

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	Birthday Celebration	19	20	21
Baked Ziti & Meat Sauce Garden Salad	Cornish Hens Sweet Potatoes Green Beans	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. @ KENNEDY CENTER
2018 DAILY ACTIVITIES FOR CENTRAL HARLEM SENIOR CENTER
34 West 134th 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 nd 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 2nd & 4th Fridays</u> 2pm-5pm
<u>Wii Fitness</u> 2:30pm – 4:30pm Dining Room	<u>Bingo</u> 2:30pm – 4:00pm Dining Room	<u>Pokemo</u> 2pm – 4:30pm Dining Room		<u>Discussion Group</u> 2:00pm – 4:30pm Dining Room