

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FUNDED BY THE DEPARTMENT FOR THE AGING, SUGGESTED CONTRIBUTION FOR LUNCH IS \$2 FOR SENIORS (60+)</p> <p>ALL MEALS ARE SERVED WITH 1% LOW FAT MILK, WHOLE WHEAT BREAD OR ROLL</p>		<p>1.</p> <p>Butternut Squash Soup Curried Veggies, Chickpea, and Quinoa Stir Fry Mixed Green Salad Apple</p>	<p>2.</p> <p>Salmon In Garlic Butter Sauce Rice with Corn Sautéed Spinach Blueberries</p>	<p>3.</p> <p>Pork Spare Ribs Sautéed String Beans Simple Potato Salad Canned Pears</p>
<p>6.</p> <p>A Nice Vegetable Soup Arroz con Pollo Chicken Breast and Rice Seasoned Swiss Chard Stewed Beans Apple Juice</p>	<p>7.</p> <p>Beef and Potato Pastelon California Blend Vegetables Apple</p>	<p>8.</p> <p>Butternut Squash Soup California Veggie Burger Roasted Sweet Potato Fries Vegetable Mix Frozen Mixed Fruit</p>	<p>9.</p> <p>Baked Salmon with Cilantro Citrus Sauce Black Beans and Rice Vegetable Mix Orange Juice</p>	<p>10.</p> <p>BBQ Pulled Pork Baked Macaroni and Cheese Baby Carrots w Parsley Fruit Cocktail</p>
<p>13.</p> <p>A Nice Vegetable Soup Spanish Style Baked Fish Steamed Carrots Garlic Mashed Potatoes Plum</p>	<p>14.</p> <p>Bistec Encebollao (Steak and Onions) Black Beans and Rice Mixed Green Salad Sautéed Onions and Peppers Orange Juice</p>	<p>15.</p> <p>Vegetarian Sancocho Steamed Green Beans Apple</p>	<p>16.</p> <p>Carne Guisada (Caribbean Style Beef Stew) Yellow Rice Mixed Green Salad Yellow Plantains Orange Pineapple Juice</p>	<p>17.</p> <p>Beef Brisket With Tomatoes and Onions Boiled Potatoes and Carrots Steamed Cabbage Apple Grape Juice Fruited Jello</p>
<p>20.</p> <p>Split Pea Soup Baked Fish with Cream Sauce Garlic Mashed Potatoes Steamed Carrots Orange</p>	<p>21.</p> <p>Baked Chicken Quarters Yellow Rice Normandy Blend Apple Juice</p>	<p>22.</p> <p>Chicken Rice Soup Eggplant Parmesan with Ricotta Sautéed Green Beans Orange Pineapple Juice</p>	<p>23.</p> <p>Turkey Leg Sautéed Spinach Sweet Baked Yams Apple</p>	<p>24.</p> <p>Vegetable Soup Beef Teriyaki Perfect White Rice Steamed Broccoli Sliced Canned Peaches</p>
<p>27.</p> <p>Butternut Squash Soup Curry Chicken Potatoes and Carrots w ith Butter and Parsley Orange Pineapple Juice</p>	<p>28.</p> <p>Salmon In Garlic Butter Sauce Quinoa Braised Collard Greens Canned Pears</p>	<p>29.</p> <p>A Nice Vegetable Soup Chana Masala (Chickpeas) Perfect White Rice Caribbean Style Roast Cabbage with Carrots Apple Juice</p>	<p>30.</p> <p>Shepherd Pie with Beef or Turkey Tossed Salad with Dressing Canned Mandarin Oranges</p>	<p>31.</p> <p>Spanish Style Roast Pork Dominican Style Moro Sautéed Green Beans Fruited Jello</p>



NEIGHBORHOOD Self Help by Older Persons Project
Helping Older Adults Help Themselves

