




# Guess Older Adult Center

# February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3.</p> <p>10:00am – Creative Coloring/ Word Puzzles 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Afternoon Teatime</p>	<p>4.</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>5.</p> <p>P A N T R Y</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm – Tech Support 1:00pm-Crocheting 2:00pm – Karaoke</p>	<p>6.</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>7.</p> <p>10:00am – Breakfast Chat Club 11:00am –Arts &amp; Crafts 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>10.</p> <p>10:00am – Creative Coloring/ Word Puzzles 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Afternoon Teatime</p>	<p>11.</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>12.</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm – Tech Support 1:00pm-Crocheting 2:00pm – Karaoke</p>	<p>13.</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>14.</p> <p>10:00am – Breakfast Chat Club 10:30am – <b>Valentine's Day Brunch</b> 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>17.</p> 	<p>18.</p> <p>10:00am –Creative Coloring/ Word Puzzles 11:00am – <b>Chair Exercise w/ VNS</b> 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p>	<p>19.</p> <p>P A N T R Y</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm – Tech Support 1:00pm-Crocheting 2:00pm – Karaoke</p>	<p>20.</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>21.</p> <p>10:00am – Breakfast Chat Club 11:00am – <b>Black History Month Celebration</b> 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>24.</p> <p>10:00am – Creative Coloring/ Word Puzzles 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Afternoon Teatime</p>	<p>25.</p> <p>10:00am –Creative Coloring/ Word Puzzles 11:00am – <b>Hand Massages w/ All care</b> 12:00pm – Lunch Is Served 1:00pm-Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p>	<p>26.</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm – Tech Support 1:00pm-Crocheting 2:00pm – Karaoke</p>	<p>27.</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>28.</p> <p>10:00am – Breakfast Chat Club 11:00am –Arts &amp; Crafts 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>



CALENDARIO DE EVENTOS ESPECIALES, PRESENTACIONES, CLASE DE NUTRICION Y VIAJES  
 CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, NUTRITIONAL CLASS AND TRIPS  
 THIS PROGRAM IS FUNDED BY NYC AGING  
 THIS CALENDAR MAY BE SUBJECT TO CHANGE



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3.</p> <p>Vegetable Soup Spinach Feta Pie Apple and Beet Salad Canned Apricots Apple Juice</p>	<p>4.</p> <p>Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Avocado Orange Salad Orange Orange Pineapple Juice</p>	<p>5.</p> <p>Vegetable Soup BBQ Beef Ribs Rice with Corn Beet Salad Nectarine Apple Juice</p>	<p>6.</p> <p>Baked Chicken Thighs Baked Macaroni and Cheese Caribbean Style Roasted Cabbage with Carrots Banana Grape Juice</p>	<p>7.</p> <p>Chicken Noodle Soup Baked Salmon with Cilantro Citrus Sauce Roasted Potatoes and Vegetables Apple Apple Juice</p>
<p>10.</p> <p>Black Bean Quinoa Veggie Burger Lettuce and Tomatoes Roasted Sweet Potato Fries Frozen Berries String Cheese</p>	<p>11.</p> <p>Chicken Soup BBQ Pulled Pork Dominican Moro Or Yuca with Onions Broccoli and Red Peppers Canned Mandarin Oranges Rice Pudding</p>	<p>12.</p> <p>Bake Turkey Wings Asian Cucumber Salad Garlic and Rosemary Roasted Potatoes Canned Pineapples Orange Pineapple Juice</p>	<p>13.</p> <p>Curried Chicken Legs Brown Rice with Mushrooms Caribbean Style Roasted Cabbage with Carrots Frozen Berries Apple Juice or Chocolate Pudding</p>	<p>14.</p> <p><b>Special Brunch Menu for Valentine's Day 10:30am-11:30am</b></p> <p>Baked Lean Lamb Chops Baked Sweet Potato Canned Sliced Peaches Grape Juice</p>
<p>17.</p> 	<p>18.</p> <p>Chicken Tikka Masala Baked Brown Rice Pilaf Asian Inspired Asparagus Canned Sliced Peaches Grape Juice</p>	<p>19.</p> <p>Carne Guisada (Caribbean Style Beef Stew) Mangu with Onions Sautéed Spinach Fresh Pineapple Apple Juice</p>	<p>20.</p> <p>Stew Codfish Yuca with Onions Steamed Collard Greens Fruit Cocktail Orange Pineapple Juice</p>	<p>21.</p> <p>Oxtails Mac &amp; Cheese Collard Greens Corn Bread Fruit Cups</p> <p><b>Special Menu for Black History Month</b></p>
<p>24.</p> <p>Cuban Black Beans and Brown Rice Italian Blend Vegetables Grapes Grape Juice</p>	<p>25.</p> <p>Coconut Curried Fish Dominican Moro Arugula Salad with Balsamic Vinaigrette Watermelon Fruited Jello</p>	<p>26.</p> <p>Baked Turkey Wings Classic Macaroni Salad Steamed Spinach Strawberries Orange pineapple Juice</p>	<p>27.</p> <p>Italian Meatballs Whole Wheat Spaghetti Broccoli with Toasted Garlic Mixed Green Salad Tangerines Apple Juice</p>	<p>28.</p> <p>Deluxe Cheeseburger with Sautéed Green Peppers and Onions Roasted Sweet Potato Fries Orange Banana Oatmeal Cookie</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)**