

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Arroz con Pollo Chicken Breast and Rice Habichuelas Guisadas(Stewed Pinto Beans) Orange	2. Baked Pork Chops Arugula Salad w/ Balsamic Vinaigrette Mangu w/ Onions (Dominican Mashed Plantains) Tangerine	3. Baked Turkey Wings Broccoli w/ Toasted Garlic Garlic Mashed Potatoes Apple Grape Juice	4. A nice Vegetable Soup Baked Ziti w/ Beed Meatballs Spinach ,Apple and Red Onion Salad Tangerine Orange Pineapple Juice	5. Blackeye Pea Curry w/ Potatoes and Tomatoes Brown Rice w/ Mushrooms General Tso's Cauliflower Pear
8. A nice Vegetable Soup Spinach Feta Pie Apple and Bette Salad Canned Apricots Apple Juice	9. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Avocado Orange Salad Orange Orange Pineapple Juice	10. A nice Vegetable Soup BBQ Beef Ribs Rice w/ Corn Beet Salad Nectarine Apple Juice	11. Baked Chicken Thighs Baked Macaroni and Cheese Caribbean Style Roasted Cabbage w/ Carrots Banana Grape Juice	12. Chicken Noddle Soup Baked Salmon w/ Cilantro Citrus Sauce Roasted Potatoes and Vegetables Apple Apple Juice
15. Black Bean Quinoa Veggie Burger Lettuce and Tomato Roasted Sweet Potato Fries Frozen Berries String Cheese Sticks Apple Juice	16. Chicken Rice Soup BBQ Pulled Pork Dominican Moro -or- Yuca w/ Onions Broccoli w/ Red Peppers Canned Mandarin Oranges Rice Pudding	17. Baked Turkey Wings Asian Cucumber Salad Garlic and Rosemary Mashed Potatoes Canned Pineapple Orange Pineapple Juice	18. Curried Chicken Legs Brown Rice w/ Mushrooms Caribbean Style Roasted Cabbage w/ Carrots Frozen Berries Apple Juice -or- Chocolate Pudding	19. Baked Lean Lamb Chops Baked Sweet Potato -or- Halved Avocado Canned Sliced Peaches Grape Juice
22. Tex Mex Quinoa Salad Beet Salad Apple Apple Juice	23. Chicken Tikka Masala Baked Brown Rice Pilaf Asian Inspired Asparagus Canned Sliced Peaches Grape Juice	24. Carne Guisada (Caribbean Style Beef Stew) Mangu w/ Onions (Dominican Mashed Plantains) Sauteed Spinach Fresh Pineapple Apple Juice	25. Pork Stir Fry w/ Vegetables -or- Turkey Stir Fry w/ Vegetables Chinese Style Spaghetti Sauteed Mustard Greens Frozen Berries Cottage Cheese Pineapple Juice	26. Stewed Codfish (Bacalao Fresco Guisado) Yuca w/ Onions Steamed Collard Greens Fruit Cocktail Orange Pineapple Juice
29. Cuban Black Beans and Brown Rice Italian Blend Vegetable Grapes Grape Juice	30. Coconut Curried Fish Dominican Moro Arugula Salad w/ Balsamic Vinaigrette Watermelon Fruited Jello	31. Baked Turkey Wings Classic Macaroni Salad Strawberries Orange Pineapple Juice	<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+) (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.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 Pellet**



Activities for the Arts/ Actividades de Arte					
Activities	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		
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					
Walking with Ease 3 <sup>rd</sup> 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	
Chair Exercise	11:00-12:00				

CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, NUTRITIONAL CLASS AND TRIPS				
CALENDARIO DE EVENTOS ESPECIALES, PRESENTACIONES, CLASE DE NUTRICION Y VIAJES				
JULY 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. 10am-11am Arts & Crafts	2. 2:30pm-3:30pm Art of Film	3. 11am-12pm Chair Boxing w/ Jackson 11am-3pm 4 <sup>th</sup> of July Celebration	4. 	5. 2:30pm-3:30pm Art of Film
8. 10am-11am Arts & Crafts	9. 2:30pm-3:30pm Art of Film	10. 11am-12pm Chair Boxing w/ Jackson P A N T R Y	11. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support	12. 2:30pm-3:30pm Art of Film
15. 10am-11am Arts & Crafts	16. 2:30pm-3:30pm Art of Film	17. 11am-12pm Chair Boxing w/ Jackson	18. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support	19. 2:30pm-3:30pm Art of Film
22. 10am-11am Arts & Crafts	23. 2:30pm-3:30pm Art of Film	24. 11am-12pm Chair Boxing w/ Jackson P A N T R Y	25. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support	26. 2:30pm-3:30pm Art of Film
29. 10am-11am Arts & Crafts	30. 2:30pm-3:30pm Art of Film	31. 11am-12pm Chair Boxing w/ Jackson		