

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>1.</p> <p>Split Pea Soup Baked Breaded Pork Chops Rice & Beans Steamed Cauliflower Blueberries</p>	<p>2.</p> <p>Grilled Chicken Quinoa Kale with Tomato Canned Pineapples</p>	<p>3.</p> <p>Beef Fajitas Mexican Confetti Rice Steamed Broccoli Honeydew</p>
<p>6.</p> <p>Black Bean Quinoa Veggie Burger Mixed Green Salad Roasted Sweet Potato Fries Honeydew Apple Juice</p>	<p>7.</p> <p>Baked Ziti with Cheese Beet, Arugula, and Feta Salad Orange Pineapple Juice</p>	<p>8.</p> <p>Baked Chicken Quarters Cuban Style Brown Rice Brussel Sprouts Canned Pineapples Grape Juice</p>	<p>9.</p> <p>Pineapple Glazed Salmon Cabbage Carrot Slaw Garlic Mashed Potatoes Banana</p>	<p>10.</p> <p>Turkey Stew Brown Rice with Mushrooms Broccoli w Toasted Garlic Apple Orange Pineapple Juice</p>
<p>13.</p> <p>Split Pea Soup Black Beans and Sweet Potato Chili Brown Rice Sautéed Green Beans with Onions Apple</p>	<p>14.</p> <p>Sofrito Steak with Peppers and Onions Perfect White Rice Yellow Plantains Orange</p>	<p>15.</p> <p>Mango-licious Fish Arroz con Gandules California Blend Vegetables Cantaloupe Grape Juice</p>	<p>16.</p> <p>Split Pea Soup Spinach and Cheese Frittata Garden Salad Spiced Sweet Potatoes Orange</p>	<p>17.</p> <p>Spanish Chicken with Potatoes and Garlic Baby Carrots with Parsley Baked Red Potato Wedges Pear Pineapple Juice</p>
<p>20.</p> <p>Chicken Rice Soup Sautéed Onions and Peppers Tex Mex Veggie Burgers Lettuce and Tomato Roasted Sweet Potato Fries Orange</p>	<p>21.</p> <p>Spanish Style Beef Stew Baby Carrots with Parsley Mangu with Onions Canned Pineapples Grape Juice</p>	<p>22.</p> <p>Curried Chicken Legs Black Beans and Rice Sautéed Spinach Pear</p>	<p>23.</p> <p>Spanish Style Roast Pork Yuca with Onions Banana</p>	<p>24.</p> <p>Vegetable Soup Vegan Kale Spanakopita Garden Salad Strawberries Apple Juice</p>
<p>27.</p> <p>Baked Vegetables Alfredo Pasta Roasted Zucchini Cantaloupe Orange Pineapple Juice</p>	<p>28.</p> <p>Stewed Codfish Baked Red Potato Wedges Steamed Okra Apple Juice</p>	<p>29.</p> <p>Oven Fried Chicken Wings Apple and Beet Salad Potato Salad Orange Pineapple Juice</p>	<p>30.</p> <p>Garden Bounty Soup Whole Wheat Spaghetti with Protein-packed Marinara Mixed Green Salad Canned Apricots</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.

November

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						CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, NUTRITIONAL CLASS AND TRIPS				
						CALENDARIO DE EVENTOS ESPECIALES, PRESENTACIONES, CLASE DE NUTRICION Y VIAJES				
						November 2023				
Activities	Monday	Tuesday	Wednesday	Thursday	Friday	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		1. 11am Chair Boxing	2. 11am Chair Exercise	3. 11am Arts & Crafts	
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	6. 11am Nutrition w/ Tonya	7. 11am Elder Abuse Presentation	8. 11am Chair Boxing	9. 11am Chair Exercise	10. 11am Arts & Crafts 1pm Let's get together w/ Martin Carrera
Educational & Recreational Activities / Actividades Educativas y de Recreacion										
Recreational Games	1:00-2:00 Musical Arts & Recreational games	1:30-3:00 Art of Film		1:00-2:00 Musical Arts & Recreational games	1:30-3:00 Art of Film	13. 11am Nutrition w/ Tonya	14. 11am Tech Support	15. 11am Chair Boxing	16. 11am Chair Exercise	17. 11am Thanksgiving Celebration 
Tech Support		11:00-12:00								
The Breakfast Chat Club			10:00-11:00	10:00-11:00	10:00-11:00	20. 11am Nutrition w/ Tonya	21. 11am Diabetes in Older Adults Presentation	22. 11am Stevie Wonder Performance by Jokercise		
Health Promotions & Physical Exercise / Clases para Promover la Salud Y Actividades Fisicas						1pm I don't feel like stressing right now w/ Martin Carrera				
Blood Pressure Screening			10:00-12:00							
Chair Boxing w/ Jackson			11:00-12:00			27. 11am Nutrition w/ Tonya	28. 11am Tech Support	29. 11am Chair Boxing	30. 11am Chair Exercise	31. 11am Arts & Crafts
Chair Exercise				11:00-12:00						