

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

Breakfast
9am – 11am

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

Breakfast
9am – 11am

Instructional Chess
10am - 4:00pm

Card Games/Pool
10am - 4:30pm

Computer/Open Lab
10am – 12pm

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

Pokeno
2pm – 4:30pm
Dining Room

WEDNESDAY

Breakfast
9am – 11am

Instructional Chess
10am - 4:00pm

Card Games/Pool
10am - 4:30pm

Computer/Open Lab
10am – 12pm

Ask The Nurse
10am – 3pm
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

Breakfast
9am – 11am

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

Breakfast
9am – 11am

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Baked Flounder Filets Cole Slaw Corn
4	5	6	7	8
Salisbury Steak Egg Noodles Green Beans	Baked Lamb Chops Southern Greens Baked Yams	Turkey Burger Sweet Potato Fries Baby Spinach Salad	Baked Chicken Rice & Vegetables Baby Carrots	Baked Salmon Yellow Rice Cucumber-Tomato Salad
11	12	13	14	15
Deli Turkey Sandwich Broccoli & Potato Soup Garden Salad	Italian Sausage/Onions & Peppers Spaghetti Green Beans	Curried Chicken Rice & Beans Steamed Red & Green Cabbage	Beef Lasagna Parsley & Baby Carrots Sauteed Spinach	Baked King Fish Yellow Rice Steamed Broccoli & Cauliflower
18	19	20	21	22
CLOSED FOR PRESIDENT'S DAY	Turkey Meatballs Spaghetti Tossed Salad & Dressing	Grilled Cheese Tomato Rice Soup Baby Spinach Salad	Baked Pork Chops (Chicken) Brown Rice Tomatoes & Okra	Baked Fish Cheesy Home Fries Steamed Broccoli
Hamburgers Broccoli & Red Peppers French Fries	TO BE ANNOUNCED	Beef Meatloaf Mashed Potatoes Steamed Peas & Carrots	Baked Turkey Wings Mashed Sweet Potatoes Steamed Green Beans	
25	Birthday Celebration	27	28	

*** Menu is subject to Chang**