

Activities for the Arts/ Actividades de Arte						CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, NUTRITIONAL CLASS AND TRIPS				
Activities	Monday	Tuesday	Wednesday	Thursday	Friday	CALENDARIO DE EVENTOS ESPECIALES, PRESENTACIONES, CLASE DE NUTRICION Y VIAJES				
						JUNE 2024				
						MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Creative Coloring	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			3. 10:30am-12:00pm Su-Casa Artist	4. 10:30am-12:00pm Su-Casa Artist	5. 11am-12pm Chair Boxing w/ Jackson	6. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support	7. 2:30pm-3:30pm Art of Film
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		10. 10:30am-12:00pm Su-Casa Artist	11. 11am-12pm Chair Exercise w/ VNS 2:30pm-3:30pm Art of Film	12. 11am-12pm Chair Boxing w/ Jackson P A N T R Y	13. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support	14. 2:30pm-3:30pm Art of Film
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	17. 11am-12pm Jokercise Comedy Tour 10:30am-12:00pm Su-Casa Artist	18. 11am-3pm Fathers Day Celebration 2:30pm-3:30pm Art of Film	19. CENTER CLOSED	20. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support	21. 2:30pm-3:30pm Art of Film
Health Promotions & Physical Exercise / Clases para Promover la Salud Y Actividades Fisicas										
Walking with Ease 2 nd Round	11:00am Check In		11:00am Check In		11:00am Check In					
Chair Boxing w/ Jackson			11:00-12:00	11:00-12:00		24. 10:30am-12:00pm Su-Casa Artist	25. 2:30pm-3:30pm Art of Film	26. 11am-12pm Chair Boxing w/ Jackson P A N T R Y	27. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support	28. 2:30pm-3:30pm Art of Film
Chair Exercise	11:00-12:00									
SAIL Exercise	11:00-12:00	11:00-12:00			11:00-12:00					

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Cuban Style Split Pea Soup White Rice Avocado Orange Salad Apple Juice	4. Chicken Tikka Masala Baked Brown Rice Asian Inspired Asparagus Canned Sliced Peaches Grape Juice	5. Caribbean Style Beef Stew Mangu w Onions Sauteed Spinach Fresh Pineapple Apple Juice	6. Pork Stir Fry w/ Vegetables Chinese Style Spaghetti Sauteed Mustard Greens Frozen Berries Cottage Cheese Pineapple Juice	7. Stewed Codfish Yuca w/ Onions Steamed Collard Greens Fruit Cocktail Orange Pineapple Juice
10. Cuban Black Beans and Rice Italian Blend Vegetables Grapes Grape Juice	11. Eggplant Parmesan w/ Ricotta Cheese Whole Wheat Spaghetti Vegetable Soup Apple and Beet Salad Fruited Jello	12. Baked Turkey Wings Classic Macaroni Salad Steamed Spinach Strawberries Orange Pineapple Juice	13. Italian Sausage Whole Wheat Spaghetti Broccoli w/ Toasted Garlic Mixed Green Salad Tangerine Apple Juice	14. Deluxe Cheeseburger w/Sauteed Green Peppers & Onions Whole Wheat Hamburger Bun Roasted Sweet Potato Fries, Orange, Banana Oatmeal Cookie
17. Jamaican Vegetarian Brown Stew Baked Brown Rice Braised Collard Greens, Apple, Apple Juice	18. Pork Spareribs, Roasted Vegetable Couscous, A Nice Vegetable Soup, Kiwi's (2), Apple Juice	19. Beef & Turkey Meatloaf w/Mushroom Gravy Garlic Mashed Potatoes Italian Cut Green Beans Canned Pineapple Grape Juice	20. Baked Asian Style Honey Chicken Vegetable Lo Mein Avocado Egg Salad Baby Carrots & Parsley Banana Fruited Jello	21. Baked Fish Apple & Beet Salad Mashed Potatoes Orange Orange Pineapple Juice
24. Arroz Con Pollo Chicken Breast w/Rice Habichuelas Guisadas Stewed Beans Orange	25. Baked Pork Chops Arugula Salad w/Balsamic Vinaigrette Mangu w/Onions Dominican Mashed Plantains Tangerine	26. Baked Turkey Wings Broccoli w/Toasted Garlic Garlic Mashed Potatoes Apple Grape Juice	27. A Nice Vegetable Soup Baked Ziti w/Beef Meatballs Spinach, Apple & Red Onion Salad Tangerines (2) Orange Pineapple Juice	28. Sweet & Spicy Vegan Chorizo Brown Rice & Kidney Beans General Tso's Cauliflower Pear

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)



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

June

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