


MAY 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*****SUNDAY*****</p> <p>MAY 5TH JOIN US FOR GAMES & YOGA TO MUSIC MORE INFORMATION IS ON THE BULLETIN BOARD</p>	<p>*****SUNDAY*****</p> <p>MAY 19TH LUNCH AT THE CENTER TRIP TO HEALTHY LIVING EXPO</p>	<p>1 9am – 4pm LEISURE GAMES 9:15 am BRAIN CANDY TRIVIA <u>10am HOLOCAUST MEMORIAL CEREMONY</u> 10:15 am NAME THAT TUNE 10:30 COLOR YOUR WORLD 11am YOGA 12 NOON LUNCH 12:45 MACRAME</p>	<p>2 9am – 4pm LEISURE GAMES 9:30 BINGO 10am CHAIR PILATES 10:30 COLOR YOUR WORLD 12 NOON LUNCH</p>	<p>3 9am – 4pm LEISURE GAMES 9:30 BINGO 10 am COLOR YOUR WORLD 10:30 GENTLE AEROBICS 12 NOON LUNCH</p>
<p>6 9am – 4pm LEISURE GAMES 11am SENIORCISE 11am COLOR YOUR WORLD 12 NOON LUNCH 12:30pm CREATE & DESIGN W/ ARLENE</p>	<p>7 9am – 4pm LEISURE GAMES 9:30 BINGO 10:00 NYC ROAD RUNNERS 11am – INDIAN & BELLY DANCING 12 NOON LUNCH 12:30 COLOR YOUR WORLD 12:45 ACRYLIC PAINTING</p>	<p>8 9am – 4pm LEISURE GAMES 9:15AM BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10am NAME THAT TUNE 10:30 COLOR YOUR WORLD 11am YOGA 1:30 - MACRAME</p>	<p>9 9am – 4pm LEISURE GAMES 9:30 BINGO 10am CHAIR PILATES <u>11 AM – TAI CHI FOR ARTHRITIS</u> 12 NOON LUNCH <u>SPECIAL DESSERT FOR OUR NURSES</u> <u>FOR NURSE APPRECIATION MONTH</u></p>	<p>10 9am – 4pm LEISURE GAMES 9:30 BINGO 9:30 THEATRE GAMES W/ LISA 10 am COLOR YOUR WORLD 10:30 GENTLE AEROBICS 12 NOON LUNCH</p>
<p>13 9am – 4pm LEISURE GAMES <u>10am NUTRITION WITH DR.RICK SHIELDS</u> 11am SENIORCISE 11am COLOR YOUR WORLD 12 NOON LUNCH 12:30pm CREATE & DESIGN W/ ARLENE</p>	<p>14 9am – 4pm LEISURE GAMES 9:30 BINGO 10:00 NYC ROAD RUNNERS 11am – INDIAN & BELLY DANCING 12 NOON LUNCH 12:30 COLOR YOUR WORLD 12:45 ACRYLIC PAINTING</p>	<p>15 9am – 4pm LEISURE GAMES 9:15 BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10am