

**JUNE 2019 ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3 9am – 4pm LEISURE GAMES</b>  <b>11am SENIORCISE</b>  <b>12 NOON LUNCH</b>  <b>12:30pm CREATE &amp; DESIGN W/ ARLENE</b></p>	<p><b>4 9am – 4pm LEISURE GAMES</b>  <b>9:30 BINGO</b>  <b>10:00 NYC ROAD RUNNERS</b>                      11am – INDIAN &amp; BELLY DANCING  <b>12 NOON LUNCH</b>  <b>12:30 COLOR YOUR WORLD</b>  <b>12:45 ACRYLIC PAINTING</b></p>	<p><b>5 9am – 4pm LEISURE GAMES</b>  <b>9:15 am BRAIN CANDY TRIVIA</b>  <b>10:15 am NAME THAT TUNE</b>  <b>11am YOGA</b>  <b>12 NOON LUNCH</b>                      12:45 MACRAME</p>	<p><b>6 9am – 4pm LEISURE GAMES</b>  <b>9:30 BINGO</b>  <b>10am CHAIR PILATES</b>  <b>11 AM – TAI CHI FOR ARTHRITIS</b>                      10:30 COLOR YOUR WORLD  <b>12 NOON LUNCH</b></p>	<p><b>7 9am – 4pm LEISURE GAMES</b>  <b>9:30 BINGO</b>                      9:30 THEATRE GAMES W/ LISA  <b>10:30 GENTLE AEROBICS</b>  <b>12 NOON LUNCH</b></p>
<p><b>10 THE CENTER WILL BE CLOSED FOR SHAVUOT</b></p>	<p><b>11 9am – 4pm LEISURE GAMES</b>  <b>9:30 BINGO</b>  <u><b>10:00 AM ADVISORY BOARD MEETING</b></u>  <b>10:00 NYC ROAD RUNNERS</b>                      11am – INDIAN &amp; BELLY DANCING  <b>12 NOON LUNCH</b>  <b>12:30 COLOR YOUR WORLD</b>  <b>12:45 ACRYLIC PAINTING</b></p>	<p><b>12 9am – 4pm LEISURE GAMES</b>  <b>9:15AM BRAIN CANDY TRIVIA</b>  <b>10am ZUMBA GOLD</b>  <b>10am NAME THAT TUNE</b>  <b>11am YOGA</b>  <u><b>11:30 LUNCH FOR CONCERT GOERS</b></u>  <u><b>12:00 - BUS LEAVES FOR FREE CONCERT</b></u>                      12 NOON LUNCH  <b>1:30 - MACRAME</b></p>	<p><b>13 9am – 4pm LEISURE GAMES</b>  <b>9:30 BINGO</b>  <b>10am CHAIR PILATES</b>  <b>11 AM – TAI CHI FOR ARTHRITIS</b>  <u><b>11:45 – TRIP TO MOVIES &amp; RESTAURANT</b></u>  <b>12 NOON LUNCH</b></p>	<p><b>14 9am – 4pm LEISURE GAMES</b>  <b>9:30 BINGO</b>                      9:30 THEATRE GAMES W/ LISA  <b>10:30 GENTLE AEROBICS</b>  <b>12 NOON LUNCH</b></p>
<p><b>17 9am – 4pm LEISURE GAMES</b>  <b>11am SENIORCISE</b>  <b>12 NOON LUNCH</b>  <b>12:30pm CREATE &amp; DESIGN W/ ARLENE</b></p>	<p><b>18 9am – 4pm LEISURE GAMES</b>  <b>9:30 BINGO</b>  <b>10:00 NYC ROAD RUNNERS</b>                      11am – INDIAN &amp; BELLY DANCING  <b>12 NOON LUNCH</b>  <b>12:30 COLOR YOUR WORLD</b>  <b>12:45 ACRYLIC PAINTING</b></p>	<p><b>19 9am – 4pm LEISURE GAMES</b>  <b>9:15 BRAIN CANDY TRIVIA</b>  <b>10am ZUMBA GOLD</b>  <b>10am NAME THAT TUNE</b>  <b>11am YOGA</b>  <b>12 NOON LUNCH</b>  <b>12:45 MACRAME</b></p>	<p><b>20 9am – 4pm LEISURE GAMES</b>  <b>9:30 BINGO</b>  <u><b>11 AM – FATHER’S DAY CELEBRATION WITH THE BRIGHTON BEACH BALLET PERFORMING A VARIETY OF ACTS</b></u>  <b>12 NOON LUNCH</b></p>	<p><b>21 9am – 4pm LEISURE GAMES</b>  <b>9:30 BINGO</b>                      9:30 THEATRE GAMES W/ LISA  <b>10:30 GENTLE AEROBICS</b>  <b>12 NOON LUNCH</b></p>
<p><b>24 9am – 4pm LEISURE GAMES</b>  <b>11am SENIORCISE</b>  <b>12 NOON LUNCH</b>  <b>12:30pm CREATE &amp; DESIGN W/ ARLENE</b></p>	<p><b>25 9am – 4pm LEISURE GAMES</b>  <b>9:30 BINGO</b>  <b>10:00 NYC ROAD RUNNERS</b>                      11am – INDIAN &amp; BELLY DANCING  <u><b>12:00 GENERAL MEMBERSHIP MEETING</b></u>                      12 NOON LUNCH  <b>12:30 COLOR YOUR WORLD</b>  <b>12:45 ACRYLIC PAINTING</b></p>	<p><b>26 9am – 4pm LEISURE GAMES</b>  <b>9:15 BRAIN CANDY TRIVIA</b>  <b>10am ZUMBA GOLD</b>  <b>10am NAME THAT TUNE</b>  <b>11am YOGA</b>  <b>12 NOON LUNCH</b>  <b>12:45 MACRAME</b></p>	<p><b>27 9am – 4pm LEISURE GAMES</b>  <b>9:30 BINGO</b>  <b>10am CHAIR PILATES</b>  <b>11 AM – TAI CHI FOR ARTHRITIS</b>  <b>12 NOON LUNCH</b></p>	<p><b>28 9am – 4pm LEISURE GAMES</b>  <b>9:30 BINGO</b>  <b>10:30 GENTLE AEROBICS</b>  <b>12 NOON LUNCH</b></p>
	<p><b>*****SUNDAY - JUNE 2<sup>ND</sup>*****</b>  <b>VOLUNTEER MYSTERY TRIP</b>  <b>10:30 AM</b></p>		<p><b>*****SUNDAY – JUNE 23<sup>RD</sup> *****</b>  <b>BROADWAY SHOW OKLAHOMA!</b>  <b>10:45 AM</b></p>	



