

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. @ KENNEDY CENTER
2018 DAILY ACTIVITIES FOR CENTRAL HARLEM SENIOR CENTER
34 West 134th Street
ALL CLASSES ARE FREE

MONDAY

Coffee/Tea Time

9am – 10am

Card Games/Pool

10am - 4:30pm

Computer/Open Lab

10am – 12pm

Dolls with Davida

10am – 2:30pm
 July 9 & 23, 2018
 August 6 & 20, 2018

Quilting

Recess until
 September 2018

Bowling

Recess until
 September 2018

Lunch

12pm – 1:30pm

Tai – Chi

11:30am – 12:30pm

Meditation

12:30pm – 1:00pm

Spanish Class

Recess until
 September 2018

Monday Movies

Recess until
 September 2018

Wii Fitness

2:30pm-4:30pm

TUESDAY

Coffee/Tea Time

9am – 10am

Card Games/Pool

10am - 4:30pm

Computer Class

10am – 11am

How To Use Your Device

11am – 12pm

Basketball

Recess until
 October 2018

Staywell

11:30am – 12:30pm

Lunch

12pm – 1:30pm

Movement Speaks

Recess until
 September 2018

Bereavement

Support Group

1:30pm – 3:00pm

Bingo

2:30pm – 4:00pm

WEDNESDAY

Coffee/Tea Time

9am – 10am

Card Games/Pool

10am - 4:30pm

Computer/Open Lab

10am – 12pm

Swimming

10am – 11:30am

Lunch

12pm – 1:30pm

Leisure Bridge

Recess until
 September 2018

Chair Yoga

11am – 12pm

Doll Making Class

Recess until
 September 2018

Jewelry Class

2:30pm – 4:30pm

Recess until
 September 2018

Pokeno

2pm – 4:30pm

THURSDAY

Coffee/Tea Time

9am – 10am

Card Games/Pool

10am - 4:30pm

Computer/Open Lab

10am – 12pm

Beyond the Pain

Recess until
 September 2018

Yoga

11:30am -12:30pm

Lunch

12pm – 1:30pm

Current Events

2:00pm -4:30pm

FRIDAY

Coffee/Tea Time

9am – 10am

Card Games/Pool

10am - 4:30pm

Computer/Open Lab

10am – 12pm

Book Club Twice a - Month

10am-12pm

Zumba

11:30am – 12:30pm

Lunch

12pm – 1:30pm

Line Dancing

1:30pm – 3:30pm

Discussion Group

2:00pm – 4:30pm