NEIGHBORHOOD SHOPP celebrating over 45 years of community support

Guess Older Adult Center

2070 Clinton Avenue, Bronx, NY 10457

Tel: 718 584-2357

Mon-Fri: 8:30 A.M. – 4:30 P.M

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. 10:00am – Creative Coloring/ Word Search 11:00am – Chair Zumba with Bethany 12:00pm – Congregate Lunch 1:00pm-Tech Support 2:00pm-Karaoke 3:00pm-Arts & Crafts	3. 10:00am – Creative Coloring/ Word Search 11:00am– Chair Exercise 12:00pm – Congregate Lunch 1:00pm- Crocheting w/Gladys 1:00pm-Tech Support 2:00pm- Art of Film 3:00pm-Jigsaw Puzzles	4. 10:00am – Creative Coloring/ Word Search 11:00am– Chair Exercise 12:00pm– Congregate Lunch 1:00pm- Recreational Games 1:00pm- Crocheting w/ Glayds 2:00pm– Karaoke 3:00pm-Tech Support	5. 10:00am – Creative Coloring/ Word Search 11:00am– CPR Training 12:00pm – Congregate Lunch 1:00pm-Recreational Games 2:00pm- Jewelry Creations 3:00pm- Arts & Crafts	6. 10:00am – Creative Coloring/ Word Search 11:00am – Chair Zumba with Yolanda 12:00pm – Congregate Lunch 1:00pm –Structural Engagement 2:00pm- Art of Film 3:00pm- Jigsaw Puzzles
9. 10:00am – Diabetes Prevention Mtg ID: 218 478 752497535 Passcode: mo26xZ3f 11:00am – Chair Zumba with Yolanda 12:00pm – Congregate Lunch 1:00pm-Tech Support 2:00pm-Karaoke 3:00pm-Arts & Crafts	10. 10:00am – Creative Coloring/ Word Search 11:00am– Chair Exercise 12:00pm – Congregate Lunch 1:00pm- Crocheting w/Gladys 1:00pm-Tech Support 2:00pm- Art of Film 3:00pm-Jigsaw Puzzles	PANTRY 11. 10:00am – Creative Coloring/ Word Search 11:00am– Chair Exercise 12:00pm– Congregate Lunch 1:00pm- Recreational Games 1:00pm- Crocheting w/ Glayds 2:00pm– Karaoke 3:00pm-Tech Support	12. 10:00am – Creative Coloring/ Word Search 11:00am– Medicaid/Medicare Changes w/ Virginia Burgos 12:00pm – Congregate Lunch 1:00pm-Recreational Games 2:00pm- Jewelry Creations 3:00pm- Arts & Crafts	13. 10:00am – Alzheimer's Presentation 11:00am – Chair Zumba with Yolanda 12:00pm – Congregate Lunch 1:00pm –Structural Engagement 2:00pm- Art of Film 3:00pm- Jigsaw Puzzles Bay Plaza Shopping Trip
16. 10:00am – Creative Coloring/ Word Search 11:00am – Chair Zumba with Bethany 12:00pm – Congregate Lunch 1:00pm-Tech Support 2:00pm-Karaoke 3:00pm-Arts & Crafts	17. 10:00am – Creative Coloring/ Word Search 11:00am– Chair Exercise 12:00pm – Congregate Lunch 1:00pm- Crocheting w/Gladys 1:00pm-Tech Support 2:00pm- Art of Film 3:00pm-Jigsaw Puzzles	18. 10:00am – Creative Coloring/ Word Search 11:00am– Chair Exercise 12:00pm– Congregate Lunch 1:00pm- Recreational Games 1:00pm- Crocheting w/ Glayds 2:00pm– Karaoke 3:00pm-Tech Support	19. 10:00am – Creative Coloring/ Word Search 11:00am– Thanksgiving Celebration 12:00pm – Congregate Lunch 1:00pm-Recreational Games 2:00pm- Jewelry Creations 3:00pm- Arts & Crafts	20. 10:00am – Creative Coloring/ Word Search 11:00am – Chair Zumba with Yolanda 12:00pm – Congregate Lunch 1:00pm –Structural Engagement 2:00pm- Art of Film 3:00pm- Jigsaw Puzzles
23. 10:00am – Creative Coloring/ Word Search 11:00am – Chair Zumba with Bethany 12:00pm – Congregate Lunch 1:00pm-Tech Support 2:00pm-Karaoke 3:00pm-Arts & Crafts	24. 10:00am – Creative Coloring/ Word Search 11:00am– Chair Exercise 12:00pm – Congregate Lunch 1:00pm- Crocheting w/Gladys 1:00pm-Tech Support 2:00pm- Art of Film 3:00pm-Advisory Board Meeting	PANTRY 25. 10:00am – Creative Coloring/ Word Search 11:00am– Chair Exercise 12:00pm– Congregate Lunch EARLY DISMISSAL		
30. 10:00am – Creative Coloring/ Word Search 11:00am – Chair Zumba with Bethany 12:00pm – Congregate Lunch 1:00pm-Tech Support 2:00pm-Karaoke 3:00pm-General Board Meeting				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

