








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</p> <p>THIS CALENDAR MAY BE SUBJECT TO CHANGE</p>	<p>1.</p> <p>9:00am – Creative Coloring 10:00am – Arts & Crafts 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:30pm –Recreational Music 2:30pm – Art of Film</p>	<p>2.</p> <p>9:00am – Creative Coloring 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:30pm – Tech Support 2:30pm – Recreational Music</p> <p style="writing-mode: vertical-rl; text-orientation: mixed;">P A N T R Y</p>	<p>3.</p> <p>9:00am – Creative Coloring 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:30pm – Tech Support 2:30pm – Recreational Music</p>	<p>4.</p> <p>9:00am – Creative Coloring 10:00am – Breakfast Chat Club 11:00am – Hispanic Heritage Month Celebration 12:00pm – Lunch Is Served 1:30pm – Tech Support 2:30pm – Art of Film</p>
<p>7.</p> <p>9:00am – Creative Coloring 10:00am – Arts & Crafts 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:30pm – HM Presentation 2:30pm – Recreational Music</p>	<p>8.</p> <p>9:00am – Creative Coloring 10:00am – Arts & Crafts 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:30pm –Recreational Music 2:00pm – PACT Tenant Meeting</p>	<p>9.</p> <p>9:00am – Creative Coloring 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:30pm – Tech Support 2:30pm – Recreational Music</p>	<p>10.</p> <p>9:00am – Creative Coloring 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:30pm – Tech Support 2:30pm – Recreational Music</p>	<p>11.</p> <p>9:00am – Creative Coloring 10:00am – Breakfast Chat Club 11:00am –Arts & Crafts 12:00pm – Lunch Is Served 1:30pm – Tech Support 2:30pm – Art of Film</p>
<p>WE WILL BE CLOSED ON</p> <h2>COLUMBUS DAY</h2> 	<p>15.</p> <p>9:00am – Creative Coloring 10:00am – Arts & Crafts 11:00am – Tommy Experience VNS 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:30pm –Recreational Music 2:30pm – Art of Film</p>	<p>16.</p> <p>9:00am – Creative Coloring 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:30pm – Tech Support 2:30pm – Recreational Music</p> <p style="writing-mode: vertical-rl; text-orientation: mixed;">P A N T R Y</p>	<p>17.</p> <p>9:00am – Creative Coloring 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:30pm – Tech Support 2:30pm – Recreational Music</p>	<p>18.</p> <p>9:00am – Creative Coloring 10:00am – Breakfast Chat Club 11:00am –Arts & Crafts 12:00pm – Lunch Is Served 1:30pm – Tech Support 2:30pm – Art of Film</p>
<p>21.</p> <p>9:00am – Creative Coloring 10:00am – Arts & Crafts 11:00am – Nutrition w Pnina 12:00pm – Lunch Is Served 1:30pm – HM Presentation 2:30pm – Recreational Music</p>	<p>22.</p> <p>9:00am – Creative Coloring 10:00am – Arts & Crafts 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:30pm – Recreational Music 2:30pm – Art of Film</p>	<p>23.</p> <p>9:00am – Creative Coloring 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:30pm – Tech Support 2:30pm – Recreational Music</p>	<p>24.</p> <p>9:00am – Creative Coloring 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:30pm – Tech Support 2:30pm – Recreational Music</p>	<p>25.</p> <p>9:00am – Creative Coloring 10:00am – Breakfast Chat Club 11:00am –Arts & Crafts 12:00pm – Lunch Is Served 1:30pm – Tech Support 2:30pm – Art of Film</p>
