

MONTHLY MENU - AUGUST 2018 (Kennedy & St. Nicholas)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Chicken Stir-Fry & Vegetables Egg Noodles Oriental Blend	Turkey Meatloaf Baked Potatoes Mixed Green Salad	Baked Breaded Fish Beet Salad Steamed Spinach
6	7	8	9	10
Sliced Deli Turkey Vegetable Soup Tossed Salad & Dressing	Meat Sauce Spaghetti Normandy Blend	Stewed Pork Chops Yellow Rice Collard Greens	BBQ Chicken Leg Quarters Brown Rice & Pigeon Peas Kale & Tomatoes	Salmon Cakes Broccoli & Red Pepper Salad Red Bliss Potatoes
13	14	Birthday Celebration	16	17
Turkey Meatballs Spaghetti Yellow Squash	Baked Breaded Pork Chops Rice & Vegetables Cabbage & Shredded Carrots	TO BE ANNOUNCED	Baked Chicken Quarters California Blend Vegetables Mashed Sweet Potatoes	Salmon Stew Yellow Rice Tomatoes & Stewed Okra
20	21	22	23	24
Kosher Italian Sausage Spaghetti Italian Cut Green Beans	Beef & Broccoli White Rice Steamed Carrots	Baked Turkey Wings Steamed Spinach Sweet Baked Yams	Rosemary Chicken Brown Rice Brussel Sprouts	Baked Whiting Fish Filets Cole Slaw Corn
Sloppy Joes Roasted Sweet Potato Fries Steamed Broccoli	BBQ Chicken Leg Quarters White Rice Steamed Kale	Sliced Deli Turkey & Cheddar Cheese Classic Macaroni Salad Parsley & Baby Carrots Lettuce & Tomato	Pepper Flank Steak Brussel Sprouts Mashed Potatoes	Breaded Pollack Garlic & Rosemary Roasted Potatoes Mixed Green Salad
27	28	29	30	31

*** Menu is subject to Change**

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC. @ ST. NICHOLAS
2018 DAILY ACTIVITIES SHEET FOR ST. NICHOLAS CENTER
210 West 131st Street @ 7th Ave.

MONDAY

Coffee/Tea Time

9am – 10Am

Computer/Open Lab*

10am – 12pm

Dominoes/Card Games/Pool

10am - 4:30pm

Triangle Bridge

10am – 3pm

Tai – Chi

To Be Announced

Discussion Group

12pm – 1pm

LUNCH

12pm – 1:30pm

Senior Boot Camp

12:30pm –
1:15pm

Bingo

2pm – 4pm

TUESDAY

Coffee/Tea Time

9am – 10am

Computer/Open Lab

10am – 12pm

Dominoes/Card Games/Pool

10am - 4:30pm

TRIPS

To Be Announced

Book Club

10am-11am

Fitness

12:15am – 1pm

Current Events

12pm – 1pm

LUNCH

12:00pm – 1:30pm

Sewing

1pm – 3pm

Bingo

2pm – 4:30pm

WEDNESDAY

Coffee/Tea Time

9am – 10am

Chair Yoga

9am – 10am

Dominoes/Card Games/Pool

10am - 4:30pm

Computer Class

10am – 12pm

Walking Club

11am-12pm

Discussion Group

12pm – 1pm

LUNCH

12pm – 1:30pm

Arts & Crafts

1pm – 3pm

Bingo

2pm – 4:30pm

THURSDAY

Coffee/Tea Time

9am – 10am

Computer/Open Lab

10am – 12pm

Dominoes/Card Games/Pool

10am - 4:30pm

Grandparent Resource Center

10am – 2pm

Movement Speaks

10:30am – 11:30am

Recess until

September 2018

Current Events

12pm – 1pm

LUNCH

12:00pm – 1:30pm

Tap Dancing

1:30pm – 2:30pm

Line Dancing

2:30pm – 3:30pm

FRIDAY

Coffee/Tea Time

9am – 10am

Computer/Open Lab

10am – 12pm

Dominoes/Card Games/Pool

10am - 4:30pm

Discussion Group

12pm – 1pm

LUNCH

12:00pm – 1:30pm

Meditation

2:00pm – 3:00pm

Bingo

2pm – 4:30pm