**JUNE 2019 MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3 STUFFED PEPPERS W/ TURKEY</b> ROASTED VEGGIE COUSCOUS &amp; GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD BULGUR SALAD &amp; GREEN BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p><b>4 SHAKE &amp; BAKE CHICKEN</b> SUCCOTASH SALAD &amp; WINTER VEGGIES</p> <p><u>ALTERNATE MEAL</u> – EGG SALAD SUCCOTASH SALAD &amp; BEET SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p><b>5 BEEF BURGER ON A BUN</b> POTATO SALAD &amp; COLE SLAW</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD POTATO SALAD &amp; COLE SLAW WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p><b>6 BAKED SALMON W/ CITRUS SAUCE</b> BROWN RICE W/ MUSHROOMS &amp; CARROTS</p> <p><u>ALTERNATE MEAL</u>– CURRY CHICKEN SALAD LENTIL SALAD &amp; CARROT SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p><b>7 BROWN GRAVY ROASTED CHICKEN</b> POTATO KUGEL &amp; CREAMY SPINACH</p> <p><u>ALTERNATE MEAL</u> - GEFILTE FISH CUCUMBER SALAD &amp; RED CABBAGE SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p><b>10 THE CENTER WILL BE CLOSED</b> <b>FOR</b> <b>SHAVUOT</b></p>	<p><b>11 SWEET &amp; SOUR MEATBALLS</b> KASHA &amp; GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD 3 BEAN SALAD &amp; CUCUMBER SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p><b>12 CHICKEN FAJITAS ON PITA BREAD</b> TOSSED SALAD WITH DRESSING</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD W/ EGG TOSSED SALAD &amp; LENTIL SALAD PITA BREAD MILK TO TAKE HOME</p>	<p><b>13 BREADED FISH FILLET</b> CORN SALAD &amp; COLE SLAW</p> <p><u>ALTERNATE MEAL</u> – CHICKEN SALAD TRI-COLOR PASTA &amp; COLE SLAW WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p><b>14 HAWAIIAN CHICKEN LEGS</b> CALIFORNIA VEGGIES &amp; MASHED POTATOES</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH ISRAELI SALAD &amp; CARROT SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p><b>17 TURKEY BURGER ON A BUN</b> SPICED SWEET POTATOES &amp; GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD GREEN BEAN SALAD &amp; SWEET POTATO SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p><b>18 CHICKEN FRANCAISE</b> ORZO W/ VEGGIES &amp; CALIFORNIA VEGGIES</p> <p><u>ALTERNATE MEAL</u> – EGG SALAD ORZO W/ VEGGIES &amp; CABBAGE SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p><b>19 BEEF LASAGNA</b> TOSSED SALAD W/ DRESSING</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD QUINOA SALAD &amp; TOSSED SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p><b>20 POACHED SALMON</b> BARLEY CORN SALAD &amp; CUCUMBER SALAD</p> <p><u>ALTERNATE MEAL</u>– TURKEY SALAD BARLEY CORN SALAD &amp; CUCUMBER SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p><b>21 ROASTED CHICKEN</b> NOODLE KUGEL &amp; CARROTS</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH 3 BEAN SALAD &amp; CARROT SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p><b>24 CALIFORNIA TURKEY MEATLOAF</b> MASHED POTATOES &amp; STEAMED CARROTS</p> <p><u>ALTERNATE MEAL</u>–TUNA SALAD CARROT SALAD &amp; HERB POTATO SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p><b>25 ROASTED CHICKEN SHAWARMA</b> HUMMUS &amp; ISRAELI SALAD</p> <p><u>ALTERNATE MEAL</u> – BAKED FALAFEL HUMMUS &amp; ISRAELI SALAD PITA BREAD MILK TO TAKE HOME</p>	<p><b>26 STUFFED CABBAGE</b> PASTA &amp; CALIFORNIA VEGGIES</p> <p><u>ALTERNATE MEAL</u> –SALMON SALAD MACARONI SALAD &amp; BEET SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p><b>27 SALMON BURGER ON A BUN</b> HOME FRIES &amp; CUCUMBER SALAD</p> <p><u>ALTERNATE MEAL</u>– CURRY CHICKEN SALAD POTATO SALAD &amp; CUCUMBER SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p><b>28 ROAST CHICKEN</b> KASHA VARNISHKAS &amp; SPINACH SOUFFLE</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH COUSCOUS SALAD &amp; GREEN BEAN SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
				<p><b>MAUZONE KOSHER CATERER</b> *****</p> <p><b><u>THE MENU IS SUBJECT TO CHANGE</u></b> <b><u>WITHOUT ADVANCE NOTICE</u></b></p>



