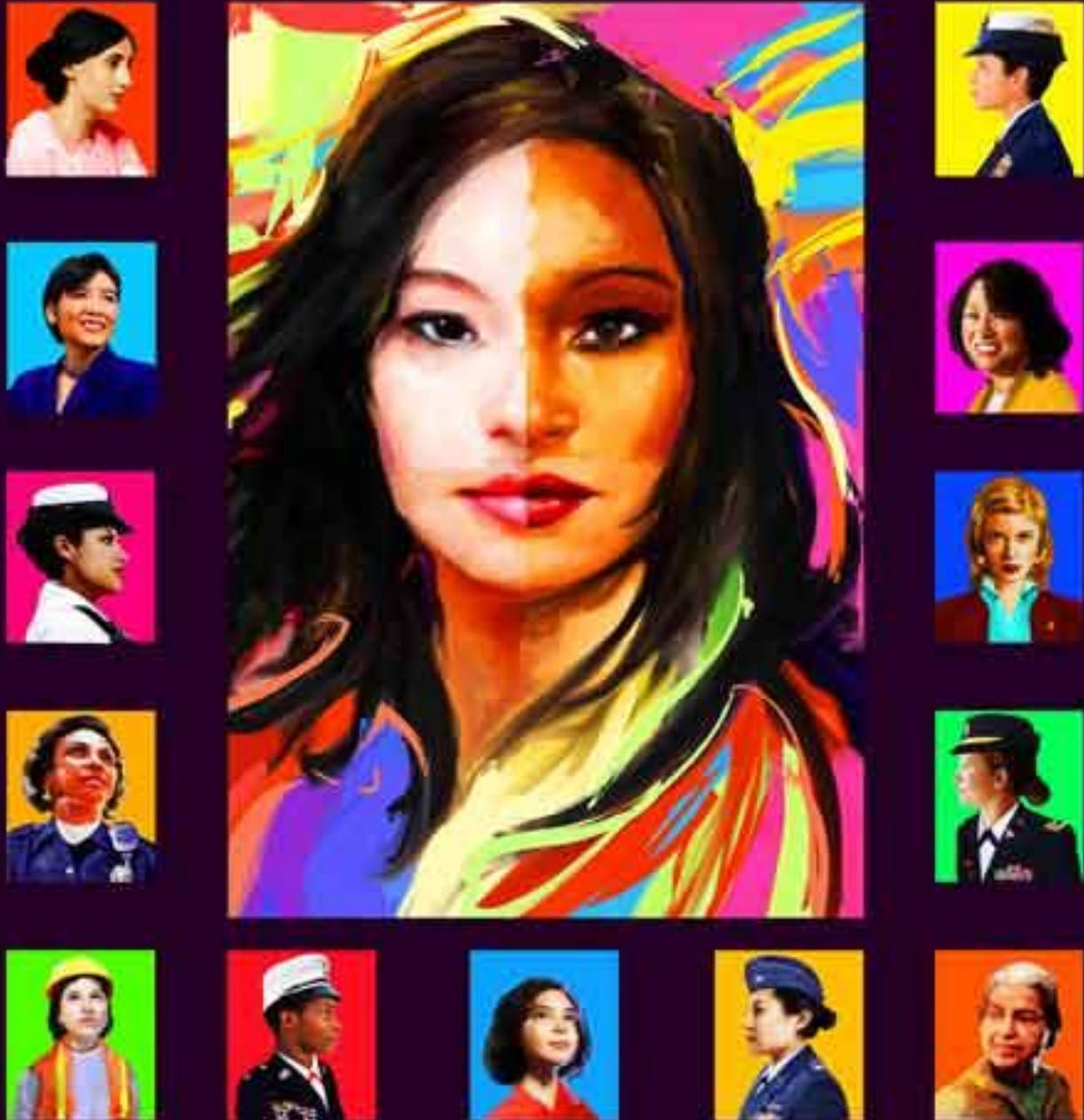


# Central Harlem— Beatrice Lewis Senior Center



*National Women's History Month*  
*Celebrating Women of Character, Courage and Commitment*  
*March*

©

# Central Harlem— Beatrice Lewis Senior Center

Vivian Johnson

James Haynes

Alicia J Berry

Site Director

Executive Director

Asst. Site Director/ Case Assistant



## MARCH 2019 NEWSLETTER

Lavosha Yough

Kishee Walker

Edward Williams

Donald Sellers

Cook

Office Manager

Custodian

Asst. Cook

FUNDED BY THE DEPARTMENT FOR THE AGING

# Central Harlem– Beatrice Lewis Senior Center

Central Harlem– Beatrice Lewis Senior Center\* 2322 3rd Avenue, NY N.Y. 10035\*212-289-9155

