-1:30pm *Discussion Group 2pm	<b>Lung Cancer Workshop -12:45PM</b> *Chair Exercise-11am *Drama Class 11-12pm *Crocheting-11am *Discussion Group 2pm	*Tai Chi- 11-12pm *Dancercise- 12-2pm *Music for Memory 11-12pm *Discussion Group 2pm *Stretching 1-1:30pm	<b>Black History Program 2:15PM</b> *Dancercise 10:30 *Latch Hook-11:30 *How to use your devices 10am-2pm
<b>General Membership Meeting 12:45PM</b> *Individual Computer Training 10:30am *Tai Chi 11am-12pm *Drama Class 11am *Arts &Crafts- 11:30	<b>Nutrition Workshop -12:45PM</b> *Beading -11am *Dancercise 12-2pm *Stretching 1-1:30pm *Discussion Group 2pm	<b>Birthday Celebration 12:45PM</b> *Chair Exercise-11am *Drama Class 11-12pm *Crocheting-11am *Discussion Group 2pm		
26	27	28		

**MONTHLY MENU - FEBRUARY 2018 (Beatrice Lewis)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Roast Pork (Chicken Sub) Brown Rice and Beans Cabbage with Shredded Carrots Milk Dessert	Oven Fried Tilapia Macaroni Salad Broccoli Milk Dessert
5	6	7	8	9
Salisbury Steak Mashed Potatoes Carrots & Broccoli Dessert Milk	Pork Chops (Chicken Sub) Yellow Rice & Peas Spinach Dessert	Pot Roast Baked Potato Green Beans Dessert Milk	BBQ Chicken Corn Broccoli Dessert Milk	Baked Fish (Whiting) Egg Noodles Mixed Vegetables Dessert
12	13	14	15	16
Nice Cup Of Soup Chili con Carne Yellow Rice Spinach Dessert	Baked Ziti Garlic Bread Cucumber & Tomato Salad Dessert Milk	Baked Turkey Wings Stuffing Mustard Greens Dessert Milk	Breaded Fish Red Rice Cabbage with Shredded Carrots Dessert Milk	Asian Style Honey Chicken Asian Style Spaghetti Broccoli Dessert
19	20	<b>Birthday Celebration</b>	22	23
<b>CENTER CLOSED                      PRESIDENT'S DAY</b>	Italian Sausage Peppers and Onions Spaghetti Brussel Sprouts Dessert Milk	Pork Spare Ribs (Chicken Sub) Potato Salad Collard Greens Dessert Milk	Turkey Meatloaf Brown Rice Green Beans Dessert Milk	Baked Fish (Whiting's) Potato Wedges Salad Dessert
Chicken Cutlet Macaroni & Cheese Green Beans Dessert Milk	Salmon Cakes Corn & Red Peppers Broccoli & Cauliflower Dessert Milk	Beef Brisket Brown Rice Vegetables Dessert Milk		
26	27	<b>Birthday Celebration</b>		

\* Menu is subject to Change