NAME THAT TUNE 10:30 COLOR YOUR WORLD 11am YOGA 12 NOON LUNCH 12:45 MACRAME</p>	<p>16 9am – 4pm LEISURE GAMES 9:30 BINGO 10am CHAIR PILATES <u>11 AM – TAI CHI FOR ARTHRITIS</u> 12 NOON LUNCH</p>	<p>17 9am – 4pm LEISURE GAMES 9:30 BINGO 9:30 THEATRE GAMES W/ LISA 10 am COLOR YOUR WORLD 10:30 GENTLE AEROBICS 12 NOON LUNCH</p>
<p>20 9am – 4pm LEISURE GAMES 11am SENIORCISE 11am COLOR YOUR WORLD 12 NOON LUNCH 12:30pm CREATE & DESIGN W/ ARLENE</p>	<p>21 9am – 4pm LEISURE GAMES 9:30 BINGO 10:00 NYC ROAD RUNNERS 11am – INDIAN & BELLY DANCING 12 NOON LUNCH 12:30 COLOR YOUR WORLD 12:45 ACRYLIC PAINTING</p>	<p>22 9am – 4pm LEISURE GAMES 9:15 BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10am NAME THAT TUNE 11am YOGA 12 NOON LUNCH 12:45 MACRAME</p>	<p>23 9am – 4pm LEISURE GAMES 9:30 BINGO 10am CHAIR PILATES <u>11 AM – TAI CHI FOR ARTHRITIS</u> 12 NOON LUNCH</p>	<p>24 9am – 4pm LEISURE GAMES 9:30 BINGO 9:30 THEATRE GAMES W/ LISA 10 am COLOR YOUR WORLD 10:30 GENTLE AEROBICS 12 NOON LUNCH</p>
<p>27</p> <p>THE CENTER IS CLOSED FOR MEMORIAL DAY</p>	<p>28 9am – 4pm LEISURE GAMES 9:30 BINGO 10:00 NYC ROAD RUNNERS 11am – INDIAN & BELLY DANCING 12 NOON LUNCH <u>SPECIAL DESSERT TO CELEBRATE THE</u> <u>RECIPIENT OF THE COMPTROLLER'S</u> <u>OLDER AMERICAN MONTH AWARD</u> 12:45 ACRYLIC PAINTING</p>	<p>29 9am – 4pm LEISURE GAMES 9:15 BRAIN CANDY TRIVIA 10am ZUMBA GOLD 10am NAME THAT TUNE <u>10:45 EARLY MEAL FOR TRIP GOERS</u> 11am YOGA <u>11:45 BUS FOR BROADWAY SHOW</u> <u>"AINT TOO PROUD"</u> 12 NOON LUNCH 12:45 MACRAME</p>	<p>30 9am – 4pm LEISURE GAMES 9:30 BINGO 10am CHAIR PILATES <u>11 AM – TAI CHI FOR ARTHRITIS</u> 12 NOON LUNCH</p>	<p>31 9am – 4pm LEISURE GAMES <u>9:15 BUS DEPARTS FOR TRIP</u> <u>AROUND NYC ON SPIRIT CRUISE</u> 9:30 BINGO 10 am COLOR YOUR WORLD 10:30 GENTLE AEROBICS 12 NOON LUNCH</p>

