

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC. @ BEATRICE  
 FEBRUARY DAILY ACTIVITIES SHEET LEWIS  
 2322 THIRD AVENUE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			*Tai Chi- 11-12pm *Dancercise- 12-2pm *Music for Memory 11-12pm *Discussion Group 2pm *Stretching 1-1:30pm	<u>Fan Food 10AM</u> *Dancercise 10:30 *Latch Hook-11:30 *How to use your devices 10am-2pm
5	6	7	8	9
<u>Home Care Services Workshop @12:45</u> *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	<u>Cake Sale 10AM</u> Game Night 5-7:30pm *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	<u>Seafood City @10:30</u> *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	Atlantic City Resorts 8:30AM *Dancercise 10:30 *Latch Hook-11:30 *How to use your devices 10am-2pm
19	20	21	22	23
<u>Cholesterol Workshop @12:45</u> *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	<u>Bay Plaza Mall @ 10:30AM</u> *Tai Chi- 11-12pm *Dancercise- 12-2pm *Music for Memory 11-12pm *Discussion Group 2pm *Stretching 1-1:30pm	Advisory Council Meeting @12:45PM *Dancercise 10:30 *Latch Hook-11:30 *How to use your devices 10am-2pm
<u>General Membership Meeting 12:45PM</u> *Individual Computer Training 10:30am *Tai Chi 11am-12pm *Drama Class 11am *Arts &Crafts- 11:30	<u>Nutrition Workshop-12:45PM</u> *Beading -11am *Dancercise 12-2pm *Stretching 1-1:30pm *Discussion Group 2pm	<u>Birthday Celebration Mini Concert 12:45PM</u> *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	General Membership Meeting @12:45pm *Dancercise 10:30 *Latch Hook-11:30 *How to use your devices 10am-2pm
26	27	28	29	30

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Oven Baked Pork Chops (Chicken Substitute) Sweet Potato's Kale Dessert Milk	<i>Tuna Fish Salad</i> <i>Cole Slaw</i> <i>Garden Salad</i> <i>Dessert</i> <i>Milk</i>
5	6	7	8	9
Chinese Style Pepper Steak Spaghetti Oriental Blend Dessert Milk	Garlic Chicken Baked Potatoes Kale Dessert Milk	Stewed Oxtail w/ Lima Beans White Rice Cabbage w/ Shredded Carrot Dessert	Oven Baked Pork (Chicken Substitute) Mac & Cheese Green Beans Dessert Milk	Oven Fried Fish Pasta Salad Baby Spinach Salad Dessert Milk
12	13	14	15	16
Turkey Stuffed Peppers Yellow Squash Dessert Milk	Baked Turkey Breast Sweet Potatoes Collard Greens Dessert Milk	BBQ Baked Chicken Breast Baked Mac & Cheese Green Beans Dessert Milk	Per nil/ Roast Pork (Chicken Substitute) Rice and Beans Cabbage w/ Shredded Carrot Dessert Milk	Oven Fried Fish Macaroni Salad Broccoli Dessert Milk
19	20	21	22	23
Salisbury Steak Mashed Potatoes Carrots & Broccoli Dessert Milk	Oven Baked Pork Chops (Chicken Substitute) Yellow Rice w/ Peas Sautéed Spinach Dessert Milk	Beef Pot Roast Baked Potato's Green Beans Dessert Milk	BBQ Chicken Corn Steamed Broccoli Dessert Milk	Baked Fish Egg Noodles Vegetables Dessert Milk
Vegetable Soup Chili Con Carne Yellow Rice Spinach Salad Dessert	Baked Ziti Garlic Bread Cucumber & Tomato Salad Dessert Milk	Baked Turkey Wings Stuffing Mustard Greens Dessert Milk	Baked Fish Red Rice Cabbage/Shredded Carrots Dessert Milk	Asian Style Chicken Chinese Style Spaghetti Steamed Broccoli Dessert Milk
26	27	<b>Birthday Celebration</b>	29	30

\* Menu is subject to Change