

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Baked Chicken Quarters Baby Carrots & Parsley Corn & Red Peppers	Baked Ziti & Meat Sauce Tossed Salad & Dressing	Turkey Bean Chili White Rice Normandy Blend Vegetables	Lean Lamb Chops Brown Rice Steamed Peas & Carrots	Lemon Pepper Baked Fish Baked Sweet Potato Spinach, Apple & Red Onion Salad
10	11	12	13	14
Hamburgers Oven-Ready Fries Tossed Salad & Dressing	Baked Turkey Wings Yellow Rice Cabbage & Shredded Carrots	Chicken Stir-Fry & Vegetables Egg Noodles Oriental Blend	Turkey Meatloaf Baked Potatoes Mixed Green Salad	Baked Breaded Fish Beet Salad Steamed Spinach
17	18	Birthday Celebration	20	21
Sliced Deli Turkey Vegetable Soup Tossed Salad & Dressing	Meat Sauce Spaghetti Normandy Blend	TO BE ANNOUNCED	BBQ Chicken Leg Quarters Brown Rice & Pigeon Peas Kale & Tomatoes	Salmon Cakes Broccoli & Red Pepper Salad Red Bliss Potatoes
24	25	26	27	28
Chili con Carne White Rice Steamed Broccoli	Sliced Deli Turkey Vegetable Soup Tossed Salad & Dressing	Baked Breaded Pork Chops Brown Rice Baby Spinach Salad	Rosemary Chicken Green Beans & Carrots Roasted Potatoes	Oven Fried Tilapia Cole Slaw Corn

*** 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

Quilting
10am – 1pm
Arts & Crafts

Bowling
10am – 1pm

Lunch
12pm – 1:30pm

Tai – Chi
11:30am – 12:30pm
P/T Room

Meditation
12:30pm – 1:00pm
P/T Room

Spanish Class
1:30pm – 3pm

Monday Movies
Recess until
September 2018

Wii Fitness
2:30pm – 4:30pm
Dining Room

TUESDAY

Coffee/Tea Time
9am – 10am

Card Games/Pool
10am - 4:30pm

Computer Class
10am – 11am
Computer Lab

How To Use Your Device
11am – 12pm
Computer Lab

Basketball
Recess until
October 2018

Staywell
11:30am – 12:30pm
P/T Room

Lunch
12pm – 1:30pm

Movement Speaks
1:30pm – 3pm
P/T Room

Bereavement Support Group
1:30pm – 3:00pm
Dining Room

Bingo
2:30pm – 4:00pm
Dining Room

WEDNESDAY

Coffee/Tea Time
9am – 10am

Card Games/Pool
10am - 4:30pm

Computer/Open Lab
10am – 12pm

Swimming
10am – 11:30am
Hansborough Ctr.

Lunch
12pm – 1:30pm

Leisure Bridge
10am – 3pm
Yellow Room

Chair Yoga
11am – 12pm
Arts & Crafts

Storytelling
1pm – 2pm
Arts & Crafts

Jewelry Class
2:30pm – 4:30pm
Arts & Crafts

Pokeno
2pm – 4:30pm
Dining Room

THURSDAY

Coffee/Tea Time
9am – 10am

Card Games/Pool
10am - 4:30pm

Computer/Open Lab
10am – 12pm

Beyond the Pain
9am – 11:30am
Arts & Crafts

Yoga
11:30am -12:30pm

Lunch
12pm – 1:30pm

Current Events
2:00pm -4:30pm
Dining Room

Doll Making
1:00pm -3:00pm
Yellow Room
(As of 9/20/18)

FRIDAY

Coffee/Tea Time
9am – 10am

Card Games/Pool
10am - 4:30pm

Computer/Open Lab
10am – 12pm

Book Club Twice a - Month
10am-12pm
(As of 9/14/18)
Dining Room

Zumba
11:30am – 12:30pm
P/T Room

Lunch
12pm – 1:30pm

Line Dancing
1:30pm – 3:30pm
P/T Room

Discussion Group
2:00pm – 4:30pm
Dining Room