## March 2019 Daily Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Meals are served with Milk , Bread And Dessert				1 Tuna Fish Salad Pasta Salad Cole Slaw
4 Italian Sausage Spaghetti Green Beans	5 Curried Chicken Blk. Beans & Rice Cabbage w/Carrots	6 Baked Turkey Breast Baked Yams Oriental Blend Veg.	7 Beef Stew Brown Rice Pilaf Spinach	8 Baked Fish Corn Broccoli
11 Baked Ziti w/ Meat Sauce Garden Salad Garlic Bread	12 Baked Lamb Chops Sweet Potato Collard Greens	13 Baked Chicken Macaroni Salad Green Beans	14 Pernil (Roast Pork) Kidney& Blk. Beans Brown Rice Spinach	15 Baked Fish Red Potato Wedges Broccoli
18 Beef Salisbury Steak Mashed Potatoes Carrots & Broccoli	19 Oven Baked Pork Chops Yellow Rice & Peas Spinach	20 Pot Roast Baked Potatoes Green Beans	21 BBQ Chicken Legs Baked Yams California Blend	22 Salmon Cakes Corn Broccoli
25 Pepper Steak White Rice Winter Blend	26 Beef Meatballs W/ Tomato Sauce Spinach	27 Pork Spare Ribs Potato Salad Collard Greens	28 Arroz Con Pollo Chicken & Rice Mixed Veg.	29 Baked Salmon Red Rice Zucchini

- All Meals are Subject to Change.
- All Pork Meals will include a Substitute, for those who do not eat pork.
- Approved by The Department for The Aging



# Central Harlem— Beatrice Lewis Senior Center



# Central Harlem— Beatrice Lewis Senior Center

## HAPPY BIRTHDAY MARCH

SAMIRA MUHAMMAD	MELVIN BRIGHT
ELAINE KIMMEL	MARY E BROWN
WILLIAM COOK	JOSEPH WALTON
SADIE HARRELL	HELEN CAMPBELL
NYDIA TORRES	MAIGE BECERRA
CARLOS CASTRO	MICHAEL HURD
DAVID COLBERT	RITA CARRINGTON
MARY LYNCH	LAMONT HUNTER
JOSE RIVERA	MERCEDES ROBINSON
BERNICE FIELDS	JENNIFER GOODWIN
OSCAR HAMILTON	JOYCELYN WILLIAMS

If your birthday is this month and you do not see your name on this list, and you would like your name to be placed on the birthday list please see the case assistant to have your name placed on the list.

Thank you

# *Central Harlem— Beatrice Lewis Senior Center*

## **Special Activities**

Friday—March 1 <sup>st</sup> .	Fan Food	10am
Friday—March 1 <sup>st</sup> .	Bone Health Workshop	12:45pm
Tuesday— March 5 <sup>th</sup> .	Healthy Cooking Demo	2pm
Thursday— March 7 <sup>th</sup> .	Trivia W/ Alicia	1:30pm
Friday— March 8 <sup>th</sup> .	Cake Sale	10am
Monday— March 11 <sup>th</sup> .	Self Defense Workshop	12:45pm
Tuesday—March 12 <sup>th</sup> .	Seafood City Trip	10am
Wednesday—March 13 <sup>th</sup> .	Advisory Council Meeting	11:30am
Friday—March 15 <sup>th</sup> .	Atlantic City (Resorts Casino)	8:30am
Tuesday—March 19 <sup>th</sup> .	Healthy Cooking Demo	2pm
Wednesday— March 20 <sup>th</sup> .	Manicures	10:30-12pm
Wednesday-- March 20 <sup>th</sup> .	General Membership Meeting	12:45pm
Friday— March 22 <sup>nd</sup> .	Game Night	5-7:30pm
Tuesday— March 26 <sup>th</sup>	Bay Plaza Mall Trip	10am
Wednesday— March 27 <sup>th</sup>	Birthday Celebration & Mini Concert	12:45
Friday— March 29 <sup>th</sup> .	Volunteer Recognition Day	12:45
Friday — March 29 <sup>th</sup> .	— International Day	12:45



# Central Harlem— Beatrice Lewis Senior Center

## Announcements

- Beatrice Lewis Senior Center would like to thank all those who took part in our Annual Black History Month Program, and we would like to thank all those who came out to show their support.
- We congratulate Ms. Shirley Eady for becoming our 2019 senior of the Year her endless support and dedication is recognized and appreciated.
- Please be sure to check our bulletin board located across from the front desk, for any upcoming events and/or activities.
- Beatrice Lewis Senior Center will resume our trips to Atlantic City on Friday, March 15, 2019. Please see Mrs. Johnson to reserve your seat for the trip.
- Movie Review Thursday @ 1:30PM in the Computer Room. Movie suggestions are appreciated for consideration.
- Reminder: Case Assistance **is not** be available on Tuesdays. Available on Mon, Wed, Thurs. and Fri only.
- CHSCC; sends get well wishes to those who are shut-in and unable to commute to the center.

# *Central Harlem— Beatrice Lewis Senior Center*



## **ATLANTIC CITY RESORTS**

**Friday – March 15, 2019**

**Leaving from CHSCC Beatrice Lewis Senior Center**

**2322 Third Ave (Btwn 126-127th Street)**

**Departing @ 8:30AM**

**Tickets 30:00 (\$25.00 rebate)**

**All monies due by Monday, March 8th.**

**See Mrs. Johnson for Tickets**