

**MONTHLY MENU - OCTOBER 2018 (Kennedy & St. Nicholas)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Brown Gravy Salisbury Steak Egg Noodles	Baked Lean Lamb Chops Boiled Southern Greens Sweet Baked Yams	Turkey Burger & Buns Cucumber Tomato Salad	Baked Chicken Quarters Vegetable Rice Italian Cut Green Beans	Salmon Cakes Baby Spinach Salad Beet Salad
8	9	10	11	12
Sliced Deli Turkey Broccoli & Potato Soup Garden Salad	Italian Sausage Homemade Tomato Sauce & Spaghetti Sautéed Onions & Peppers Italian Cut Green Beans	Curried Chicken Rice & Beans Steamed Red or Green Cabbage	Beef Lasagna Parsley & Baby Carrots Sautéed Spinach	Baked Tilapia Yellow Rice Steamed Broccoli & Cauliflower
15	16	<b>Birthday Celebration</b>	18	19
Homemade Tomato Sauce & Spaghetti Turkey Meatballs Tossed Salad & Dressing	Pepper Flank Steak & BBQ Sauce Cole Slaw Corn & Red Peppers	<b>TO BE ANNOUNCED</b>	Baked Breaded Pork Chops Brown Rice Tomatoes & Okra	Oven Fried Tilapia Cheesy Home Fries Steamed Broccoli
22	23	24	25	26
Hamburgers & Buns Broccoli & Red Peppers French Fries	Jerk Chicken Brown Rice & Beans Collard Greens	Beef Meatloaf Instant Mashed Potatoes Steamed Peas & Carrots	Baked Turkey Wings Mashed Sweet Potatoes Steamed Green Beans	Salmon Cakes Lettuce & Tomato Lima Bean Succotash
Stuffed Shells, Cheese & Meat Sauce Brussel Sprouts	Baked Chicken Quarters Black Beans & Rice Mixed Green Salad	Turkey Meatloaf & Mushroom Gravy Instant Mashed Potatoes Mixed Vegetables		
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 131<sup>st</sup> Street @ 7<sup>th</sup> 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

**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