

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. @ 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