

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		
Su-Casa Artist	10:30-12:00				
Arts & Crafts		10:00-11:00			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	2:30-2:30	1:30-2:30	2:30-3:30	2:30-3:30	
Tech Support		11:00-12:00	1:30-2:30	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			11:00-12:00	
Health Management	1:30-2:30		9:00-12:00 Blood pressure Screening		

CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, RITUAL CLASS AND TRIPS				
CALENDARIO DE EVENTOS ESPECIALES, PRESENTACIONES, CLASE DE NUTRICION Y VIAJES				
<b>April 2024</b>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. 	2. 2:30pm-3:30pm Art of Film	3. 11am-12pm Chair Boxing w/ Jackson	4. 1:30pm-2:30pm Tech Support	5. 2:30pm-3:30pm Art of Film
8. 10:30am-12:00pm Su-Casa Artist	9. 2:30pm-3:30pm Art of Film	10. 11am-12pm Chair Boxing w/ Jackson	11. 1:30pm-2:30pm Tech Support	12. 2:30pm-3:30pm Art of Film
15. 10:30am-12:00pm Su-Casa Artist	16. 2:30pm-3:30pm Art of Film	17. 11am-12pm Chair Boxing w/ Jackson	18. 1:30pm-2:30pm Tech Support	19. 2:30pm-3:30pm Art of Film
22. 10:30am-12:00pm Su-Casa Artist	23. 2:30pm-3:30pm Art of Film	24. 11am-12pm Chair Boxing w/ Jackson	25. 1:30pm-2:30pm Tech Support	26. 2:30pm-3:30pm Art of Film
29. 10:30am-12:00pm Su-Casa Artist	30. 2:30pm-3:30pm Art of Film			

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
1. Arroz con Pollo Chicken Breast and Rice Stewed Pinto Beans Orange	2. Baked Pork Chops Arugula Salad with Balsamic Vinaigrette Mangu with Onions Tangerine	3. Baked Turkey Wings Broccoli with Toasted Garlic Garlic Mashed Potatoes Apple Grape Juice	4. Vegetable Soup Baked Ziti with Beef Meatballs Spinach Apple and red Onions Salad Tangerine Orange Pineapple Juice	5. Sweet and Spicy Vegan Chorizo Brown Rice with Kidney Beans General Tso's Cauliflower Pear
8. Vegetable Soup Spinach and Mozzarella Frittata Baked Sweet Potato Canned Apricots Apple Juice	9. Dominican Vegan Sancocho White Rice Avocado Orange Salad Orange Orange Pineapple Juice	10. Vegetable Soup BBQ Beef Ribs Rice with Corn Beet Salad Nectarine Apple Juice	11. Baked Chicken Thighs Baked Macaroni and Cheese Caribbean Style Roasted Cabbage with Carrots Banana Grape Juice	12. Chicken Noodle Soup Baked Salmon with Cilantro Citrus Sauce Roasted Potatoes and Vegetables Apple Apple Juice
15. Black Bean Quinoa Veggie Burger Lettuce and Tomato Roasted Sweet Potato Fries Frozen Mixed Berries String Cheese Apple Juice	16. Chicken Rice Soup BBQ Pulled Pork Dominican Moro Or Yuca with Onions Broccoli and Red Peppers Canned Mandarin Oranges Rice Pudding	17. Baked Turkey Wings Asian Cucumber Salad Garlic and Rosemary Roasted Potatoes Canned Pineapples Orange Pineapple Juice	18. Curried Chicken Legs Brown Rice with Mushrooms Caribbean Style Roasted Cabbage with Carrots Frozen Berries Apple Juice or Chocolate Pudding	19. Baked Lean Lamb Chops Baked Sweet Potatoes or Halved Avocado Canned Sliced Peaches Grape Juice
22. Cuban Split Pea Soup White Rice Avocado and Orange Salad Apple Apple Juice	23. Chicken Tikka Masala Baked Brown Rice Pilaf Asian Inspired Asparagus Canned Peaches Grape Juice	24. Caribbean Style Beef Stew Magu with Onions Sautéed Spinach Fresh Pineapple Apple Juice	25. Pork Stir Fry with Vegetables or turkey Stir Fry with Vegetables Chinese Style Spaghetti Sautéed Mustard Greens Frozen Berries Cottage Cheese Pineapple Juice	26. Stewed Codfish Yuca with Onions Steamed Collard Greens Fruited Cocktail Orange Pineapple Juice
29. Cuban Black Beans and Rice Italian Blend Vegetables Grapes Grape Juice	30. Eggplant Parmesan with Ricotta Vegetable Chicken Soup Apple and Beet Salad Fruited Jello	<p><b>ALL MEALS ARE SERVED WITH 1% LOW FAT MILK, WHOLE WHEAT BREAD OR ROLL</b></p> <p><b>FUNDED BY NYC AGING, SUGGESTED CONTRIBUTION</b></p> <p><b>FOR LUNCH IS \$2 FOR SENIORS (60+)</b></p> <p><b>(FOOD MENU ITEMS MAY BE SUBJECT TO CHANGE)</b></p>		



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

**Neighborhood S.H.O.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**

**April**

**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**