

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>ALL CENTERS CLOSED LABOR DAY</b>	Baked Turkey Wings Steamed Spinach Baked Sweet Yams	Sloppy Joe's Oven French Fries Tossed Salad	Baked Chicken Quarters Pigeon Peas & Yellow Rice Steamed Green Beans	Baked Fish Filets Mashed Sweet Potatoes California Blend Vegetables
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Deli Turkey Sandwich Chicken Noodle Soup Mixed Green Salad	Tuna Fish Salad Pasta Salad Cucumber Tomato Salad	BBQ Chicken Legs Macaroni & Cheese Collard Greens	Baked Ziti Garden Salad	Baked Breaded Fish Cole Slaw Corn
<b>16</b>	<b>Birthday Celebration</b>	<b>18</b>	<b>19</b>	<b>20</b>
Cheese Stuffed Shells Meat Sauce Mixed Green Salad	<b>Turkey Wings Yellow Rice Kale</b>	Salisbury Steak Mashed Potatoes Steamed Peas & Carrots	Rosemary Chicken Macaroni & Cheese Collard Greens	Garlic Butter Salmon Rice Stewed Okra & Tomatoes
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Cheese Stuffed Shells & Meat Sauce 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
<b>TO BE ANNOUNCED</b>				
<b>30</b>				

**\* 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> <b>On Recess Until September 6, 2019</b>	<u>Computer Class</u> 10am – 11am <b>2<sup>nd</sup> Floor Computer Lab</b>	<u>Computer Class</u> 10am – 11am <b>2<sup>nd</sup> Floor Computer Lab</b>	<u>Beyond the Pain</u> <b>On Recess Until September 12, 2019</b>	<u>Book Club Twice a - Month</u> <b>On Recess Until September 6, 2019</b>
<u>Bowling</u> <b>On Recess Until September 2019</b>	<u>How To Use Your Device</u> 11am – 12pm <b>Computer Lab</b>	<u>Ask the Nurse</u> 10am – 3pm <b>On Recess Until September 2019</b>	<u>Yoga</u> 11:30am -12:30pm <b>P/T Room</b>	<u>Zumba</u> 11:30am – 12:30pm <b>P/T Room</b>
<u>Lunch</u> 12pm – 1:30pm	<u>How To Use Your Device</u> 11am – 12pm <b>Computer Lab</b>	<u>How To Use Your Device</u> 11am – 12pm <b>Computer Lab</b>	<u>Lunch</u> 12pm – 1:30pm	<u>Lunch</u> 12pm – 1:30pm
<u>Tai – Chi</u> 11:30am – 12:30pm <b>P/T Room</b>	<u>Staywell</u> 11:30am – 12:30pm <b>P/T Room</b>	<u>Swimming</u> 10am – 11:30am <b>Hansborough Ctr.</b>	<u>Current Events</u> 2:00pm -4:30pm <b>Dining Room</b>	<u>Line Dancing</u> <b>On Recess Until September 2019</b>
<u>Meditation</u> 12:30pm – 1:00pm <b>P/T Room</b>	<u>Lunch</u> 12pm – 1:30pm <b>Movement Speaks</b>	<u>Lunch</u> 12pm – 1:30pm <b>Leisure Bridge</b>		<u>Doll Making</u> <b>On Recess Until September 5, 2019</b>
<u>Spanish Class</u> <b>On Recess Until September 2019</b>	<b>On Recess Until September 2019</b>	<b>On Recess Until September 2019</b>		<u>Pool Tournament</u> <b>2<sup>nd</sup> &amp; 4<sup>th</sup> Fridays</b> 2pm-5pm
<u>Wii Fitness</u> 2:30pm – 4:30pm <b>Dining Room</b>	<u>Bereavement Support Group</u> 1:30pm – 3:00pm <b>Dining Room</b>	<u>Chair Yoga</u> 11am – 12pm <b>Arts &amp; Crafts Room</b>		<u>Discussion Group</u> 2:00pm – 4:30pm <b>Dining Room</b>
	<u>Bingo</u> 2:30pm – 4:00pm <b>Dining Room</b>	<u>Jewelry Class</u> <b>On Recess Until September 11, 2019</b>		
		<u>Pokemo</u> 2pm – 4:30pm <b>Dining Room</b>		