

**MONTHLY MENU - MAY 2019 (Kennedy & St. Nicholas)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Sloppy Joes Oven French Fries Tossed Salad & Dressing	Baked Chicken Quarters Pigeon Peas & Yellow Rice Steamed Green Beans	Baked Fish Fillets Mashed Sweet Potatoes California Blend Vegetables
6	7	8	9	10
Baked Ziti & Meat Sauce Garden Salad	Tuna Fish Salad Pasta Salad Cucumber Tomato Salad	Chicken Noodle Soup Sliced Deli Turkey Mixed Green Salad	BBQ Chicken Leg Quarters Yellow Rice Kale & Tomatoes	Baked Breaded Fish Cole Slaw Corn
13	14	15	16	17
Sliced Deli Turkey Vegetable Soup Tossed Salad & Dressing	Stewed Pork Chops Yellow Rice Steamed Kale	Salisbury Steak Mashed Potatoes Steamed Peas & Carrots	Rosemary Chicken Macaroni & Cheese Collard Greens	Salmon in Garlic Butter Sauce White Rice Tomato & Stewed Okra
20	<b>Birthday Celebration</b>	22	23	24
Cheese Stuffed Shells Meat Sauce Mixed Green Salad	<b>TO BE ANNOUNCED</b>	Beef Stew Yellow Rice Steamed Carrots	Turkey Burger Lettuce & Tomato Sweet Potato Fries	Baked Tilapia California Blend Vegetables Home Fries
Jerk Chicken Pigeon Peas & Brown Rice Cabbage & Shredded Carrots	Beef Lasagna Cauliflower, Carrots & Parsley	Beef Meatballs in 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
27	28	29	30	31

**\* Menu is subject to Change**

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC. @ KENNEDY CENTER**  
**2018 DAILY ACTIVITIES FOR CENTRAL HARLEM SENIOR CENTER**  
**34 West 134<sup>th</sup> 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 <sup>nd</sup> 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 2<sup>nd</sup> &amp; 4<sup>th</sup> 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