

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
3	4	5	6	7
Chef Salad Pasta Salad 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
10	11	12	13	14
Baked Salmon Baked Potatoes Broccoli & Red Peppers	Baked Turkey Wings Steamed Spinach Sweet Baked Yams	Meat Sauce & Chunky Peppers in Tomato Sauce Oven French Fries Tossed Salad & Dressing	Baked Chicken Quarters Yellow Rice & Pigeon Peas Steamed Greens	Baked Fish Filets Mashed Sweet Potatoes California Blend Vegetables
17	<b>Birthday Celebration</b>	19	20	21
Baked Ziti & Meat Sauce Garden Salad	<b>Cornish Hens</b> <b>Sweet Potatoes</b> <b>Green Beans</b>	Chicken Noodle Soup Sliced Deli Turkey Mixed Green Salad	BBQ Chicken Leg Quarters Yellow Rice Tomato & Kale	Baked Breaded Fish Cole Slaw Corn
24	25	26	27	28
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	Garlic Butter Salmon Rice Stewed Okra & Tomatoes

**\* 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**

**MONDAY**

**Coffee/Tea Time**  
9am – 10am  
**Computer/Open Lab**  
10am – 12pm  
  
**Dominoes/Card Games/Pool**  
10am - 4:30pm  
  
**Triangle Bridge**  
10am – 3pm  
  
  
**Senor 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