

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Sliced Deli Turkey Vegetable Soup Tossed Salad & Dressing	Stewed Pork Chops Yellow Rice Steamed Kale	Salisbury Steak Mashed Potatoes Steamed Peas & Carrots	Rosemary Chicken Cheese & Macaroni Collard Greens	Garlic Butter Salmon Stewed Okra & Tomatoes White Rice
8	9	10	11	12
Meat Sauce w/Stuffed Cheese Shells Mixed Green Salad	BBQ Chicken Breasts Mashed Sweet Potatoes Steamed Green Beans	Beef Stew Yellow Rice Steamed Carrots	Turkey Burger Lettuce & Tomato Sweet Potato Fries	Oven Fried Tilapia California Blend Vegetables Home Fries
15	Birthday Celebration	17	18	19
Jerk Chicken Pigeon Peas & Brown Rice Cabbage & Shredded Carrots	Cornish Hens & Stuffing Collard Greens Candied Yams	Beef Meatballs & Tomato Sauce Spaghetti Mixed Green Salad	Oven Fried Chicken Wings Baked Brown Rice Pilaf Lettuce & Tomato Lima Bean Succotash	Tuna Fish Salad Pasta Salad Garden Salad
22	23	24	25	26
Chef Salad Pasta Salad Fresh Sliced Tomatoes & Cucumbers	Beef Meatloaf & Mushroom Gravy Roasted Potatoes Steamed Peas & Carrots	Baked Lean Lamb Chops Rice & Vegetables Sautéed Green Beans	Curried Chicken Legs Rice & Beans Steamed Kale	Baked Flounder Baby Spinach Salad Oven French Fries
29	30			
Baked Salmon Baked Potatoes Broccoli & Red Peppers	Baked Turkey Wings Steamed Spinach Sweet Bake Yams			

*** 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

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

Bingo

2:30pm – 4:00pm

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

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

Doll Making

1:00pm -3:00pm

Arts & Crafts Room

Pool Tournament

2nd & 4th Fridays

2pm-5pm

Discussion Group

2:00pm – 4:30pm

Dining Room