

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL MEALS ARE SERVED WITH 1% LOW FAT MILK, WHOLE WHEAT BREAD OR ROLL</p> <p>FUNDED BY NYC AGING, SUGGESTED CONTRIBUTION FOR LUNCH IS \$2 FOR SENIORS (60+)</p>		<p>Follow the Call of the DISCO BALL</p>		<p>1. Baked Fish w/ Lemon Garlic Butter Sauce Broccoli w/ Toasted Garlic Mashed Butternut Squash Orange Fruited Jello</p>
<p>4. Arroz con Pollo Chicken Breast and Rice Kale with Tomato Apple Apple Juice</p>	<p>5. Beef Teriyaki Brown Rice Chinese Style Mustard Greens Orange Grape Juice</p>	<p>6. California Veggie Burger Arugula Salad with Balsamic Vinaigrette Roasted Sweet Potato Fries Apple</p>	<p>7. Baked Chicken Quarters Black Beans & Rice Broccoli with Toasted Garlic Banana</p>	<p>8. Baked Breaded Fish Buttered Noodles California Blend Vegetables Canned Mandarin Oranges Orange Pineapple Juice</p>
<p>11. Beef and Turkey Meatloaf with Mushroom Gravy Beets and Baby Carrots w/ Dill Garlic Mashed Potatoes Kiwi Orange Pineapple Juice</p>	<p>12. Pernil Roasted Pork Shoulder Baked Brown Rice Pilaf Steamed Collard Greens Canned Pineapples Fruited Jello</p>	<p>13. Black Bean Tacos with Pineapple Salsa Baby Spinach Salad with Lemon Vinaigrette Banana Pineapple Juice</p>	<p>14. BBQ Chicken Leg Perfect White Rice California Blend Vegetables Frozen Mixed Berries Plum</p>	<p>15. Baked Fish with Garlic Sauce Baked Red Potato Wedges Roasted Broccoli Canned Apricots Apple Juice</p>
<p>18. Spring Vegetable Lasagna Sautéed Zucchini Frozen Mixed Berries</p>	<p>19. Baked Chicken Quarters Brown Rice Pilaf Cauliflower with Carrots and Parsley Fruited Cocktail Apple Juice</p>	<p>20. Chana Masala Perfect White Rice Italian Blend Vegetables Orange Grape Juice</p>	<p>21. Beef Stir Fry with Broccoli and Carrots White Rice Oriental Blend Vegetables Applesauce Orange Pineapple Juice</p>	<p>22. Baked Fish Amandine Roasted Vegetable Couscous Sautéed Spinach Canned Pears Frozen Berries</p>
<p>25. Baked Chicken Quarters Baked Sweet Potato Roasted Zucchini Apple Apple Juice</p>	<p>26. Whole Wheat Baked Ziti w/ Vegetables Broccoli with Toasted Garlic Orange</p>	<p>27. Zesty Chickpea Stew Quinoa Sautéed String Beans Kiwi Orange Pineapple Juice</p>	<p>28. Beef Stroganoff With Noodles Baby Carrots and Parsley Banana Apple Juice</p>	<p>29. Coconut Curried Fish Brown Rice with Mushrooms Sautéed Spinach Pear 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.

September



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 Pellet



DISCO



Activities for the Arts/ Actividades de Arte					
Activities	Monday	Tuesday	Wednesday	Thursday	Friday
Coloring w/ Anibal	9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00
Crocheting		1:00-2:00	1:00-2:00		
Arts & Crafts					11:00-12:00
Musical Arts & Karaoke	1:30-2:30	1:30-2:30	1:30-2:30	1:30-2:30	1:30-2:30
Educational & Recreational Activities / Actividades Educativas y de Recreacion					
Recreational Games		1:00-2:00 Musical Arts & Recreational games		1:00-2:00 Musical Arts & Recreational games	
Tech Support					10:00-11:00
The Breakfast Chat Club			10:00-11:00	10:00-11:00	10:00-11:00
Health Promotions & Physical Exercise / Clases para Promover la Salud Y Actividades Fisicas					
Chair Boxing w/ Jackson			11:00-12:00		
Chair Exercise w/ David				11:00-12:00	

CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, NUTRITION CLASS AND TRIPS				
CALENDARIO DE EVENTOS ESPECIALES, PRESENTACIONES, CLASE DE NUTRICION Y VIAJES				
September 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <i>National Senior Center Month</i>				1. 10am Tech Support
4. 	5. 11am Soul Train Fitness 1pm Crocheting 1:30pm YMCA Dance Off	6. 11am Chair Boxing w/ Jackson 1pm Crocheting	7. 11am Chair Exercise 1:30pm I will survive Gloria Gainer Karaoke	8. 10am Tech Support 11am Arts & Crafts
11. 10am Nutrition w/ Pnina	12. 11am Bee Gees Chair Exercise 1pm Crocheting	13. 11am Chair Boxing w/ Jackson 1pm Crocheting	14. 11am Chair Exercise 1:30pm Musical Arts (Abba)	15. 10am Tech Support 11am Arts & Crafts 1:30pm Che Che Cole Dance Off
18. 11am Nutrition w/ Pnina	19. 11am Soul Train Fitness 1:30pm Musical Arts (Willie Colon & Ruben Blades)	20. 10am Hearing Loss & Falls Presentation 11am Chair Boxing w/ Jackson	21. 11am Chair Exercise 1:30pm Musical Arts (Micheal Jackson)	22. 10am Tech Support 11am Arts & Crafts
25. 11am Celia Cruz "La Negra tiene tumbao" DANCE OFF Hispanic Heritage Month	26. 11am Bee Gees Chair Exercise	27. 11am Chair Boxing w/ Jackson Disco Party	28. 11am Chair Exercise 1:30pm Donna Summer Disco Bus Stop Dance	29. 10am Tech Support 11am Arts & Crafts