NEIGHBORHOOD SHOPP celebrating over 45 years of community support

Guess Older Adult Center

November 2026

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
2. Arroz con Pollo (Chicken and Rice) Asian Cucumber Salad Habichuelas Guisadas (Stewed Pinto Beans) Plum String Cheese Apple Juice	3. Baked Pork Chops Arugula with Balsamic Vinaigrette Home Fries with Peppers and Onions Apple Orange Pineapple Juice	4. Chicken Rice Soup Baked Turkey Wings Whole Wheat Bread Broccoli with Toasted Garlic Garlic Mashed Potatoes Nectarine Grape Juice	5. Spinach, Apple and Red Onion Salad Fish Curry with Tomato Sauce Coconut Rice and Pigeon Peas Sauteed Chayote with Red Peppers Watermelon Orange Juice	6. Tzatziki Yogurt Dressing Vegan Kale Spanakopita Apple and Beet Salad Pear A nice Vegetable Soup Apple Juice
9. Beef Meatloaf Cornbread Asian Cucumber Salad Apple Juice Garlic Mashed Potatoes	10. Dominican Vegan Sancocho (Root Vegetable Stew) Oven Baked Brown Rice and Lentils Asian Cucumber Salad Banana Orange Juice Halved Avocado	PANTRY 11. Turkey Stir Fry with Vegetables Whole Wheat Bread Vegetable Lo Mein Peach Orange Pineapple Juice	12. Caribbean Style BBQ Chicken Brown Rice Caribbean Style Roasted Cabbage with Carrots Watermelon	13. A Nice Vegetable Soup Baked Salmon with Cilantro Citrus Sauce Cilantro Lime Brown Rice Beet Salad Orange
16. Jamaican Jerk Veggie Burger Cabbage Carrot Slaw Roasted Sweet Potato Fries Frozen Mixed Berries Orange Pineapple Juice	17. Curried Lentil Soup BBQ Pulled Pork Dominican Moro Broccoli and Red Peppers Peach Apple Juice	18. Split Pea Soup Baked Turkey Wings Asian Cucumber Salad Garlic and Rosemary Roasted Potatoes Applesauce Orange Juice	19. !!! Special Menu for Thanksgiving Celebration !!!!	20. Vegetable Soup Baked Lean Lamb Chops Baked Sweet Potato Applesauce Grape Juice
23. Blackeye Pea Curry with Potatoes and Tomatoes Brown Rice Hummus Blueberries Apple Juice Vegetable Soup	24. Chicken Tikka Masala Baked Brown Rice Pilaf Asian Inspired Asparagus Apple Grape Juice	PANTRY 25. Carne Guisada (Caribbean Style Beef Stew) Sauteed Spinach Sweet Baked Yams Fresh Pineapple Apple Juice Split Pea Soup		
30. Vegetable Soup Habichuelas Guisadas (Stewed Pinto Beans) Brown Rice Carrot Apple Raisin Salad Grapes				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)