







**FEBRUARY 2019 ACTIVITIES**

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1 9am – 4pm LEISURE GAMES</b> <b>9:30 BINGO BOP</b> <b>10 am COLOR YOUR WORLD</b> <b>10:30 GENTLE AEROBICS</b> <b>12 NOON LUNCH</b>
<b>4 9am – 4pm LEISURE GAMES</b> <b>10am CREATE &amp; DESIGN W/ ARLENE</b> <b>10:30 COLOR YOUR WORLD</b> <b>11am SENIORCISE</b> <b>12 NOON LUNCH</b>	<b>5 9am – 4pm LEISURE GAMES</b> <b>9:30 BINGO BOP</b> <b>10:30 NYC ROAD RUNNERS</b> <b>12 NOON LUNCH</b> <b>12:30 COLOR YOUR WORLD</b> <b>12:45 ACRYLIC PAINTING</b>	<b>6 9am – 4pm LEISURE GAMES</b> <b>10am ZUMBA GOLD</b> <b>10am NAME THAT TUNE</b> <b>10:30 COLOR YOUR WORLD</b> <b>11am YOGA</b> <b>12 NOON LUNCH</b> <b>12:45 MACRAME</b>	<b>7 9am – 4pm LEISURE GAMES</b> <b>9:30 BINGO BOP</b> <b>10am LEISURE GAMES</b> <b>10:30 COLOR YOUR WORLD</b> <b>10:30 MOVIES AND RESTAURANT</b> <b>11am WALK IN PLACE</b> <b>12 NOON LUNCH</b>	<b>8 9am – 4pm LEISURE GAMES</b> <b>9:30 BINGO BOP</b> <b>10 am COLOR YOUR WORLD</b> <b>10:30 GENTLE AEROBICS</b> <b>12 NOON LUNCH</b>
<b>11 9am – 4pm LEISURE GAMES</b> <b>10am CREATE &amp; DESIGN W/ ARLENE</b> <b>10am NUTRITION W/ RICK SHIELDS</b> <b>10:30 COLOR YOUR WORLD</b> <b>11am SENIORCISE</b> <b>12 NOON LUNCH</b>	<b>12 9am – 4pm LEISURE GAMES</b> <b>9:30 BINGO BOP</b> <b>10:30 NYC ROAD RUNNERS</b> <b>12 NOON LUNCH</b> <b>12:30 COLOR YOUR WORLD</b> <b>12:45 ACRYLIC PAINTING</b>	<b>13 9am – 4pm LEISURE GAMES</b> <b>9:15 BRAIN CANDY TRIVIA</b> <b>10am ZUMBA GOLD</b> <b>10am NAME THAT TUNE</b> <b>10:30 COLOR YOUR WORLD</b> <b>11am YOGA</b> <b>12 NOON LUNCH</b> <b>12:45 MACRAME</b>	<b>14 9am – 4pm LEISURE GAMES</b> <b>9:30 BINGO BOP</b> <b>10am LEISURE GAMES</b> <b>10:30 