

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. @ 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

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