

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| <p>2.</p>  | <p>3.</p> <p>Chicken Tikka Masala Baked Brown Rice Asian Inspired Asparagus Canned Sliced Peaches Grape Juice</p> | <p>4.</p> <p>Caribbean Style Beef Stew Mangu w Onions Sauteed Spinach Fresh Pineapple Apple Juice</p> | <p>5.</p> <p>Pork Stir Fry w/ Vegetables Chinese Style Spaghetti Sauteed Mustard Greens Frozen Berries Cottage Cheese Pineapple Juice</p> | <p>6.</p> <p>Stewed Codfish Yuca w/ Onions Steamed Collard Greens Fruit Cocktail Orange Pineapple Juice</p> |
| <p>9.</p> <p>Cuban Black Beans and Rice Italian Blend Vegetables Grapes Grape Juice</p> | <p>10.</p> <p>Coconut Curried Fish Dominican Moro Arugula Salad with Balsamic Vinaigrette Watermelon Fruited Jello</p> | <p>11.</p> <p>Baked Turkey Wings Classic Macaroni Salad Steamed Spinach Strawberries Orange Pineapple Juice</p> | <p>12.</p> <p>Italian Sausage Whole Wheat Spaghetti Broccoli w/ Toasted Garlic Mixed Green Salad Tangerine Apple Juice</p> | <p>13.</p> <p>Deluxe Cheeseburger w/Sauteed Green Peppers & Onions Whole Wheat Hamburger Bun Roasted Sweet Potato Fries, Orange, Banana Oatmeal Cookie</p> |
| <p>16.</p> <p>Summer Chickpea and Veggie Salad Baked Brown Rice Pilaf Braised Collard Greens Apple Apple Juice</p> | <p>17.</p> <p>Pork Spareribs, Roasted Vegetable Couscous, A Nice Vegetable Soup, Kiwi's (2), Apple Juice</p> | <p>18.</p> <p>Beef & Turkey Meatloaf w/Mushroom Gravy Garlic Mashed Potatoes Italian Cut Green Beans Canned Pineapple Grape Juice</p> | <p>19.</p> <p>Baked Asian Style Honey Chicken Vegetable Lo Mein Avocado Egg Salad Baby Carrots & Parsley Banana Fruited Jello</p> | <p>20.</p> <p>Baked Fish Apple & Beet Salad Mashed Potatoes Orange Orange Pineapple Juice</p> |
| <p>23.</p> <p>Arroz Con Pollo Chicken Breast w/Rice Habichuelas Guisadas Stewed Beans Orange</p> | <p>24.</p> <p>Baked Pork Chops Arugula Salad w/Balsamic Vinaigrette Mangu w/Onions Dominican Mashed Plantains Tangerine</p> | <p>25.</p> <p>Baked Turkey Wings Broccoli w/Toasted Garlic Garlic Mashed Potatoes Apple Grape Juice</p> | <p>26.</p> <p>A Nice Vegetable Soup Baked Ziti w/Beef Meatballs Spinach, Apple & Red Onion Salad Tangerines (2) Orange Pineapple Juice</p> | <p>27.</p> <p>Blackeye Pea Curry with Potatoes and Tomatoes Brown Rice with Mushrooms General Tso's Cauliflower Pear</p> |
| <p>30.</p> <p>A nice Vegetable Soup Spinach Feta Pie Apple and Beet Salad Canned Apricots Apple Juice</p> |  | | <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> | |







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

September

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, NUTRITIONAL CLASS AND TRIPS

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

| 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 | | | | | |
| Chair Boxing w/ Jackson | | | 11:00-12:00 | 11:00-12:00 | |
| Chair Exercise | 11:00-12:00 | | | | |

September 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
|  | 3. 1:00pm-2:00pm Crocheting 2:30pm-3:30pm Art of Film | 4. PANTRY 11am-12pm Chair Boxing w/ Jackson 1:00pm-2:00pm Crocheting | 5. 10am-11am Swap Table 11am-12pm Chair Boxing w/ Jackson | 6. 11am-12pm Hormones & Nutrition w/ Pnina 2:30pm-3:30pm Art of Film |
| 9. 11:00am-2:00pm Grandparents Brunch!  | 10. 1:00pm-2:00pm Crocheting 2:30pm-3:30pm Art of Film | 11. 11am-12pm Chair Boxing w/ Jackson 1:00pm-2:00pm Crocheting | 12. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support | 13. 10am-11am Swap Table 2:30pm-3:30pm Art of Film |
| 16. 10am-11am Arts & Crafts 11am-12pm Nutrition w/ Pnina | 17. 1:00pm-2:00pm Crocheting 2:30pm-3:30pm Art of Film | 18. PANTRY 11am-12pm Chair Boxing w/ Jackson 1:00pm-2:00pm Crocheting | 19. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support | 20. 2:30pm-3:30pm Art of Film 1:30pm-2:30pm Circle Time |
| 23. 10am-11am Arts & Crafts | 24. 1:00pm-2:00pm Crocheting 2:30pm-3:30pm Art of Film | 25. 11am-12pm Chair Boxing w/ Jackson 1:00pm-2:00pm Crocheting | 26. 11am-12pm Chair Boxing w/ Jackson 1:30pm-2:30pm Tech Support | 27. 11am-3pm  |
| 30. 10am-11am Arts & Crafts 1:30pm-2:30pm HM Circle Time |  (Activities may be subject to change)  | | | |