COLOR YOUR WORLD</b> <b>11am WALK IN PLACE</b> <b>12 NOON LUNCH</b> <b>12 NOON HEART TO HEART ENTERTAINER</b> 	<b>15 9am – 4pm LEISURE GAMES</b> <b>9:30 BINGO BOP</b> <b>10 am COLOR YOUR WORLD</b> <b>10am BLACK HISTORY MONTH</b> <b>SPEAKER JUDGE CAROLYN WADE</b> <b>10:30 GENTLE AEROBICS</b> <b>12 NOON LUNCH</b> 
<b>18</b> <b><u>CLOSED</u></b> <b><u>FOR</u></b> <b><u>PRESIDENT'S DAY</u></b> 	<b>19 9am – 4pm LEISURE GAMES</b> <b>9:30 BINGO BOP</b> <b>10:30 NYC ROAD RUNNERS</b> <b>12 NOON LUNCH</b> <b>12:30 COLOR YOUR WORLD</b> <b>12:45 ACRYLIC PAINTING</b>	<b>20 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>	<b>21 9am – 4pm LEISURE GAMES</b> <b>9:30 BINGO BOP</b> <b>10am LEISURE GAMES</b> <b>10:30 CHINESE NEW YEAR EXTRAVAGANZA</b> <b>11am WALK IN PLACE</b> <b>12 NOON LUNCH</b> 	<b>22 9am – 4pm LEISURE GAMES</b> <b>9:30 BINGO BOP</b> <b>10 am COLOR YOUR WORLD</b> <b>10:30 GENTLE AEROBICS</b> <b>12 NOON LUNCH</b>
<b>25 9am – 4pm LEISURE GAMES</b> <b>10am COOKING - FRENCH DIJONNAISE</b> <b>WITH LEE ANDERSON</b> <b>10am CREATE &amp; DESIGN W/ ARLENE</b> <b>10:30 COLOR YOUR WORLD</b> <b>11am SENIORCISE</b> <b>12 NOON LUNCH</b>	<b>26 9am – 4pm LEISURE GAMES</b> <b>9:30 BINGO BOP</b> <b>10:30 NYC ROAD RUNNERS</b> <b>12 NOON LUNCH</b> <b>12:30 COLOR YOUR WORLD</b> <b>12:45 ACRYLIC PAINTING</b>	<b>27 9am – 4pm LEISURE GAMES</b> <b>9:15 BRAIN CANDY TRIVIA</b> <b>10am ZUMBA GOLD</b> <b>10am NAME THAT TUNE</b> <b>10:30 COLOR YOUR WORLD</b> <b>11am YOGA</b> <b>12 NOON LUNCH</b> <b>12:45 MACRAME</b>	<b>28 9am – 4pm LEISURE GAMES</b> <b>9:30 BINGO BOP</b> <b>10am LEISURE GAMES</b> <b>10:30 COLOR YOUR WORLD</b> <b>11am WALK IN PLACE</b> <b>12 NOON LUNCH</b>	

