

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	Birthday Celebration	18	19
Homemade Tomato Sauce & Spaghetti Turkey Meatballs Tossed Salad & Dressing	Pepper Flank Steak & BBQ Sauce Cole Slaw Corn & Red Peppers	TO BE ANNOUNCED	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. @ KENNEDY CENTER
 2018 DAILY ACTIVITIES FOR CENTRAL HARLEM SENIOR CENTER
 34 West 134th Street
 ALL CLASSES ARE FREE

MONDAY

Coffee/Tea Time

9am – 10am

Instructional Chess

10am - 4:00pm

Card Games/Pool

10am - 4:30pm

Computer/Open Lab

10am – 12pm

Quilting

10am – 1pm

Arts & Crafts Room

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

Catholic Charities

Computer Room

Monday Movies

2:30pm – 4:30pm

Auditorium

Wii Fitness

2:30pm – 4:30pm

Dining Room

TUESDAY

Coffee/Tea Time

9am – 10am

Instructional Chess

10am - 4:00pm

Card Games/Pool

10am - 4:30pm

Computer Class

10am – 11am

Computer Lab

How To Use Your Device

11am – 12pm

Computer Lab

Basketball

10:30am –

11:30am

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

Instructional Chess

10am - 4:00pm

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 Room

Storytelling

1pm – 2pm

Arts & Crafts Room

Jewelry Class

2:30pm – 4:30pm

Arts & Crafts Room

Pokeno

2pm – 4:30pm

Dining Room

THURSDAY

Coffee/Tea Time

9am – 10am

Instructional Chess

10am - 4:00pm

Card Games/Pool

10am - 4:30pm

Computer/Open

Lab

10am – 12pm

Beyond the Pain

9am – 11:30am

Arts & Crafts Room

Yoga

11:30am -12:30pm

P/T Room

Lunch

12pm – 1:30pm

Current Events

2:00pm -4:30pm

Dining Room

Doll Making

1:00pm -3:00pm

Arts & Crafts Room

FRIDAY

Coffee/Tea Time

9am – 10am

Instructional Chess

10am - 4:00pm

Card Games/Pool

10am - 4:30pm

Computer/Open Lab

10am – 12pm

Book Club Twice a - Month

10am-12pm

Dining Room

Zumba

11:30am – 12:30pm

P/T Room

Lunch

12pm – 1:30pm

Line Dancing

1:30pm – 3:30pm

P/T Room

Pool Tournament

Twice a-Month

2pm-5pm

Discussion Group

2:00pm – 4:30pm

Dining Room