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SUE ANN PARTNOW – PROGRAM DIRECTOR  
LILLIAN McPHAUL – PROGRAM COORDINATOR  
ALBERT KADOSH – FOOD TECHNICIAN  
MICHAEL FLEISCHER – COMMUNITY AIDE

CASE ASSISTANCE AVAILABLE  
SOCIAL WORKER ON PREMISES EVERY MONDAY BEGINNING JUNE 3<sup>RD</sup>

**CENTER HOURS**

8:00am to 4:00pm  
Monday-Friday

**UPCOMING SPECIAL EVENTS**

**JUNE 2<sup>ND</sup> – VOLUNTEER MYSTERY TRIP**  
**JUNE 10<sup>TH</sup> – THE CENTER WILL BE CLOSED FOR SHAVUOT**  
**JUNE 11<sup>TH</sup> – ADVISORY BOARD MEETING**  
**JUNE 12<sup>TH</sup> – FREE CONCERT TRIP WITH THE MICHAEL DAVID BAND**  
**JUNE 13<sup>TH</sup> – TRIP TO THE MOVIES AND RESTAURANT**  
**JUNE 20<sup>TH</sup> – CELEBRATE FATHER’S DAY WITH A VARIETY SHOW FROM  
THE BRIGHTON BEACH BALLET**  
**JUNE 23<sup>RD</sup> – BROADWAY SHOW – OKLAHOMA!**  
**JUNE 25<sup>TH</sup> – GENERAL MEMBERSHIP MEETING**

**\*\*\*\*TAI CHI FOR ARTHRITIS WILL CONTINUE THROUGH THE MONTH OF JUNE\*\*\*\***

**CHECK THE CENTER’S BULLETIN BOARD FOR UPCOMING EVENTS**