## FEBRUARY 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 ROASTED CHICKEN POTATOES &amp; CARROTS &amp; GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> - GEFILTE FISH ISRAELI SALAD &amp; 3 BEAN SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>4 PEPPER STEAK CHINESE STYLE SPAGHETTI &amp; CARROTS &amp; CABBAGE</p> <p><u>ALTERNATE MEAL</u> - TUNA SALAD MACARONI SALAD &amp; CABBAGE SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>5 OVEN ROASTED CHICKEN SHWARMA ISRAELI SALAD &amp; HUMUS</p> <p><u>ALTERNATE MEAL</u> - BAKED FALAFEL ISRAELI SALAD &amp; HUMUS PITA BREAD MILK TO TAKE HOME</p>	<p>6 TURKEY BURGER ON A BUN POTATO SALAD &amp; TOSSED SALAD</p> <p><u>ALTERNATE MEAL</u> - EGG SALAD POTATO SALAD &amp; TOSSED SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>7 BREADED SOLE FILLET BULGUR SALAD &amp; CREAMY SPINACH</p> <p><u>ALTERNATE MEAL</u> - TURKEY SALAD BULGUR SALAD &amp; GREEN BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>8 SPANISH STYLE ROAST CHICKEN BROWN RICE/BLACK BEAN &amp; BEET SALAD</p> <p><u>ALTERNATE MEAL</u> - GEFILTE FISH BOWTIE PASTA &amp; BEET SALAD CHALLAH BREAD MILK TO TAKE HOME</p>
<p>11 TURKEY DRUMSTICKS SWEET POTATO MASH &amp; GREEN BEANS</p> <p><u>ALTERNATE MEAL</u> - EGG SALAD SWEET POTATO SALAD &amp; BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>12 GARLIC CHICKEN MEATBALLS PASTA &amp; WINTER BLEND VEGGIES</p> <p><u>ALTERNATE MEAL</u> - SALMON SALAD BOWTIE PASTA &amp; CUCUMBER SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>13 BEEF MOUSSAKA GARDEN SALAD</p> <p><u>ALTERNATE MEAL</u> - TUNA NICOISE MACARONI SALAD &amp; GARDEN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>14 BAKED SALMON RICE-A-RONI &amp; RED CABBAGE SALAD</p> <p><u>ALTERNATE MEAL</u> - CHICKEN SALAD CHICKPEA SALAD &amp; RED CABBAGE WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>15 HONEY APRICOT GALZED CHICKEN SPINACH NOODLE KUGEL &amp; BROCCOLI</p> <p><u>ALTERNATE MEAL</u> - GEFILTE FISH TRI-COLOR PASTA &amp; CARROT RAISIN CHALLAH BREAD MILK TO TAKE HOME</p>
<p>18</p> <p style="text-align: center;"><u>CLOSED</u> <u>FOR</u> <u>PRESIDENT'S DAY</u></p>	<p>19 SHAKE &amp; BAKE CHICKEN SWEET POTATO MASH &amp; TOSSED SALAD</p> <p><u>ALTERNATE MEAL</u> - EGG SALAD SWEET POTATO SALAD &amp; TOSSED SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>20 BEEF HAMBURGER ON A BUN RED BLISS POTATOES &amp; COLE SLAW</p> <p><u>ALTERNATE MEAL</u> - SALMON SALAD CORN SALAD &amp; COLE SLAW WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>21 CHOW MEIN &amp; CRISPY NOODLES RICE &amp; CHINESE VEGGIES</p> <p><u>ALTERNATE MEAL</u> - TURKEY SALAD LENTIL SALAD &amp; CARROT SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>22 ROASTED CHICKEN KASHA VARNISHKAS &amp; BABY CARROTS</p> <p><u>ALTERNATE MEAL</u> - GEFILTE FISH CUCUMBER SALAD &amp; RED CABBAGE CHALLAH BREAD MILK TO TAKE HOME</p>
<p>25 TURKEY WITH GRAVY BAKED POTATO &amp; STEAMED BROCCOLI</p> <p><u>ALTERNATE MEAL</u> - SALMON SALAD RED CABBAGE SALAD &amp; POTATO SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>26 CHICKEN CACCIATORE PAST &amp; GREEN BEANS &amp; GARLIC BREAD</p> <p><u>ALTERNATE MEAL</u> - EGG SALAD CARROT SALAD &amp; GREEN BEAN SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>27 SWEET &amp; SOUR MEATBALLS TOASTED BARLEY &amp; BLENDED VEGGIES</p> <p><u>ALTERNATE MEAL</u> - TUNA SALAD LENTIL SALAD &amp; CUCUMBER SALAD WHOLE WHEAT BREAD MILK TO TAKE HOME</p>	<p>28 BREADED FISH CORN W/ RED PEPPERS &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 style="text-align: center;"><b>THE MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE</b></p> 



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**ALBERT KADOSH - FOOD TECHNICIAN**

**CENTER HOURS**

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

**UPCOMING SPECIAL EVENTS**

**FEBRUARY 7<sup>TH</sup> - MOVIE TRIP AND RESTAURANT**  
**FEBRUARY 11<sup>TH</sup> - NUTRITION WITH RICK SHIELDS**  
**FEBRUARY 14<sup>TH</sup> - HEART TO HEART ENTERTAINMENT**  
**FEBRUARY 15<sup>TH</sup> - BLACK HISTORY MONTH SPEAKER - JUDGE CAROLYN WADE**  
**FEBRUARY 18<sup>TH</sup> - CENTER IS CLOSED FOR PRESIDENT'S DAY**  
**FEBRUARY 21<sup>ST</sup> - CHINESE NEW YEAR EXTRAVAGANZA**  
**FEBRUARY 25<sup>TH</sup> - FRENCH DIJONNAISE COOKING DEMO WITH LEE HENDERSON**