

**January 2019 ACTIVITIES**



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>We Will be open Saturday</b>  <b>January 12, 2019</b>  <b>Estaremos abierto el Sabado</b>  <b>Enero 12, 2019</b></p>	<p><b>1</b>  <b>HAPPY NEW YEAR!</b>  <b>Center Closed</b>  <b>Centro Cerrado</b></p>	<p><b>2 Healing Arts w. Evelyn!</b>            9:00 Current Events            10:00 Healing Arts            11:30 Aerobics w/ Tommy            1:00 Leisure Games</p>	<p><b>3</b>            8:30 Relaxation Music            9:00 Current Events            10:00 <b>BP Screening</b>            11:30 Zumba Time!</p>	<p><b>4 CDSMP</b>            8:30 Relaxation Music            9:00 Current Events            10:30 <b>Chronic Disease Self Mgmt.</b>            1:00 Bingo</p>
<p><b>7</b>            10:00 <b>Kidney Failure Prgm</b>            11:00 Health Management            1:00 Aerobics w/ Tommy            1:30 Bingo</p>	<p><b>8 New Years PARTY @1pm</b>            8:30 Relaxation Music            9:30 Current Events            10:00 Leisure Games            1:00 Technology</p>	<p><b>9 Healing Arts w. Evelyn!</b>            9:00 Current Events            10:00 Healing Arts            11:30 Aerobics w/ Tommy            1:00 Leisure games</p>	<p><b>10</b>            8:30 Relaxation Music            9:00 Current Events            10:00 <b>BP Screening</b>            11:30 Zumba Time!</p>	<p><b>11 Pantry Day</b>            9:00 Pantry            12:00 Lunch</p>
<p><b>14</b>            10:00 <b>Kidney Failure Prgm</b>            11:00 Health Management            1:00 Aerobics w/ Tommy            1:30 Bingo</p>	<p><b>15 NYPD Presentation</b>            8:30 Relaxation Music            9:30 Current Events            10:00 Leisure Games            11:00 Elder Abuse Pres</p>	<p><b>16 Healing Arts w. Evelyn!</b>            9:00 Current Events            10:00 Healing Arts            11:30 Aerobics w/ Tommy            1:00 Leisure Games</p>	<p><b>17</b>            8:30 Relaxation Music            9:00 Current Events            10:00 <b>BP Screening</b>            11:30 Zumba Time!</p>	<p><b>18 CDSMP</b>            8:30 Relaxation Music            9:00 Current Events            10:30 <b>Chronic Disease Self Mgmt.</b>            1:00 Bingo</p>
<p><b>21</b>  <b>Center Closed</b>  <b>Centro Cerrado</b></p>	<p><b>22 DOT Safety Presentation</b>            8:30 Relaxation Music            9:30 Current Events            11:00 <b>Pedestrian Safety</b>            1:00 Nutrition Ed</p>	<p><b>23 Healing Arts w. Evelyn!</b>            9:00 Current Events            10:00 Healing Arts            11:30 Aerobics w/ Tommy            1:00 Leisure Games</p>	<p><b>24</b>            8:30 Relaxation Music            9:00 Current Events            10:00 <b>BP Screening</b>            11:30 Zumba Time!</p>	<p><b>25 CDSMP</b>            8:30 Relaxation Music            9:00 Current Events            10:30 <b>Chronic Disease Self Mgmt.</b>            1:00 Bingo</p>
<p><b>28</b>            8:30 Current Events            10:00 Health Management            1:00 Aerobics w/ Tommy            1:30 Bingo</p>	<p><b>29 BIRTHDAY PARTY</b>            8:30 Relaxation Music            9:30 Current Events            10:30 Spa Day            1:00 Cultural Arts</p>	<p><b>30 Healing Arts w. Evelyn!</b>            9:00 Current Events            10:00 Healing Arts            11:30 Aerobics w/ Tommy            1:00 Leisure Games</p>	<p><b>31</b>            8:30 Relaxation Music            9:00 Current Events            10:00 <b>BP Screening</b>            11:30 Zumba Time!</p>	<p><b>Lunch / Almuerzo</b>  <b>12pm-1pm DAILY</b>   <b>HABLAMOS</b>  <b>ESPAÑOL</b></p>



**January 2019 MENU**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>HAPPY NEW YEAR!</b> <b>Open Saturday Jan 12, 2019</b> <b>Abierto Sabado Enero 12, 2019</b>	<b>1</b> <b>CENTER CLOSED</b> <b>CENTRO CERRADO</b>	<b>2 Orange</b> Jerk Chicken Rice and Beans Cabbage W. Shredded Carrots	<b>3 Banana</b> Oven Baked Pork Chops Green Beans Baked Sweet Yams	<b>4 Apple</b> Chicken Parmesan Penne Pasta Broccoli w. Toasted Garlic
<b>7 Peach</b> Baked Tilapia Mashed Sweet Potatoes Roasted Vegetables	<b>8 Banana</b> BBQ Chicken Legs Braised Collard Greens Garlic & Rosemary Roasted Potatoes	<b>9 Orange</b> Pernil(Pork Shoulder) Yellow Rice Mixed Vegetables	<b>10 Banana</b> Oven Fried Chicken Baked Macaroni & Cheese Steamed Green Beans	<b>11 Apple</b> Beef Meatballs Spaghetti Broccoli and Red Peppers
<b>14 Apple</b> Sweet & Sour Pork Chinese Style Spaghetti Oriental Blend	<b>15 Banana</b> Chicken with Black Bean Sauce White Rice Okra W. Tomatoes	<b>16 Orange</b> Beef Stew Egg Noodles Broccoli w. Toasted Garlic	<b>17 Banana</b> Hawaiian Chicken Legs Mashed Sweet Potatoes Sauted String Beans	<b>18 Apple</b> Fish w. Creole sauce Pasta Steamed Kale
<b>21</b> <b>CENTER CLOSED</b> <b>CENTRO CERRADO</b>	<b>22 Banana</b> Stewed Pork Chops Baked Red Potato Wedges Tangy Green Beans	<b>23 Orange</b> Baked Turkey Breast Baked Sweet Potato Collard Greens w. Tomato	<b>24 Banana</b> Baked Teriyaki Fish Rice Pilaf Carrots	<b>25 Apple</b> Garlic Chicken Rice w. Vegetables Brussel Sprouts and Kale Saute
<b>28 Apple</b> Spanish Style Baked Chicken Green Beans Roasted Potatoes	<b>29 Banana</b> Beef and Broccoli Egg Noodles Mixed vegetables	<b>30 Orange</b> Teriyaki Chicken Thighs White Rice Baby Carrots w. Parsley	<b>31 Banana</b> BBQ Pulled Pork Baked Sweet Potato Collard Greens	



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