

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 |
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*** 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