

**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	<b>Birthday Celebration</b>	17	18	19
Jerk Chicken Pigeon Peas & Brown Rice Cabbage & Shredded Carrots	<b>Cornish Hens &amp; Stuffing</b> <b>Collard Greens</b> <b>Candied Yams</b>	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. @ ST. NICHOLAS**  
**2018 DAILY ACTIVITIES FOR ST. NICHOLAS SENIOR CENTER**  
**210 West 131<sup>st</sup> Street @ 7<sup>th</sup> 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