


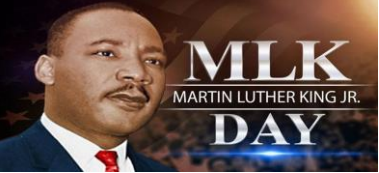




JANUARY 2025

| 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>2.</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>3.</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>6.</p> <p>10:00am – Arts & Crafts 11:00am – Three Kings Celebration</p>  | <p>7.</p> <p>10:00am –Creative Coloring/ Word Puzzles 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p> | <p>8.</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>9.</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>10.</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>13.</p> <p>10:00am – Arts & Crafts 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Afternoon Teatime</p> | <p>14.</p> <p>10:00am – Arts & Crafts 11:00am – Hand Massage w/ Virginia Burgos 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p> | <p>15.</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>16.</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>17.</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>20.</p>  <p>MLK DAY MARTIN LUTHER KING JR.</p> <p>CENTER CLOSED</p> | <p>21.</p> <p>10:00am –Creative Coloring/ Word Puzzles 11:00am – Martin Luther King Trivia 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p> | <p>22.</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>23.</p> <p>10:00am –Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm- Winter Wonderland Birthday Celebration 2:00pm – Karaoke</p> | <p>24.</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>27.</p> <p>10:00am – Arts & Crafts 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Afternoon Teatime</p> | <p>28.</p> <p>10:00am –Creative Coloring/ Word Puzzles 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p> | <p>29.</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>30.</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>31.</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> |



JANUARY 2025

| 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>2. Curried Chicken Legs Brown Rice with Mushrooms Caribbean Style Roasted Cabbage with Carrots Frozen Mixed Berries Apple Juice Or Chocolate Pudding</p> | <p>3. Baked Lean Lamb Chops Baked Sweet Potato or Halved Avocado Canned Sliced Peaches Grape Juice</p> |
| <p>6. Steak with Onions Arroz con Gandules Lettuce, tomatoes and Cucumber Salad Tostones Rice Pudding or Bread Pudding SPECIAL MENU FOR THREE KINGS DAY</p> | <p>7. Chicken Tikka Masala Baked brown Rice Pilaf Asian Inspired Asparagus Canned Sliced Peaches Grape Juice</p> | <p>P A N T R Y</p> <p>8. Carne Guisada (Caribbean Style Beef Stew) Mangu with Onions Sautéed Spinach Fresh Pineapple Apple Juice</p> | <p>9. Pork Stir Fry with Vegetables or Turkey Stir Fry with Vegetables Chinese Style Spaghetti Sautéed Mustard Greens Frozen Mixed Berries Cottage Cheese Pineapple Juice</p> | <p>10. Stewed Codfish Yuca with Onions Steamed Collard Greens Fruit Cocktail Orange Pineapple Juice</p> |
| <p>13. Cuban Black Beans and Brown Rice Italian Blend Vegetables Grapes Grape Juice</p> | <p>14. Coconut Curried Fish Dominican Moro Arugula Salad with Balsamic Vinaigrette Watermelon Fruited Jello</p> | <p>15. Baked Turkey Wings Classic Macaroni Salad Steamed Spinach Strawberries Orange Pineapple Juice</p> | <p>16. Italian Meatballs Whole Wheat Spaghetti Broccoli with Toasted Garlic Mixed Green Salad Tangerine Apple Juice</p> | <p>17. Deluxe Cheeseburger with Sautéed Green Peppers and Onions Roasted Sweet Potato Fries Orange Banana Oatmeal Cookie</p> |
| <p>20. Summer Chickpea and Veggie Salad Baked Brown Rice Pilaf Braised Collard Greens Apple Apple Juice</p> | <p>21. Pork Spareribs Roasted Vegetable Couscous A Nice Vegetable Soup Kiwi Apple Juice</p> | <p>P A N T R Y</p> <p>22. Beef and Turkey Meatloaf with Mushroom Gravy Garlic Mashed Potatoes Italian Cut Green Beans Canned Pineapples Grape Juice</p> | <p>23. Baked Asian Style Honey Chicken Chinese Style Spaghetti or Vegetable Lo Mein Avocado Egg Salad Baby carrots and Parsley Banana Fruited Jello</p> | <p>24. Baked Fish Apple and Beet Salad Instant Mashed Potatoes Orange Orange Pineapple Juice</p> |
| <p>27. Arroz con Pollo Habichuelas Guisadas (Stewed Pinto Beans) Orange</p> | <p>28. Baked Pork Chops Arugula Salad with Balsamic Vinaigrette Mangu with Onions Tangerine</p> | <p>29. Baked Turkey Wings Broccoli with Toasted Garlic Garlic Mashed Potatoes Apple Grape Juice</p> | <p>30. Vegetable Soup Baked Ziti with Meatballs Spinach, Apple and Red Onion Salad Tangerine Orange Pineapple Juice</p> | <p>31. Blackeye Pea Curry with Potatoes and Tomatoes Brown Rice with Mushrooms General Tso's Cauliflower Pear</p> |