<p>28.</p> <p>9:00am – Creative Coloring 10:00am – Arts & Crafts 11:00am –Nutrition w Pnina 12:00pm – Lunch Is Served 1:30pm – HM Presentation 2:30pm – Recreational Music</p>	<p>29.</p> <p>9:00am – Creative Coloring 10:00am – Arts & Crafts 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:30pm – Recreational Music 2:30pm – Art of Film</p>	<p>30.</p> <p>9:00am – Creative Coloring 10:00am – Breakfast Chat Club 11:00am – Giveaways at Food Pantry 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:30pm – Tech Support 2:30pm – Recreational Music</p> <p style="writing-mode: vertical-rl; text-orientation: mixed;">P A N T R Y</p>	<p>31.</p> <p>9:00am – Creative Coloring 10:00am – Breakfast Chat Club 11:00am – Halloween Party!</p> 	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Avocado Orange Salad Orange Orange Pineapple Juice</p>	<p>2. Vegetable Soup BBQ Beef Ribs Rice with Corn Beet Salad Nectarine Apple Juice</p>	<p>3. Baked Chicken Thighs Baked Macaroni and Cheese Caribbean Style Roasted Cabbage with Carrots Banana Grape Juice</p>	<p>4. Chicken Noodle Soup Baked Salmon with Cilantro Citrus Sauce Roasted Potatoes and Vegetables Apple Apple Juice</p>
<p>7. Black Bean Quinoa Veggie Burger Lettuce and Tomatoes Roasted Sweet Potato Fries Frozen Berries String Cheese</p>	<p>8. Chicken Soup Dominican Moro Or Yuca with Onions Broccoli and Red Peppers Canned Mandarin Oranges Rice Pudding</p>	<p>9. Bake Turkey Wings Asian Cucumber Salad Garlic and Rosemary Roasted Potatoes Canned Pineapples Orange Pineapple Juice</p>	<p>10. Curried Chicken Legs Brown Rice with Mushrooms Caribbean Style Roasted Cabbage with Carrots Frozen Berries Apple Juice or Chocolate Pudding</p>	<p>11. Baked Lean Lamb Chops Baked Sweet Potato Canned Sliced Peaches Grape Juice</p>
<p>WE WILL BE CLOSED ON COLUMBUS DAY</p> 	<p>15. Chicken Tikka Masala Baked Brown Rice Pilaf Asian Inspired Asparagus Canned Sliced Peaches Grape Juice</p>	<p>16. Carne Guisada (Caribbean Style Beef Stew) Mangu with Onions Sauteed Spinach Fresh Pineapple Apple Juice</p>	<p>17. Pork Stir Fry with Vegetables or Turkey Stir Fry with Vegetable Chinese Spaghetti Sauteed Mustard Greens Frozen Berries Cottage Cheese Pineapple Juice</p>	<p>18. Stew Codfish Yuca with Onions Steamed Collard Greens Fruit Cocktail Orange Pineapple Juice</p>
<p>21. Cuban Black Beans and Brown Rice Italian Blend Vegetables Grapes Grape Juice</p>	<p>22. Coconut Curried Fish Dominican Moro Arugula Salad with Balsamic Vinaigrette Watermelon Fruited Jello</p>	<p>23. Baked Turkey Wings Classic Macaroni Salad Steamed Spinach Strawberries Orange pineapple Juice</p>	<p>24. Italian Sausage Whole Wheat Spaghetti Broccoli with Toasted Garlic Mixed Green Salad Tangerines Apple Juice</p>	<p>25. Deluxe Cheeseburger with Sauteed Green Peppers and Onions Roasted Sweet Potato Fries Orange Banana Oatmeal Cookie</p>
<p>28. Summer Chickpea and Veggie Salad Baked Brown Rice Pilaf Braised Collard Greens Apple Apple Juice</p>	<p>29. Pork Spare Ribs Roasted Vegetable Couscous A Nice Vegetable Soup Kiwi Apple Juice</p>	<p>30. Beef and Turkey Meatloaf with Mushroom Gravy Garlic Mashed Potatoes Italian Cut Green Beans Canned Pineapples Grape Juice</p>	<p>31. Baked Asian Style Honey Chicken Chinese Style Spaghetti or Vegetable Lo Mein Avocado Egg Salad Baby carrots and Parsley Banana Fruited Jello</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>