



June 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Activities and Events Are Subject To Change At Any Time.</p>				<p><i>Office Hours are from</i> 9:00am – 5:00pm</p>
<p>3 10:00 - 11:00am – Coffee Time 11:00 - 12:00pm – Walking Club 12:00 - 1:00pm – LUNCH 1:00 – 2:00pm - 2:00 - 4:30pm - Dominoes</p>	<p>4 10:00 – 11:00am – Coffee Time 12:00 – 1:00pm – LUNCH / Afro Latin Jazz 1:00 - 2:00 pm – Fire Drill Presentation 1:30 – 3:00pm – Cultural Art Class 3:00 – 4:30pm – BINGO</p>	<p>5 10:00 – 11:00pm – BP Reading 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 1:00 – 2:00pm – Yoga 2:00 – 3:30pm – Cultural Arts Class 3:30 – 4:30pm- Dominoes</p>	<p>6 10:00 – 11:00am – Coffee Time 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH / Afro Latin Jazz 1:00 – 2:00pm – 2:00 – 4:30pm - BINGO</p>	<p>7 10:00 – 11:00am – Coffee Time 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 1:00 – 2:00pm - Yoga 3:00 – 4:30pm – Art Class</p>
<p>10 10:00 - 11:00am – Coffee Time 11:00 - 12:00pm – Walking Club 12:00 - 1:00pm – LUNCH 1:00 – 2:00pm - Chair Aerobics (DJ) 2:00 - 4:30pm - Dominoes</p>	<p>11 10:00 – 11:00am – Coffee Time 12:00 – 1:00pm – LUNCH / Afro Latin Jazz 1:00 – 2:00pm - Massage Therapy 1:30 – 3:00pm – Cultural Art Class 3:00 – 4:30pm – BINGO</p>	<p>12 10:00 – 11:00am – Coffee Time 10:00 – 11:00pm – BP Reading 11:00 – 12:00pm – Yoga 12:00 – 1:00pm – LUNCH 1:00 – 1:30pm – Advisory Board Meeting 2:00 – 3:30pm – Cultural Arts Class 3:30 – 4:30pm – Dominoes</p>	<p>13 10:00 – 11:00am – Coffee Time 11:00 – 12:00pm – Current Events 12:00 – 1:00pm – LUNCH / Afro Latin Jazz 1:00 – 2:00pm – Chair Aerobics (Live DJ) 2:00 – 4:30pm - BINGO</p>	<p>14 10:00 – 11:00am – Coffee Time 10:00 – 1:00pm – Walking Club 12:00 – 1:00pm – LUNCH 1:00 - 2:00pm – Yoga 2:00 – 3:30pm – Art Class</p>
<p>17 10:00 - 11:00am – Coffee Time 11:00 - 12:00pm – Walking Club 12:00 - 1:00pm – LUNCH 1:00 – 2:00pm - Chair Aerobics (DJ) 2:00 - 4:30pm - Dominoes</p>	<p>18 10:00 – 12:00pm – Coffee Time 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – Father Day BBQ/ Afro Latin Jazz festival 1:00 – 2:00pm – Massage Therapy 1:30 – 3:00pm – Cultural Art Class 3:00 – 4:30pm – BINGO</p>	<p>19 10:00 – 11:00pm – BP Reading 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 1:00 – 2:00pm – Yoga 2:00 – 3:30pm – Cultural Arts Class 3:30 – 4:30pm- Dominoes</p>	<p>20 10:00 – 11:00am – Coffee Time 10:00 - 4:00pm - Resorts World Casino Trip 12:00 – 1:00pm – LUNCH / Afro Latin Jazz 1:00 – 2:00pm – Chair Aerobics (DJ) 2:00 – 4:30pm- BINGO</p>	<p>21 10:00 – 11:00am – Coffee Time 11:00 - 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 1:00 - 2:00pm – Yoga 2:00 – 3:30pm – Art Class</p>
<p>24 10:00 - 11:00am – Coffee Time 11:00 - 12:00pm – Walking Club 12:00 - 1:00pm – LUNCH 1:00 – 2:00pm - Chair Aerobics (DJ) 2:00 - 4:30pm - Dominoes</p>	<p>25 10:00 – 12:00pm – Coffee Time 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 1:00 – 2:00pm – Massage Therapy 1:30 – 3:00pm – Cultural Art Class 3:00 – 4:30pm – BINGO</p>	<p>26 10:00 – 11:00am – Coffee Time 10:00 – 11:00pm – BP Reading 10:00 - 12:00pm – Trip to BAM /Senior Dance Party 12:00 – 1:00pm – LUNCH 1:00 – 2:00pm – Yoga 2:00 – 3:30pm – Cultural Arts Class 3:30 – 4:30pm- Dominoes</p>	<p>27 10:00 – 11:00am – Coffee Time 11:00 – 12:00pm – Current Events 12:00 – 1:00pm – LUNCH 1:00 – 2:00pm – Chair Aerobics (Live DJ) 2:00 – 4:30pm- BINGO</p>	<p>28 10:00 – 11:00am – Coffee Time 10:00 - 12:00pm - Aqueduct Flea Market Trip 12:00 – 1:00pm – LUNCH 1:00 - 2:00pm – Yoga 2:00 – 3:30pm – Art Class 4:00 - Fogging Treatment</p>