Neighborhood S.H.O.P.P Guess OAC

2070 Clinton Avenue, Bronx, NY 10457

Tel: 718 584-2357 Fax: 718 933-3716

Mon-Fri: 8:30 A.M. – 4:30 P.M



CEO / President: Katherine Martinez

Chief Program Officer: Diana Delgado

Program Director: Ruby Rosario

Service Coordinator: Stefanie Vazquez

Program Aide: Maria Santiago

Cook: Colin Campbell

Assistant Cook: Carmen Burgos

Custodian: Felix Pellot

Activities for the Arts/ Actividades de Arte

Activities	Monday	Tuesday	Wednesday	Thursday	Friday
Coloring w/ Anibal	9:30-10:00	9:30-10:00	9:30-10:00	9:30-10:00	9:30-10:00
Crocheting		1:00-2:00	1:00-2:00		
Arts & Crafts w/ Dorina	11:00-12:00				
Musical Arts & Karaoke	12:30-1:00	12:30-1:00	12:30-1:00	12:30-1:00	12:30-1:00

Educational & Recreational Activities / Actividades Educativas y de Recreacion

Recreational Games		12:00-1:00 DOMINOS/ PUZZLES/& CARD GAMES		12:00-1:00 DOMINOS/ PUZZLES/& CARD GAMES	
Tech Support w/ kelvin		11:00-12:00			
The Breakfast Chat Club	9:00-9:30	9:00-9:30	9:00-9:30	9:00-9:30	9:00-9:30

Health Promotions & Physical Exercise / Clases para Promover la Salud Y Actividades Fisicas

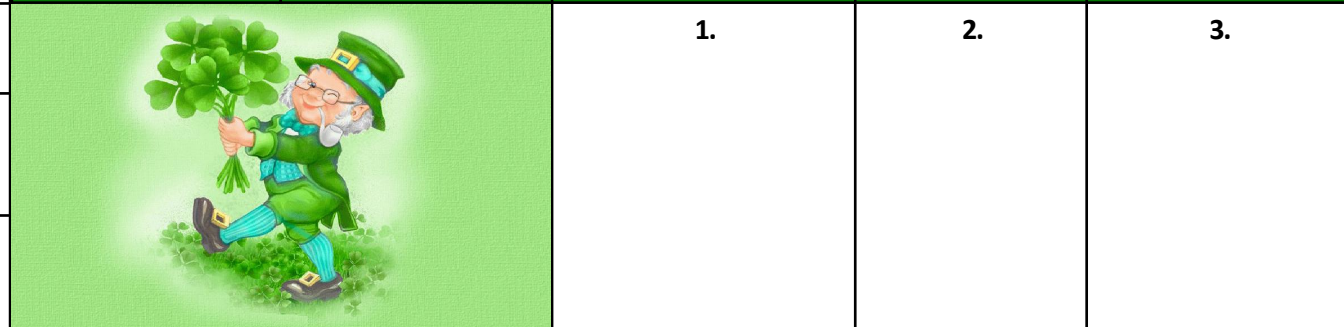
Morning Stretches	10:00-11:00 MORNING	10:00-11:00 MORNING		10:00-11:00 MORNING	
Chair Yoga w/ Natalie					11:00-12:00
Blood Pressure Screening			10:00-12:00		

CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, NUTRITIONAL CLASS AND TRIPS

CALENDARIO DE EVENTOS ESPECIALES, PRESENTACIONES, CLASE DE NUTRICION Y VIAJES

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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6. 11am-12pm Arts & Crafts w/ Dorina	7. 11am-12pm Tech Support w/ Kelvin	8. 11am-12pm Hand Massage w/ Virginia Burgos	9.	10. 11am-12pm Chair Yoga w/Natalie 1:00pm Let's Make a Deal
13. 11am-12pm Arts & Crafts w/ Dorina	14. 11am-12pm Tech Support w/ Kelvin	15.	16.	17. 11am-12pm Chair Yoga w/Natalie HAPPY St. Patrick's Day!
20.	21. 11am-12pm Tech Support w/ Kelvin	22.	23.	24. 1:00pm Let's Make a Deal
27.	28. 11am-12pm Tech Support w/ Kelvin	29.	30. 1pm-2pm Birthday Celebration	31.