

MONTHLY MENU - JANUARY 2019 (Kennedy & St. Nicholas)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	CLOSED FOR NEW YEAR'S DAY	Curried Chicken Legs Rice & Beans Steamed Red or Green Cabbage	Beef Lasagna Parsley & Baby Carrots Sauteed Spinach	Baked Salmon Yellow Rice Steamed Broccoli & Cauliflower
7	8	9	10	11
Turkey Meatballs & Sauce Spaghetti Tossed Salad & Dressing	Salisbury Steak Cole Slaw Corn & Red Peppers	Tomato Rice Soup Grilled Cheese Baby Spinach Salad	Baked Breaded Pork Chops Brown Rice Okra & Tomatoes	Oven Fried Fish Cheesy Home Fries Steamed Broccoli
14	Birthday Celebration	16	17	18
Hamburgers French Fries	Cornish Hens & Stuffing Macaroni & Cheese Greens	Turkey Wings Brown Rice Kale	Beef Meatloaf Mashed Potatoes Peas & Carrots	Salmon Filet Yellow Rice Salad
21	22	23	24	25
CLOSED FOR MARTIN LUTHER KING DAY	BBQ Chicken Quarters Lima Beans Mixed Green Salad	Turkey Meatloaf & Mushroom Gravy Mashed Potatoes Mixed Vegetables	Baked Chicken Quarters String Beans Home Fries, Peppers & Onions	Oven Fried Fish Yellow Rice Stewed Tomatoes & Okra
Italian Sausage Spaghetti Green Beans	Vegetable Soup Turkey Sandwich Garden Salad	Baked Breaded Pork Chops Brown Rice Baby Spinach Salad	Baked Chicken Sweet Peas Roasted Potatoes	
28	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**

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
**2nd Floor Computer
 Lab**

**How To Use Your
 Device**

11am – 12pm
Computer Lab

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

Ask The Nurse

9am – 2pm
Arts & Crafts Room

Swimming

10am – 11:30am
Hansborough Ctr.

Lunch

12pm – 1:30pm

Leisure Bridge

10am – 3pm
Yellow Room

Chair Yoga

11am – 12pm
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

2nd & 4th Fridays
 2pm-5pm

Discussion Group

2:00pm – 4:30pm
Dining Room