MAY 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MAUZONE KOSHER CATERER *****</p> <p>THE MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE</p>		<p>1 CHICKEN FRAJITAS WHITE RICE & GARDEN SALAD</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD W/EGG LENTIL SALAD & GARDEN SALAD PITA BREAD MILK TO TAKE HOME</p>	<p>2 BREADED FISH CORN W/ RED PEPPERS & COLE SLAW</p> <p><u>ALTERNATE MEAL</u> –CHICKEN SALAD TRI COLOR PASTA SALAD & COLE SLAW WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>3 ROASTED HAWAIIAN CHICKEN LEGS MASHED POTATOES & MIXED VEGGIES</p> <p><u>ALTERNATE MEAL</u> - GEFILTE FISH CARROT SALAD & ISRAELI SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>6 TURKEY BBQ BURGER ON A BUN SPICED SWEET POTATOES & BEANS</p> <p><u>ALTERNATE MEAL</u> - TUNA SALAD SWEET POTAO SALAD & BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>7 CHICKEN FRANCAISE ORZO W/ VEGGIES & MIXED VEGGIES</p> <p><u>ALTERNATE MEAL</u> – EGG SALAD ORZO/VEGGIES & RED CABBABE SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>8 BEEF LASAGNA TOSSED SALAD WITH DRESSING</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD TOSSED SALAD & QUINOA SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>9 POACHED SALMON CORN SALAD & CUCUMBER SALAD</p> <p><u>ALTERNATE MEAL</u> – TURKEY SALAD CORN SALAD & CUCUMBER SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>10 ROSEMARY CHICKEN NOODLE KUGEL & STEAMED CARROTS</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH THREE BEAN SALAD & CARROT SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>13 CALIFORNIA TURKEY MEATLOAF MASH POTATOES & CARROTS/GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD CARROT/APPLE SALAD & POTATO SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>14 CHICKEN SHAWARMA HUMMUS & ISRAELI SALAD & PITA BREAD</p> <p><u>ALTERNATE MEAL</u> – BAKED FALAFEL HUMMUS & ISRAELI SALAD PITA BREAD MILK TO TAKE HOME</p>	<p>15 STUFFED CABBAGE PASTA & VEGGIE BLEND</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD MACARONI/PEA SALAD & BEET SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>16 SALMON BURGER ON A BUN HOME FRIES & CUCUMBER SALAD</p> <p><u>ALTERNATE MEAL</u>– CURRY CHICKEN SALAD POTATO SALAD & CUCUMBER SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>17 ROASTED CHICKEN KASHA VARNISHKES & SPINACH SOUFFLE</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH COUSCOUS SALAD & GREEN BEAN SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>20 PEPPER STEAK CHINESE SPAGHETTI & CABBAGE</p> <p><u>ALTERNATE MEAL</u>–TUNA SALAD W/EGG MACARONI/PEA SALAD & RED CABBAGE SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>21 SPANISH STYLE ROAST CHICKEN RICE/BEANS & GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD VEGGIE ORZO & CARROT SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>22 SHEPHERD'S PIE W/ BEEF & TURKEY TOSSED SALAD WITH DRESSING</p> <p><u>ALTERNATE MEAL</u> – EGG SALAD POTATO SALAD & TOSSED SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>23 BREADED SOLE FILLET BULGUR SALAD & CREAMY (PARVE) SPINACH</p> <p><u>ALTERNATE MEAL</u> – TURKEY SALAD BULGUR SALAD & GREEN BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>24 GRILLED CARIBBEAN CHICKEN BREAST NOODLE KUGEL & BEET SALAD</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH BOWTIE PASTA & BEET SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>27 TURKEY DRUMSTICKS SWEET POTATO MASH & GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> – EGG SALAD SWEET POTATO SALAD & GREEN BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>28 GARLIC CHICKEN MEATBALLS PASTA & WINTER BLEND VEGGIES</p> <p><u>ALTERNATE MEAL</u> – SALMON SALAD LENTIL SALAD & RED CABBAGE SALAD WHOLD WHEAT BREAD MILK TO TAKE HOME</p>	<p>29 BEEF MOUSSAKA GARDEN SALAD</p> <p><u>ALTERNATE MEAL</u> – TUNA SALAD MACARONI SALAD & GARDEN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>30 TILAPIA FISH FRANCAISE RICE-A-RONI & ISRAELI SALAD</p> <p><u>ALTERNATE MEAL</u> – CHICKEN SALAD RICE SALAD & ISRAELI SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>31 HONEY-APRICOT GLAZED CHICKEN KASHA VARNISHKES & BROCCOLI SOUFFLE</p> <p><u>ALTERNATE MEAL</u> – GEFILTE FISH TRI-COLOR PASTA & CARROT RAISIN SALAD CHALLAH BREAD MILK TO TAKE HOME</p>



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LILLIAN McPHAUL – PROGRAM COORDINATOR
ALBERT KADOSH – FOOD TECHNICIAN
MICHAEL FLEISCHER – COMMUNITY AIDE

CENTER HOURS

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

UPCOMING SPECIAL EVENTS

MAY 1ST – HOLOCAUST MEMORIAL
MAY 5TH – SUNDAY THE CENTER WILL BE OPEN FOR GAMES, YOGA & LUNCH
MAY 9TH – BLOOD PRESSURE & NURSES APPRECIATION DAY
MAY 13TH – NUTRITIONIST DR. RICK SHIELDS
MAY 19TH – LUNCH AT CENTER – TRIP TO HEALTHY LIVING EXPO
MAY 27TH – THE CENTER WILL BE CLOSED FOR MEMORIAL DAY
MAY 28TH – PRESENTATION OF OLDER AMERICAN SERVICE AWARD
MAY 29TH – BROADWAY SHOW TRIP – “AINT TOO PROUD”
MAY 31ST – SPIRIT CRUISE AROUND MANHATTAN

******TAI CHI FOR ARTHRITIS IS SCHEDULED FOR THE MONTH OF MAY******

CHECK THE CENTER'S BULLETIN BOARD FOR UPCOMING EVENTS