






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Nutrition w/ Pnina 12:00pm – Lunch Is Served 1:00pm – Su-Casa Artist 3:00pm – Afternoon Teatime	3. 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	4. 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 – Arts & Crafts	5. 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm- Recreational Games 2:00pm – Arts & Crafts 3:00pm – Karaoke	6. 10:00am – Breakfast Chat Club 11:00am –Arts & Crafts 12:00pm – Lunch Is Served 1:00pm – Gardening Workshops w/ Martin 2:00pm – Art of Film 3:00pm – Tech Support
9. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – Su-Casa Artist 3:00pm – Afternoon Teatime	10. 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	11. 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 – Arts & Crafts	12. 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm- Recreational Games 2:00pm – Arts & Crafts 3:00pm – Karaoke	13. 10:00am – Breakfast Chat Club 11:00am – Father's Day Celebration 
16. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Nutrition w/ Pnina 12:00pm – Lunch Is Served 1:00pm – Su-Casa Artist 3:00pm – Afternoon Teatime	17. 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	18. 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 – Arts & Crafts	19. 	20. 10:00am – Breakfast Chat Club 11:00am –Arts & Crafts 12:00pm – Lunch Is Served 1:00pm – Gardening Workshops w/ Martin 2:00pm – Art of Film 3:00pm – Tech Support
23. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – Su-Casa Artist 3:00pm – Afternoon Teatime	24. 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	25. 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 – Arts & Crafts	26. 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm- Recreational Games 2:00pm – Arts & Crafts 3:00pm – Karaoke	27. 10:00am – Breakfast Chat Club 11:00am –Arts & Crafts 12:00pm – Lunch Is Served 1:00pm – Gardening Workshops w/ Martin 2:00pm – Art of Film 3:00pm – Tech Support
30. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – Su-Casa Artist 3:00pm – Afternoon Teatime				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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Arroz con Pollo Habichuelas Guisadas (Stewed Pinto Beans) Orange	3. Baked Pork Chops Arugula Salad with Balsamic Vinaigrette Mangu with Onions Tangerine	4. Baked Turkey Wings Broccoli with Toasted Garlic Garlic Mashed Potatoes Apple Grape Juice	5. Vegetable Soup Baked Ziti with Meatballs Spinach, Apple and Red Onion Salad Tangerine Orange Pineapple Juice	6. Blackeye Pea Curry with Potatoes and Tomatoes Brown Rice with Mushrooms General Tso's Cauliflower Pear
9. A Nice Vegetable Soup Spinach Feta Pie Apple and Beet Salad Canned Apricots Apple Juice	10. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Avocado Orange Salad Orange Orange Pineapple Juice	11. Vegetable Soup BBQ Beef Ribs Rice with Corn Beet Salad Nectarine Apple Juice	12. Baked Chicken Thighs Baked Macaroni and Cheese Caribbean Style Roasted Cabbage with Carrots Banana Grape Juice	<div>SPECIAL</div> 13. BBQ Pork Ribs Jerk Chicken Corn on the Cob Potato Salad & Macaroni Salad Fruit Salad Ice Cream & Vanilla Sheet Cake Water Bottle & Fruit Punch Juice <div>MENU</div>
16. Black Bean Quinoa Veggie Burger Lettuce and Tomatoes Roasted Sweet Potato Fries Frozen Berries String Cheese	17. Chicken Soup BBQ Pulled Pork Dominican Moro Or Yuca with Onions Broccoli and Red Peppers Canned Mandarin Oranges Rice Pudding	18. Bake Turkey Wings Asian Cucumber Salad Garlic and Rosemary Roasted Potatoes Canned Pineapples Orange Pineapple Juice	19. 	20. Baked Lean Lamb Chops Baked Sweet Potatoes or Halved Avocados Canned Sliced Peaches Grape Juice
23. Tex Mex Quinoa Salad Beet Salad Apple Apple Juice	24. Chicken Tikka Masala Baked Brown Rice Pilaf Asian Inspired Asparagus Canned Sliced Peaches Grape Juice	25. Carne Guisada (Caribbean Style Beef Stew) Mangu with Onions Sauteed Spinach Fresh Pineapple Apple Juice	26. Pork Stir Fry with Vegetables Or Turkey Stir Fry with Vegetable Chinese Style Spaghetti Sauteed Mustard Greens Frozen Berries Cottage cheese Pineapple Juice	27. Stew Codfish Yuca with Onions Steamed Collard Greens Fruit Cocktail Orange Pineapple Juice
30. Arroz con Pollo Chicken Breast and Rice Asian Cucumber Salad Habichuelas Guisadas (Stewed Pinto Beans) Plum String Cheese				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)