

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Baked Chicken Quarters Honey Dijon Sauce California Blend Vegetables	Oven Fried Tilapia Yellow Rice Tomatoes & Stewed Okra
5	6	7	8	9
Chili Con Carne Rice Steamed Broccoli	Vegetable Soup Sliced Deli Turkey Garden Salad	Baked Breaded Pork Chops Brown Rice Baby Spinach Salad	Rosemary Chicken Carrots & Green Beans Roasted Potatoes	Oven Fried Tilapia Cole Slaw Corn
12	13	Birthday Celebration	15	16
Brown Gravy Salisbury Steak Egg Noodles Parsley & Baby Carrots	Baked Lean Lamb Chops Boiled Southern Greens Sweet Baked Yams	TO BE ANNOUNCED	Baked Chicken Quarters Rice & Vegetables Italian Cut Green Beans	Salmon Cakes Baby Spinach Salad Beet Salad
19	20	21	22	23
Broccoli & Potato Soup Sliced Deli Turkey Garden Salad	Italian Sausage Sauteed Peppers & Onions Steamed Red or Green Cabbage	Curried Chicken Legs Rice & Beans Steamed Red/Green Cabbage	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING
Turkey Meatballs Spaghetti Salad & Dressing	Pepper Flank Steak Cole Slaw Corn & Red Peppers	Tomato Rice Soup Grilled Cheese Baby Spinach Salad	Baked Breaded Pork Chops Brown Rice Okra & Tomatoes	Oven Fried Tilapia Cheesy Home Fries Steamed Broccoli
26	27	28	29	30

*** 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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Coffee/Tea Time</u> 9am – 10am	<u>Coffee/Tea Time</u> 9am – 10am	<u>Coffee/Tea Time</u> 9am – 10am	<u>Coffee/Tea Time</u> 9am – 10am	<u>Coffee/Tea Time</u> 9am – 10am
<u>Instructional Chess</u> 10am - 4:00pm	<u>Instructional Chess</u> 10am - 4:00pm	<u>Instructional Chess</u> 10am - 4:00pm	<u>Instructional Chess</u> 10am - 4:00pm	<u>Instructional Chess</u> 10am - 4:00pm
<u>Card Games/Pool</u> 10am - 4:30pm	<u>Card Games/Pool</u> 10am - 4:30pm	<u>Card Games/Pool</u> 10am - 4:30pm	<u>Card Games/Pool</u> 10am - 4:30pm	<u>Card Games/Pool</u> 10am - 4:30pm
<u>Computer/Open Lab</u> 10am – 12pm	<u>Computer Class</u> 10am – 11am Computer Lab	<u>Computer/Open Lab</u> 10am – 12pm	<u>Computer/Open Lab</u> 10am – 12pm	<u>Computer/Open Lab</u> 10am – 12pm
<u>Quilting</u> 10am – 1pm Arts & Crafts Room	<u>How To Use Your Device</u> 11am – 12pm Computer Lab	<u>Swimming</u> 10am – 11:30am Hansborough Ctr.	<u>Beyond the Pain</u> 9am – 11:30am Arts & Crafts Room	<u>Book Club Twice a - Month</u> 10am-12pm Dining Room
<u>Bowling</u> 10am – 1pm	<u>Basketball</u> 10:30am – 11:30am	<u>Lunch</u> 12pm – 1:30pm	<u>Yoga</u> 11:30am -12:30pm P/T Room	<u>Zumba</u> 11:30am – 12:30pm P/T Room
<u>Lunch</u> 12pm – 1:30pm	<u>Staywell</u> 11:30am – 12:30pm P/T Room	<u>Leisure Bridge</u> 10am – 3pm Yellow Room	<u>Lunch</u> 12pm – 1:30pm	<u>Lunch</u> 12pm – 1:30pm
<u>Tai – Chi</u> 11:30am – 12:30pm P/T Room	<u>Lunch</u> 12pm – 1:30pm	<u>Chair Yoga</u> 11am – 12pm Arts & Crafts Room	<u>Current Events</u> 2:00pm -4:30pm Dining Room	<u>Line Dancing</u> 1:30pm – 3:30pm P/T Room
<u>Meditation</u> 12:30pm – 1:00pm P/T Room	<u>Movement Speaks</u> 1:30pm – 3pm P/T Room	<u>Storytelling</u> 1pm – 2pm Arts & Crafts Room	<u>Doll Making</u> 1:00pm -3:00pm Arts & Crafts Room	<u>Pool Tournament Twice a-Month</u> 2pm-5pm
<u>Spanish Class</u> 1:30pm – 3pm Catholic Charities Computer Room	<u>Bereavement Support Group</u> 1:30pm – 3:00pm Dining Room	<u>Jewelry Class</u> 2:30pm – 4:30pm Arts & Crafts Room		<u>Discussion Group</u> 2:00pm – 4:30pm Dining Room
<u>Monday Movies</u> 2:30pm – 4:30pm Auditorium	<u>Bingo</u> 2:30pm – 4:00pm Dining Room	<u>Pokeno</u> 2pm – 4:30pm Dining Room		
<u>Wii Fitness</u> 2:30pm – Dining Room				