

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>5.            Summer Chickpea and Veggie Salad            Baked Brown Rice Pilaf            Braised Collard Greens            Apple            Apple Juice</p>	<p>6.            Pork Spareribs, Roasted Vegetable Couscous, A Nice Vegetable Soup, Kiwi's (2), Apple Juice</p>	<p>7.            Beef and Turkey Meatloaf with Mushroom Gravy            Garlic Mashed Potatoes            Italian Cut Green Beans            Canned Pineapple            Grape Juice</p>	<p>1. Italian Sausage            Whole Wheat Spaghetti            Broccoli with Toasted Garlic            Or            Mixed Green Salad            Tangerine            Apple Juice</p>	<p>2.            Deluxe Cheeseburger w/Sauteed Green Peppers &amp; Onions            Whole Wheat Hamburger Bun            Roasted Sweet Potato Fries, Orange, Banana            Oatmeal Cookie</p>
<p>12.            Arroz Con Pollo            Chicken Breast w/Rice            Habichuelas            Guisadas Stewed Beans            Orange</p>	<p>13.            Baked Pork Chops            Arugula Salad w/Balsamic Vinaigrette            Mangu w/Onions            Dominican Mashed Plantains            Tangerine</p>	<p>14.            Baked Turkey Wings            Broccoli w/Toasted Garlic            Garlic Mashed Potatoes            Apple            Grape Juice</p>	<p>8.            Baked Asian Style Honey Chicken            Vegetable Lo Mein            Avocado Egg Salad            Baby Carrots &amp; Parsley            Banana            Fruited Jello</p>	<p>9.            Baked Fish            Apple &amp; Beet Salad            Mashed Potatoes            Orange            Orange Pineapple Juice</p>
<p>19.            A Nice Vegetable Soup            Spinach Feta Pie            Apple Beet Salad            Canned Apricots            Apple Juice</p>	<p>20.            Dominican Vegan Sancocho (Root Vegetable Stew)            White Rice            Avocado Orange Salad            Orange            Orange Pineapple Juice</p>	<p>21.            A Nice Vegetable Soup            BBQ Beef Ribs            Rice and Corn            Beet Salad            Nectarine            Apple Juice</p>	<p>15.            A Nice Vegetable Soup            Baked Ziti w/Beef Meatballs            Spinach, Apple &amp; Red Onion Salad            Tangerines (2)            Orange Pineapple Juice</p>	<p>16.            Blackeye Pea Curry with Potatoes and Tomatoes            Brown Rice with Mushrooms            General Tso's            Cauliflower            Pear</p>
<p>26.            Black Bean Quinoa            Veggie Burger            Lettuce and Tomato            Roasted Sweet Potato Fries            Frozen Berries            String Cheese Sticks            Apple Juice</p>	<p>27.            Chicken Rice Soup            BBQ Pulled Pork            Dominican Moro-or Yuca w/ Onions            Broccoli w/ Red Peppers            Canned Mandarin Oranges            Rice Pudding</p>	<p>28.            Baked Turkey Wings            Asian Cucumber Salad            Garlic and Rosemary            Mashed Potatoes            Canned Pineapple            Orange Pineapple Juice</p>	<p>22.            Baked Chicken Thighs            Baked Macaroni and Cheese            Caribbean Style            Roasted Cabbage with Carrots            Banana            Grape Juice</p>	<p>23.            Chicken Noodle Soup            Baked Salmon with Cilantro            Citrus Juice            Roasted Potatoes and Vegetables            Apple            Apple Juice</p>
<p>29.            Curried Chicken Legs            Brown Rice w/ Mushrooms            Caribbean Style            Roasted Cabbage w/ Carrots            Frozen Berries            Apple Juice-or            Chocolate Pudding</p>	<p>30.            Baked Lean Lamb Chops            Baked Sweet Potato-or Halved            Avocado            Canned Sliced Peaches            Grape Juice</p>			





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

**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

# AUGUST

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: TBA  
 Custodian: Felix Pellot

Activities for the Arts/ Actividades de Arte						CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, RITUAL CLASS AND TRIPS				
						CALENDARIO DE EVENTOS ESPECIALES, PRESENTACIONES, CLASE DE NUTRICION Y VIAJES				
						<b>August 2024</b>				
Activities	Monday	Tuesday	Wednesday	Thursday	Friday	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	 <p>(Activities may be subject to change)</p>			1. 11am-12pm Chair Boxing w/ Jackson	2. 2:30pm-3:30pm Art of Film
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					
<b>Educational &amp; Recreational Activities / Actividades Educativas y de Recreacion</b>						5. 10am-11am Arts & Crafts	6. 2:30pm-3:30pm Art of Film	7. 1:00pm-2:00pm Crocheting	8. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support	9. 11am-12pm <b>CPR Training</b>  2:30pm-3:30pm Art of Film
Recreational Games	1:00-2:00			1:00-2:00		12. 10am-11am Arts & Crafts	13. 2:30pm-3:30pm Art of Film	14. 1:00pm-2:00pm Crocheting	15. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support	16. 11am-12pm <b>Fire Safety Training</b>  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		19. 10am-11am Arts & Crafts	20. 2:30pm-3:30pm Art of Film	21. 1:00pm-2:00pm Crocheting	22. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support	23. 11am-3pm <b>OPEN HOUSE EVENT!</b> 
Tech Support		11:00-12:00	1:30-2:30	1:30-2:30	1:30-2:30	26. 10am-11am Arts & Crafts	27. 2:30pm-3:30pm Art of Film	28. 1:00pm-2:00pm Crocheting	29. 11am-12pm Chair Boxing w/ Jackson	30. 2:30pm-3:30pm Art of Film
The Breakfast Chat Club			10:00-11:00	10:00-11:00	10:00-11:00					
<b>Health Promotions &amp; Physical Exercise / Clases para Promover la Salud Y Actividades Fisicas</b>										
Chair Boxing w/ Jackson			11:00-12:00	11:00-12:00						
Chair Exercise	11:00-12:00									