

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL MEALS ARE SERVED WITH 1% LOW FAT MILK, WHOLE WHEAT BREAD OR ROLL FUNDED BY NYC AGING, SUGGESTED CONTRIBUTION FOR LUNCH IS \$2 FOR SENIORS (60+) (FOOD MENU ITEMS MAY BE SUBJECT TO CHANGE)</p>			<p>1. Italian Sausage Whole wheat Spaghetti Broccoli w/ Toasted Garlic Mixed Green Salad Tangerines(2)</p>	<p>2. Deluxe Cheeseburger w/ Sauteed Green Peppers and Onions Roasted Sweet Potato Fries Orange Banana Oatmeal Cookie</p>
<p>5. Jamaican Vegetarian Brown Stew Baked Brown Rice Pilaf Braised Collard Greens Apple Apple Juice</p>	<p>6. Pork Spareribs Roasted Vegetable Couscous A Nice Vegetable Soup Kiwi Apple Juice</p>	<p>7. Curry Goat Rice Pilaf Cabbage Carrot Slaw Yellow Plantains Canned Pineapples Grape Juice</p>	<p>8. Baked Asian Style Honey Chicken Chinese Style Spaghetti or Vegetable Lo Mein Avocado Egg Salad Baby Carrots and Parsley Banana Fruited Jello</p>	<p>9. Baked Fish Marsala w/ Mushrooms Instant Mashed Potatoes Orange Orange Pineapple Juice</p>
<p>12. Arroz con Pollo Chicken Breast and Rice Avocado and Orange Salad Orange</p>	<p>13. A nice Vegetable Soup Apricot-Glazed Pork Chops Cabbage and Apple Slaw Green Plantains Canned Mandarin Oranges</p>	<p>14. Butternut Squash Soup Baked Turkey Wings Broccoli w/ Toasted Garlic Garlic Mashed Potatoes Apple Grape Juice</p>	<p>15. Baked Ziti w/ Beef Meatballs Spinach, Apple and Red Onion Salad Pear Orange Pineapple Juice</p>	<p>16. Sweet and Spicy Vegan Chorizo Brown Rice General Tso's Cauliflower Tangerine</p>
<p>19. A Nice Vegetable Soup Spinach and Cheese Frittata Baked Sweet Potato Canned Apricots Apple Juice</p>	<p>20. Dominican Vegan Sancocho Root Vegetable Stew Perfect White Rice Avocado and Orange Salad Orange Orange Pineapple Juice</p>	<p>21. A Nice Vegetable Soup BBQ Spareribs Rice w/ Corn Beet Salad Nectarine Apple Juice</p>	<p>22. Baked Chicken Thighs Baked Macaroni and Cheese Caribbean Style Roasted Cabbage w/ Carrots Banana Grape Juice</p>	<p>23. Chicken Noodle Soup Baked Salmon w/ Cilantro Citrus Sauce Roasted Potatoes and vegetables Apple Apple Juice</p>
<p>26. Black Bean Quinoa Veggie Burger Lettuce and Tomatoes Roasted Sweet Potatoes Frozen Mixed Berries String Cheese Apple Juice</p>	<p>27. Chicken Rice Soup BBQ Pulled Pork Dominican Moro Or Yuca w/ Onions Broccoli and Red Peppers Canned Mandarin Oranges Rice Pudding</p>	<p>28. Butternut Squash Soup Or Cuban Style Split Pea Soup Baked Turkey Wings Garlic and Rosemary Mashed Potatoes Canned Pineapples String Cheese Orange Pineapple Juice</p>	<p>29. Curried Chicken Legs Brown Rice w/ Mushrooms Caribbean Style Roasted Cabbage w/ Carrots Frozen Mixed Berries Apple Juice Or Chocolate Pudding</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	9:00-10:00	9:00-10:00	9:00-10:00am	9:00-10:00	9:00-10:00
Crocheting		1:00-2:00	1:00-2:00		
Arts & Crafts	11:00-12:00				11:00-12:00
Art of Film		2:30-3:30			2:30-3:30

Educational & Recreational Activities / Actividades Educativas y de Recreacion

Recreational Games	1:00-2:00			1:00-2:00	
Recreational Music	1:30-2:30	1:30-2:30	2:30-3:30	2:30-3:30	2:30-3:30
Tech Support		11:00-12:00	1:30-2:30	1:30-2:30	
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				11:00-12:00	
Morning Stretches	11:00-12:00	11:00-12:00			11:00-12:00
Health Management	1:30-2:30				1:30-2:30

CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, NUTRITION CLASS AND TRIPS

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

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 			1. 11:00am Chair Exercise	2. 2:30pm Art of Film
5. 11:00am HM Circle Time	6. 2:30pm Art Of Film	7. 11:00am Chair Boxing	8. 11:00am Chair Exercise	9. 11am Valentine's Arts & Crafts 2:30pm Art Of Film
12. 11:00am HM Circle Time	13. 2:30pm Art Of Film	14. 11:00am Valentine's Day Celebration 11:00am Chair Boxing	15. 11:00am Chair Exercise	16. 1:00pm HM Presentation Are you catching enough ZZZ'S 2:30pm Art Of Film
19. 11:00am Let's Make A Deal	20. 11:00am- Black History Month Celebration 2:30pm Art Of Film	21. 11:00am Chair Boxing	22. 11:00am Chair Exercise	23. 1:00pm HM Presentation Are you Religious? 2:30pm Art Of Film
26. 2:00pm "What Makes Our Anger Right or Wrong? An Urgent Question for Everyone!" Workshop	27. 11:00am Chair Exercise 2:30pm Art Of Film	28. 11:00am Chair Boxing	29. 11:00am Chair Exercise	