



# Guess Older Adult Center December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</p> <p>10:00am – Arts &amp; Crafts 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – <b>ESL Classes</b> 3:00pm – Afternoon Teatime</p>	<p>3.</p> <p>10:00am – Arts &amp; Crafts 11:00am – <b>ESL Classes</b> 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p>	<p>4.</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 12:30pm- <b>Recognition for World AIDS Day</b> 1:00pm-Crocheting 2:00pm – Karaoke</p>	<p>5.</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>6.</p> <p>10:00am – Breakfast Chat Club 11:00am –Arts &amp; Crafts 12:00pm – Lunch Is Served 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>9.</p> <p>10:00am – Arts &amp; Crafts 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – <b>ESL Classes</b> 3:00pm – Afternoon Teatime</p>	<p>10.</p> <p>10:00am – Arts &amp; Crafts 11:00am – <b>Chair Exercise (VNS)</b> 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p>	<p>11.</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>12.</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>13.</p> <p>10:00am – Breakfast Chat Club 11:00am –<b>Arts &amp; Crafts Christmas Pom Pom Tree</b> 12:00pm – Lunch Is Served 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>16.</p> <p>10:00am – Arts &amp; Crafts 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – <b>ESL Classes</b> 3:00pm – Afternoon Teatime</p>	<p><b>C</b> <b>h</b> <b>r</b> <b>i</b> <b>s</b> <b>t</b> <b>m</b> <b>a</b> <b>s</b></p> <p>17.</p> <p>10:00am – <b>Arts &amp; Crafts Christmas Houses</b> 11:00am – <b>ESL Classes</b> 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p> <p><b>S</b> <b>w</b> <b>e</b> <b>a</b> <b>t</b> <b>e</b> <b>r</b> <b>s</b></p>	<p>18.</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>19.</p> <p>10:00am – Breakfast Chat Club 11:00am – <b>Christmas Celebration/ DJ Event</b></p> 	<p>20.</p> <p>10:00am – Breakfast Chat Club 11:00am –Arts &amp; Crafts 12:00pm – Lunch Is Served 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>23.</p> <p>10:00am – <b>Arts &amp; Crafts Christmas Ornament</b> 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – <b>ESL Classes</b> 3:00pm – Afternoon Teatime</p>	<p>24.</p> <p>10:00am – <b>Arts &amp; Crafts Gingerbread Cookies</b> 11:00am – <b>ESL Classes</b> 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p>	<p>25.</p> <p><b>CENTER WILL BE CLOSED ON CHRISTMAS DAY</b></p>	<p>26.</p> <p>10:00am – Breakfast Chat Club 11:00am – <b>New Years Celebration</b></p> 	<p>27.</p> <p>10:00am – Breakfast Chat Club 11:00am –Arts &amp; Crafts 12:00pm – Lunch Is Served 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>30.</p> <p>10:00am – Arts &amp; Crafts 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – <b>ESL Classes</b> 3:00pm – Afternoon Teatime</p>	<p>31.</p> <p>10:00am – Arts &amp; Crafts 11:00am – <b>ESL Classes</b> 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p>			<p><b>CALENDARIO DE EVENTOS ESPECIALES, PRESENTACIONES, CLASE DE NUTRICION Y VIAJES</b> <b>CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, NUTRITIONAL CLASS AND TRIPS</b> <b>THIS PROGRAM IS FUNDED BY NYC AGING</b> <b>THIS CALENDAR MAY BE SUBJECT TO CHANGE</b></p>



# Guess Older Adult Center December 2024

2070 Clinton Avenue, Bronx, NY 10457

Tel: 718 584-2357

Mon-Fri: 8:30 A.M. – 4:30 P.M

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. Cuban Black Beans and Brown Rice Italian Blend Vegetables Grapes Grape Juice</p>	<p>3. Coconut Curried Fish Dominican Moro Arugula Salad with Balsamic Vinaigrette Watermelon Fruited Jello</p>	<p>4. Baked Turkey Wings Classic Macaroni Salad Steamed Spinach Strawberries Orange pineapple Juice</p>	<p>5. Italian Sausage Whole Wheat Spaghetti Broccoli with Toasted Garlic Mixed Green Salad Tangerines Apple Juice</p>	<p>6. Deluxe Cheeseburger with Sauteed Green Peppers and Onions Roasted Sweet Potato Fries Orange Banana Oatmeal Cookie</p>
<p>9. Summer Chickpea and Veggie Salad Baked Brown Rice Pilaf Braised Collard Greens Apple Apple Juice</p>	<p>10. Pork Spareribs Roasted Vegetable Couscous A Nice Vegetable Soup Kiwi Apple Juice</p>	<p>11. Beef and Turkey Meatloaf with Mushroom Gravy Garlic Mashed Potatoes Italian Cut Green Beans Canned Pineapples Grape Juice</p>	<p>12. Baked Asian Style Honey Chicken Chinese Style Spaghetti or Vegetable Lo Mein Avocado Egg Salad Baby carrots and Parsley Banana Fruited Jello</p>	<p>13. Baked Fish Mashed potatoes Apple and Beet Salad Orange Orange Pineapple Juice</p>
<p>16. Arroz con Pollo (Chicken Breast and Rice) Stewed Pinto Beans Orange</p>	<p>17. Baked Pork Chops Arugula Salad with Balsamic Vinaigrette Mangu with Onions Tangerine</p>	<p>18. Bake Turkey Wings Broccoli with Toasted Garlic Garlic Mashed Potatoes Apple Grape Juice</p>	<p>19. Roast Pork Cornish Hen w/Gravy Arroz Con Gandules Potato Salad Collard Greens Apple Pie w/Whip Cream Grapes Fruit Punch Juice</p>	<p>20. Blackeye Pea Curry with Potatoes and Tomatoes Brown Rice with Mushroom General Tso's Cauliflower Pear</p>
<p>23. Vegetable Soup Spinach Feta Pie Apple and Beet Salad Canned Apricots Apple Juice</p>	<p>24. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Avocado Orange Salad Orange Orange Pineapple Juice</p>	<p>25. <b>CENTER WILL BE CLOSED ON CHRISTMAS DAY</b></p> 	<p>26. Pot Roast Garlic Mashed Potato Cabbage w/carrots Apple Cider Rice Pudding</p>	<p>27. Chicken Noodle Soup Baked Salmon with Cilantro Citrus Sauce Roasted Potatoes and Vegetables Apple Apple Juice</p>
<p>30. Black Bean Quinoa Veggie Burger Lettuce and Tomatoes Roasted Sweet Potato Fries Frozen Berries String Cheese Apple Juice</p>	<p>31. Chicken Soup BBQ Pulled Pork Dominican Moro Or Yuca with Onions Broccoli and Red Peppers Canned Mandarin Oranges Rice Pudding</p>	 <p><i>Merry Christmas and a Happy New Year</i></p>		<p><b>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)</b></p>