

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. @ ST. NICHOLAS
2018 DAILY ACTIVITIES SHEET FOR ST. NICHOLAS CENTER
210 West 131st Street @ 7th Ave.

<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>Computer/Open Lab*</u> 10am – 12pm	<u>Computer/Open Lab</u> 10am – 12pm	<u>Chair Yoga</u> 9am – 10am	<u>Computer/Open Lab</u> 10am – 12pm	<u>Computer/Open Lab</u> 10am – 12pm
<u>Dominoes/Card Games/Pool</u> 10am - 4:30pm	<u>Dominoes/Card Games/Pool</u> 10am - 4:30pm	<u>Dominoes/Card Games/Pool</u> 10am - 4:30pm	<u>Dominoes/Card Games/Pool</u> 10am - 4:30pm	<u>Dominoes/Card Games/Pool</u> 10am - 4:30pm
<u>Triangle Bridge</u> 10am – 3pm	<u>TRIPS</u> To Be Announced	<u>Computer Class</u> 10am – 12pm	<u>Grandparent Resource Center</u> 10am – 2pm	<u>TRIPS</u> To Be Announced
<u>Discussion Group</u> 12pm – 1pm	<u>Fitness</u> 12:15am – 1pm	<u>Walking Club</u> 11am-12pm (Seasonal)	<u>Movement Speaks</u> 10:30am – 11:30am	
	<u>Current Events</u> 12pm – 1pm	<u>Discussion Group</u> 12pm – 1pm	<u>Current Events</u> 12pm – 1pm	<u>Discussion Group</u> 12pm – 1pm
<u>LUNCH</u> 12pm – 1:30pm	<u>LUNCH</u> 12:00pm – 1:30pm	<u>LUNCH</u> 12pm – 1:30pm	<u>LUNCH</u> 12:00pm – 1:30pm	<u>LUNCH</u> 12:00pm – 1:30pm
<u>Senior Boot Camp</u> 2:30pm – 1:15pm	<u>Sewing</u> 1pm – 3pm (every other week)		<u>Tap Dancing</u> 1:30pm – 2:30pm	<u>Meditation</u> 2:00pm – 3:00pm
<u>Bingo</u> 2pm – 4pm		<u>Bingo</u> 2pm – 4:30pm	<u>Line Dancing</u> 2:30pm – 3:30pm	<u>Bingo</u> 2pm – 4:30pm