

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	Birthday Celebration	22	23	24
Cheese Stuffed Shells Meat Sauce Mixed Green Salad	TO BE ANNOUNCED	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. @ ST. NICHOLAS
2018 DAILY ACTIVITIES FOR ST. NICHOLAS SENIOR CENTER
210 West 131st Street @ 7th Ave.
ALL CLASSES ARE FREE

MONDAY

Coffee/Tea Time
9am – 10am

Computer/Open Lab
10am – 12pm

Dominoes/Card Games/Pool
10am - 4:30pm

Triangle Bridge
10am – 3pm

Senior Boot Camp
12:30pm – 1:15pm

Discussion Group
12pm – 1pm

LUNCH
12pm – 1:30pm

Senior Boot Camp
12:30pm – 1:15pm

Bingo
2:30pm – 4:30pm

TUESDAY

Coffee/Tea Time
9am – 10am

Computer/Open Lab
10am – 12pm

Dominoes/Card Games/Pool
10am - 4:30pm

TRIPS
To Be Announced

Fitness
12:30pm – 1:30pm

Current Events
12pm – 1pm

LUNCH
12pm – 1:30pm

Sewing
1pm – 3pm (every other week)

WEDNESDAY

Coffee/Tea Time
9am – 10am

Chair Yoga
9am – 10am

Dominoes/Card Games/Pool
10am - 4:30pm

Computer Class
10am – 12pm

Ask the Nurse
10am – 3pm

Discussion Group
12pm – 1pm

LUNCH
12pm – 1:30pm

Bingo
2:30pm – 4:30pm

THURSDAY

Coffee/Tea Time
9am – 10am

Computer/Open Lab
10am – 12pm

Dominoes/Card Games/Pool
10am - 4:30pm

Grandparent Resource Center
10am – 2pm

Movement Speaks
10:30am – 11:30am

Current Events
12pm – 1pm

LUNCH
12:00pm – 1:30pm

Tap Dance Class
1:30pm – 2:30pm

Line Dancing
2:30pm – 3:30pm

FRIDAY

Coffee/Tea Time
9am – 10am

Computer/Open Lab
10am – 12pm

Dominoes/Card Games/Pool
10am - 4:30pm

Tommy Experience
10am – 11am

Shape Up NYC
11am – 12pm

Discussion Group
12pm – 1pm

LUNCH
12:00pm – 1:30pm

Meditation
1:30pm – 2:30pm

Bingo
2:30pm – 4:30pm