








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CALENDARIO DE EVENTOS ESPECIALES, PRESENTACIONES, CLASE DE NUTRICION Y VIAJES</p> <p>CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, NUTRITIONAL CLASS AND TRIPS</p> <p>THIS PROGRAM IS FUNDED BY NYC AGING THIS CALENDAR MAY BE SUBJECT TO CHANGE</p>				<p>1.</p> <p>10:00am – Breakfast Chat Club 11:00am –Arts & Crafts 12:00pm – Lunch Is Served 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p> <p>FALL BACK 1 HOUR</p>
<p>4.</p> <p>10:00am – Arts & Crafts 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Karaoke 3:00pm – Afternoon Teatime</p>	<p>E L E C T I O N</p> <p>5.</p> <p>10:00am – Arts & Crafts 11:00am – Essen Health Care Presentation 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p> <p>D A Y</p>	<p>6.</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm-Crocheting 2:00pm – Karaoke</p>	<p>7.</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm- Recreational Games 2:00pm – Karaoke</p>	<p>8.</p> <p>10:00am – Breakfast Chat Club 11:00am –Arts & Crafts 12:00pm – Lunch Is Served 1:00pm- Pajama Party! 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>11.</p> <p>10:00am – Arts & Crafts 11:00am – Caregiver Program Presentation 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Karaoke 3:00pm – Afternoon Teatime</p> <p>VETERANS DAY</p>	<p>12.</p> <p>10:00am – Arts & Crafts 11:00am – Elder Abuse Presentation 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p>	<p>13.</p> <p>10:00am –Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm-Crocheting 2:00pm – Karaoke</p> <p>P A N T R Y</p>	<p>14.</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm- Recreational Games 2:00pm – Karaoke</p>	<p>15.</p> <p>10:00am – Breakfast Chat Club 11:00am –Arts & Crafts 12:00pm – Lunch Is Served 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>18.</p> <p>10:00am – Arts & Crafts 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Karaoke 3:00pm – Afternoon Teatime</p>	<p>19.</p> <p>10:00am – Thanksgiving Arts & Crafts 11:00am – Chair Exercise (VNS) 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p>	<p>20.</p> <p>10:00am –Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm-Crocheting 2:00pm – Karaoke</p>	<p>21.</p> <p>10:00am – Breakfast Chat Club 11:00am – Thanksgiving Celebration</p> 	<p>22.</p> <p>10:00am – Breakfast Chat Club 11:00am –Musical Performance w/ Howard Jokercise 12:00pm – Lunch Is Served 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>25.</p> <p>10:00am – Arts & Crafts 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Karaoke 3:00pm – Afternoon Teatime</p>	<p>26.</p> <p>10:00am – Arts & Crafts 11:00am – Elder Abuse Presentation 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p>	<p>27.</p> <p>10:00am Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm-Crocheting 2:00pm – Karaoke</p> <p>P A N T R Y</p>	<p><i>Happy Holidays!</i></p> <p>We will be closed this Thanksgiving <i>November 28th & 29th</i></p>	



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>1. Baked Fish Mashed potatoes Apple and Beet Salad Orange Orange Pineapple Juice</p>
<p>4. Arroz con Pollo (Chicken Breast and Rice) Stewed Pinto Beans Orange</p>	<p>5. Baked Pork Chops Arugula Salad with Balsamic Vinaigrette Mangu with Onions Tangerine</p>	<p>6. Bake Turkey Wings Broccoli with Toasted Garlic Garlic Mashed Potatoes Apple Grape Juice</p>	<p>7. Vegetable Soup Baked Ziti with Beef Meatballs Spinach, Apple and Red Onion Salad Tangerine Orange Pineapple Juice</p>	<p>8. Blackeye Pea Curry with Potatoes and Tomatoes Brown Rice with Mushroom General Tso's Cauliflower Pear</p>
<p>11. Vegetable Soup Spinach Feta Pie Apple and Beet Salad Canned Apricots Apple Juice</p>	<p>12. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Avocado Orange Salad Orange Orange Pineapple Juice</p>	<p>13. Vegetable Soup BBQ Beef Ribs Rice with Corn Beet Salad Nectarine Apple Juice</p>	<p>14. Baked Chicken Thighs Baked Macaroni and Cheese Caribbean Style Roasted Cabbage with Carrots Banana Grape Juice</p>	<p>15. Chicken Noodle Soup Baked Salmon with Cilantro Citrus Sauce Roasted Potatoes and Vegetables Apple Apple Juice</p>
<p>18. Black Bean Quinoa Veggie Burger Lettuce and Tomatoes Roasted Sweet Potato Fries Frozen Berries String Cheese Apple Juice</p>	<p>19. Chicken Soup BBQ Pulled Pork Dominican Moro Or Yuca with Onions Broccoli and Red Peppers Canned Mandarin Oranges Rice Pudding</p>	<p>20. Curried Chicken Legs Brown Rice with Mushrooms Caribbean Style Roasted Cabbage with Carrots Frozen Berries Apple Juice or Chocolate Pudding</p>	<p>21. Turkey w/Gravy Cornbread Stuffing Candy Yams w/marshmallows Green Beans Cranberry Sauce Apple Cider Sweet Potato & Pumkin Pie Tangerine</p>	<p>22. Baked Lean Lamb Chops Baked Sweet Potato Canned Sliced Peaches Grape Juice</p>
<p>25. Tex Mex Quinoa Salad Beet Salad Apple Apple Juice</p>	<p>26. Chicken Tikka Masala Baked Brown Rice Pilaf Asian Inspired Asparagus Canned Sliced Peaches Grape Juice</p>	<p>27. Carne Guisada (Caribbean Style Beef Stew) Mangu with Onions Sauteed Spinach Fresh Pineapple Apple Juice</p>	<p><i>Happy Holidays!</i> We will be closed this Thanksgiving <i>November 28th & 29th</i></p>	