

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC. @ ST. NICHOLAS
2018 DAILY ACTIVITIES FOR ST. NICHOLAS SENIOR CENTER
210 West 131st Street @ 7th Ave.
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>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>Tommy Experience</u> 10am – 11am
<u>Senior Boot Camp</u> 12:30pm – 1:15pm	<u>Fitness</u> 12:30pm – 1:30pm	<u>Ask the Nurse</u> 10am – 3pm	<u>Movement Speaks</u> 10:30am – 11:30am	<u>Shape Up NYC</u> 11am – 12pm
<u>Discussion Group</u> 12pm – 1pm	<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> 12pm – 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> 12:30pm – 1:15pm	<u>Sewing</u> 1pm – 3pm (every other week)	<u>Bingo</u> 2:30pm – 4:30pm	<u>Tap Dance Class</u> 1:30pm – 2:30pm	<u>Meditation</u> 1:30pm – 2:30pm
<u>Bingo</u> 2:30pm – 4:30pm			<u>Line Dancing</u> 2:30pm – 3:30pm	<u>Bingo</u> 2:30pm – 4:30pm

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**