



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Activities & Events are subject to change at any time.</p> <p>Office Hours are from 9:00am – 5:00pm</p>		<p>1</p> <p>10:00 - 11:00am – Coffee Time 10:30 – 11:30pm – BP Reading 11:30 – 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>2</p> <p>10:00 – 11:00am – Coffee Time 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 12:00 – 1:00pm – Afro Latin Jazz 1:00 – 2:00pm – Chair Aerobics (DJ) 2:00 – 4:30pm - BINGO</p>	<p>3</p> <p>10:00 – 11:00am – Coffee Time 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 12:00 – 1:00pm - Ahava Presentation 1:00 - 2:00pm – Yoga 2:30 – 3:30pm – Art Class 4:00pm – Fogging Treatment</p>
<p>6</p> <p>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>7</p> <p>10:00 – 11:00am – Coffee Time 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 12:00 – 1:00pm – Afro Latin Jazz 12:00 – 1:00pm – Mother’s Day Party 1:00 – 2:00pm - Massage Therapy 1:30 – 3:00pm – Cultural Art Class 3:00 – 4:30pm – BINGO</p>	<p>8</p> <p>10:00 - 11:00am – Coffee Time 10:30 – 11:00pm – BP Reading 11:00 – 12:00pm – Yoga 12:00 – 1:00pm – LUNCH 12:00 – 100pm – Food Presentation <u>1:00 – 1:30pm – Advisory Board Meeting</u> 2:00 – 3:30pm – Cultural Arts Class 3:30 – 4:30pm – Dominoes</p>	<p>9</p> <p>10:00 – 11:00am – Coffee Time 11:00 – 12:00pm – Current Events 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 12:00 – 1:00pm – Afro Latin Jazz 1:00 – 2:00pm – Chair Aerobics (Live DJ) 2:00 – 4:30pm - BINGO</p>	<p>10</p> <p>9:30 – 12:00pm – FAN Food 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 10:00 am – 1:00pm WellCare Piano/Sip Trip</p>
<p>13</p> <p>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>14</p> <p>10:00 – 12:00pm – Coffee Time 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 12:00 – 1:00pm – Afro Latin Jazz 1:00 – 2:00pm – Massage Therapy 1:30 – 3:00pm – Cultural Art Class 3:00 – 4:30pm – BINGO</p>	<p>15</p> <p>10:00 - 11:00am – Coffee Time 10:30 – 11:30pm – BP Reading 11:30 – 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>16</p> <p>10:00 – 11:00am – Coffee Time 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 12:00 – 1:00pm – Afro Latin Jazz 1:00 – 2:00pm – Chair Aerobics (DJ) 2:00 – 4:30pm - BINGO</p>	<p>17</p> <p>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 BAM Movie Trip (Saraina)</p>
<p>20</p> <p>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>21</p> <p>10:00 – 12:00pm – Coffee Time 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 12:00 – 1:00pm – Afro Latin Jazz 1:00 – 2:00pm – Massage Therapy 1:30 – 3:00pm – Cultural Art Class 3:00 – 4:30pm – BINGO</p>	<p>22</p> <p>10:00 - 11:00am – Coffee Time 10:30 – 11:30pm – BP Reading 11:30 – 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>23</p> <p>10:00 – 11:00am – Coffee Time 11:00 – 12:00pm – Current Events 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 12:00 – 1:00pm – Afro Latin Jazz 1:00 – 2:00pm – Chair Aerobics (Live DJ) 2:00 – 4:30pm - BINGO</p>	<p>24</p> <p>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>27</p> <p>Cooper Park SC Closed for Memorial Day</p>	<p>28</p> <p>10:00 – 12:00pm – Coffee Time 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 12:00 – 1:00pm – Afro Latin Jazz 1:00 – 2:00pm – Massage Therapy 1:30 – 3:00pm – Cultural Art Class 3:00 – 4:30pm – BINGO</p>	<p>29</p> <p>10:00 - 11:00am – Coffee Time 10:30 – 11:30pm – BP Reading 11:30 – 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>30</p> <p>10:00 – 11:00am – Coffee Time 11:00 – 12:00pm – Current Events 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 12:00 – 1:00pm – Afro Latin Jazz 1:00 – 3:00pm – May Birthday Celebrations 3:00 – 4:30pm- BINGO</p>	<p>31</p> <p>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 4:00pm – Fogging Treatment</p>