June 2019 MENU

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><i>Daily</i></p> <ul style="list-style-type: none"> - Milk, Low Fat, 1% - Whole Wheat Bread - Margarine, Dressing/Ketchup 		<p>*Activities and Events are subject to change at any time.</p>		<p>Office Hours are from 9:00am – 5:00pm</p>
<p>3 BBQ Chicken Baked Mac & Cheese Braised Collard Greens Orange Juice Pears</p>	<p>4 Baked Tilapia Rice Pilaf Broccoli & Red Peppers Apple Juice Bananas</p>	<p>5 Stewed Pork Chops Green Bean Sautéed Instant Mashed Potatoes Grape Juice Oranges</p>	<p>6 Spanish Style Baked Chicken Yellow Rice Carrots Apple Juice Bananas</p>	<p>7 Cod Fillet O’Fish Sandwich Roasted Sweet Potato Fries Baby Spinach Salad Grape Juice Apples</p>
<p>10 Beef Salisbury Steak w/Mushroom Sauce Yellow Rice Carrots Orange Juice Pears</p>	<p>11 Lemon Chicken Egg Noodles Italian Blended Vegetables Apple Juice Bananas</p>	<p>12 Home Made Fish Cakes Cole Slaw Roasted Potatoes Orange Juice Apples</p>	<p>13 Pork Stir Fry w/Vegetables White Rice Broccoli w/Toasted Garlic Apple Juice Bananas</p>	<p>14 Chicken Salad Classic Macaroni Salad Pita Halves Israeli Salad Grape Juice Oranges</p>
<p>17 Oven Fried Chicken Baked Mac & Cheese Sautéed Green Beans Orange Juice Apples</p>	<p>18 Sweet Potato Salad Macaroni Salad Lettuce & Tomato Salad</p>	<p>19 Arroz con Pollo Rice w/Chicken Okra w/Tomatoes Orange Juice Apples</p>	<p>20 Beef & Pepper Pasta Sautéed Spinach Grape Juice Bananas</p>	<p>21 Fish w/Creole Sauce Black Beans & Rice Lettuce & Tomato Salad Apple Juice Oranges</p>
<p>24 Baked Asian Style Honey Chicken Sautéed Green Beans Smashed Red Potatoes Orange Juice Apples</p>	<p>25 BBQ Pork Chops Rice & Beans Normandy Blended Vegetables Apple Juice Bananas</p>	<p>26 Rosemary Chicken Baby Carrots w/Parsley Baked Potatoes Grape Juice Oranges</p>	<p>27 Baked Breaded Fish Pasta Primavera Steamed Broccoli Apple Juice Bananas</p>	<p>28 Home Made Turkey Salad Garden Salad Sweet Potatoes Salad Grape Juice Apples</p>



Cooper Park Social Club

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