

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Salmon Cakes Lettuce & Tomato Lima Bean Succotash
4	5	6	7	8
Cheese Stuffed Shells Meat Sauce Brussel Sprouts	Baked Chicken Quarters Black Beans & Rice Mixed Green Salad	Turkey Meatloaf & Mushroom Gravy Mashed Potatoes Mixed Vegetables	Baked Chicken Quarters & Honey Dijon Sauce Vegetables Home Fries, Peppers & Onions	Oven Fried Fish Yellow Rice Stewed Okra & Tomatoes
11	12	13	14	15
Chili Con Carne White Rice Steamed Broccoli	Turkey Sandwich Vegetable Soup Garden Salad	Breaded Baked Pork Chops Brown Rice Baby Spinach Salad	Rosemary Chicken Green Beans & Carrots Roasted Potatoes	Oven Fried Fish Cole Slaw Corn
18	Birthday Celebration	20	21	22
Salisbury Steak & Gravy Egg Noodles Baby Carrots & Parsley	TO BE ANNOUNCED	Turkey Burger Cucumber Tomato Salad	Baked Chicken Quarters Rice & Vegetables Italian Cut Green Beans	Salmon Cakes Baby Spinach Salad Beet Salad
Turkey Sandwich Broccoli & Potato Soup Garden Salad	Italian Sausage & Spaghetti Sauteed Onions & Peppers Tomato Soup	Curried Chicken Legs Rice & Beans Steamed Red & Green Cabbage	Beef Lasagna Parsley & Baby Carrots Sautéed Spinach	Baked Fish Yellow Rice Steamed Broccoli & Cauliflower
25	26	27	28	29

*** 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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Breakfast</u> 9am – 11am	<u>Breakfast</u> 9am – 11am	<u>Breakfast</u> 9am – 11am	<u>Breakfast</u> 9am – 11am	<u>Breakfast</u> 9am – 11am
<u>Instructional Chess</u> 10am - 4:00pm	<u>Instructional Chess</u> 10am - 4:00pm	<u>Instructional Chess</u> 10am - 4:00pm	<u>Instructional Chess</u> 10am - 4:00pm	<u>Instructional Chess</u> 10am - 4:00pm
<u>Card Games/Pool</u> 10am - 4:30pm	<u>Card Games/Pool</u> 10am - 4:30pm	<u>Card Games/Pool</u> 10am - 4:30pm	<u>Card Games/Pool</u> 10am - 4:30pm	<u>Card Games/Pool</u> 10am - 4:30pm
<u>Computer/Open Lab</u> 10am – 12pm	<u>Computer/Open Lab</u> 10am – 12pm	<u>Computer/Open Lab</u> 10am – 12pm	<u>Computer/Open Lab</u> 10am – 12pm	<u>Computer/Open Lab</u> 10am – 12pm
<u>Quilting</u> 10am – 1pm Arts & Crafts Room	<u>Computer Class</u> 10am – 11am 2 nd Floor Computer Lab	<u>Ask The Nurse</u> 10am – 3pm Arts & Crafts Room	<u>Beyond the Pain</u> 9am – 11:30am Arts & Crafts Room	<u>Book Club Twice a - Month</u> 10am-12pm Dining Room
<u>Bowling</u> 10am – 1pm	<u>How To Use Your Device</u> 11am – 12pm Computer Lab	<u>Swimming</u> 10am – 11:30am Hansborough Ctr.	<u>Yoga</u> 11:30am -12:30pm P/T Room	<u>Zumba</u> 11:30am – 12:30pm P/T Room
<u>Lunch</u> 12pm – 1:30pm	<u>Staywell</u> 11:30am – 12:30pm P/T Room	<u>Lunch</u> 12pm – 1:30pm	<u>Lunch</u> 12pm – 1:30pm	<u>Lunch</u> 12pm – 1:30pm
<u>Tai – Chi</u> 11:30am – 12:30pm P/T Room	<u>Lunch</u> 12pm – 1:30pm	<u>Leisure Bridge</u> 10am – 3pm Yellow Room	<u>Current Events</u> 2:00pm -4:30pm Dining Room	<u>Line Dancing</u> 1:30pm – 3:30pm P/T Room
<u>Meditation</u> 12:30pm – 1:00pm P/T Room	<u>Movement Speaks</u> 1:30pm – 3pm P/T Room	<u>Chair Yoga</u> 11am – 12pm Arts & Crafts Room		<u>Doll Making</u> 1:00pm -3:00pm Arts & Crafts Room
<u>Spanish Class</u> 1:30pm – 3pm Catholic Charities Computer Room	<u>Bereavement Support Group</u> 1:30pm – 3:00pm Dining Room	<u>Jewelry Class</u> 2:30pm – 4:30pm Arts & Crafts Room		<u>Pool Tournament 2nd & 4th Fridays</u> 2pm-5pm
<u>Wii Fitness</u> 2:30pm – 4:30pm Dining Room	<u>Bingo</u> 2:30pm – 4:00pm Dining Room	<u>Pokeno</u> 2pm – 4:30pm Dining Room		<u>Discussion Group</u> 2:00pm – 4:30pm Dining Room