May Menu 2019

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><i>*Activities and Events are subject to change at any time.</i></p> <p><i>Office Hours are from 9:00am – 5:00 pm</i></p>	<p><u>Daily</u></p> <ul style="list-style-type: none"> ○ <i>Milk, Low Fat, 1%</i> ○ <i>Whole Wheat Bread</i> ○ <i>Margarine, Dressing/Ketchup</i> 	<p>1</p> <p>Home Made Fish Cake Roasted Potatoes Cole Slaw Orange Juice Apples</p>	<p>2</p> <p>Pork Stir Fry w/Vegetables White Rice Broccoli w/Toasted Garlic Apple Juice Bananas</p>	<p>3</p> <p>Chicken Salad Israeli Salad Classic Macaroni Salad Pita Halves Grape Juice Oranges</p>
<p>6</p> <p>Oven Fried Chicken Baked Mac & Cheese Sautéed Green Beans Orange Juice Apples</p>	<p>7</p> <p>Mango Chutney Pork Roast Baked Potatoes Normandy Blend Apple Juice Bananas</p>	<p>8</p> <p>Arroz con Pollo Chicken Breast w/Rice Okra w/Tomatoes Orange Juice Apples</p>	<p>9</p> <p>Beef & Pepper Pasta Sautéed Spinach Grape Juice Bananas</p>	<p>10</p> <p>Fish w/Creole Sauce Black Beans & Rice Lettuce & Tomato Salad Apple Juice Oranges</p>
<p>13</p> <p>Baked Asian Style Honey Chicken Sautéed Green Beans Smashed Red Potatoes Orange Juice Apples</p>	<p>14</p> <p>BBQ Pork Chops Rice & Beans Normandy Blended Vegetables Apple Juice Bananas</p>	<p>15</p> <p>Rosemary Chicken Baby Carrots w/Parsley Baked Potatoes Grape Juice Oranges</p>	<p>16</p> <p>Baked Breaded Fish Pasta Primavera Steamed Broccoli Apple Juice Bananas</p>	<p>17</p> <p>Home Made Turkey Salad Garden Salad Sweet Potato Salad Grape Juice Apples</p>
<p>20</p> <p>Beef Pot Roast Italian Blended Vegetables Roasted Potatoes Orange Juice Apples</p>	<p>21</p> <p>Baked Chicken Brown Rice Cabbage & Carrot Slaw Apple Juice Bananas</p>	<p>22</p> <p>Sweet & Sour Pork Loin Instant Mashed Potatoes Cauliflower w/Carrots & Parsley Orange Juice Oranges</p>	<p>23</p> <p>Curry Chicken White Rice Broccoli w/Toasted Garlic Apple Juice Bananas</p>	<p>24</p> <p>Baked Fish w/Black Bean Sauce Egg Noodles Steamed Green Beans Grape Juice Apples</p>
<p>27</p> <p>Cooper Park SC Closed for Memorial Day</p>	<p>28</p> <p>Teriyaki Chicken Chinese Style Spaghetti Oriental Blended Vegetables Apple Juice Bananas</p>	<p>29</p> <p>Baked Whiting Fish Fillets Baked Red Potato Wedges Sautéed Spinach Grape Juice Oranges</p>	<p>30</p> <p>Jerk Chicken Rice & Beans Cabbage w/Shredded Carrots Apple Juice Bananas</p>	<p>31</p> <p>Tuna Fish Salad Pasta Salad Cucumber Salad Grape Juice Apples</p>



Cooper Park Social Club

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