

September 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Office is Closed for Labor Day</p> 	<p>3</p> <p>10:00 – 12:00pm – Coffee Time 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 1:00 – 2:00pm – Massage Therapy 1:30 – 3:00pm – Cultural Art Class 3:00 – 4:30pm – BINGO</p>	<p>4</p> <p>10:45 – 11:45pm – BP Reading 11:00 – 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>5</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 (Live DJ) 2:00 – 4:30pm- BINGO</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 - Yoga 3:00 – 4:30pm – Art Class</p> <p>City Island Trip</p>
<p>9</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) 1:00 – 2:00pm – American Red Cross Emergency Planning Workshop 2:00 - 4:30pm - Dominoes</p>	<p>10</p> <p>10:00 – 11:00am – Coffee Time 11:00 - 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 1:00 – 2:00pm - Massage Therapy 1:00 – 2:00pm – Tai Chi Class 1:30 – 3:00pm – Cultural Art Class 3:00 – 4:30pm – BINGO</p>	<p>11</p> <p>10:45 – 11:45pm – BP Reading 11:00 - 12:00pm – Walking Club 11:00 – 12:00pm – Yoga 12:00 – 1:00pm – LUNCH <u>1:00 – 1:30pm – Advisory Board Meeting</u> 2:00 – 3:30pm – Cultural Arts Class 3:30 – 4:30pm- Dominoes</p>	<p>12</p> <p>10:00 – 11:00am – Coffee Time 10:00 -3:00- Walmart Trip 11:00 - 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 1:00 – 2:00pm – Chair Aerobics (Live DJ) 2:00 – 4:30pm- BINGO</p>	<p>13</p> <p>10:00 – 1:00pm – FAN Food Delivery 10:00 – 1:00pm – Walking Club 12:00 – 1:00pm – LUNCH 1:00 - 2:00pm – Yoga 2:00 – 3:30pm – Art Class</p>
<p>16</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>17</p> <p>10:00 – 11:00am – Coffee Time 11:00 - 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 1:00 – 2:00pm - Massage Therapy 1:30 – 3:00pm – Cultural Art Class 3:00 – 4:30pm – BINGO</p>	<p>18</p> <p>10:45 – 11:45pm – BP Reading 11:00 – 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>19</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 (Live DJ) 2:00 – 4:30pm- BINGO</p>	<p>20</p> <p>10:00 – 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>23</p> <p>10:00 - 11:00am – Coffee Time 11:00 - 12:00pm – Walking Club 1:00 – 2:00pm - Chair Aerobics (DJ) 2:00 - 4:30pm - Dominoes</p>	<p>24</p> <p>10:00 – 12:00pm – Coffee Time 11:00 – 12:00pm – Walking Club 12:00 – 1:00pm – LUNCH 12:00 - 1:00pm – LUNCH / Fall Party 1:00 – 2:00pm – Massage Therapy 1:30 – 3:00pm – Cultural Arts Class 3:00 – 4:30pm – BINGO</p>	<p>25</p> <p>10:45 – 11:45pm – BP Reading 11:00 – 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>26</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 (Live DJ) 2:00 – 4:30pm- BINGO</p>	<p>27</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 4:00 pm - Fogging Treatment</p>
<p>30</p> <p>Office is Closed for Rosh Hashanah</p>	<p>Office Hours are from 9:00am – 5:00pm</p>	<p>*Activities & Events Are Subject to Change at Any Time.</p>		



September 2019 MENU

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>Daily</p> <ul style="list-style-type: none"> - Milk, Low Fat, 1% - Whole Wheat Bread - Condiments - Juice - Fruit 	<p>Office Hours are from 9:00am – 5:00pm</p>	<p>*Activities and Events are subject to change at any time.</p>		
<p>2 Office is Closed for Labor Day</p>	<p>3 Lemon Chicken Egg Noodles Italian Blended Vegetables</p>	<p>4 Fish Cakes Cole Slaw Roasted Potatoes</p>	<p>5 Pork Stir Fry w/Vegetables White Rice Broccoli w/Toasted Garlic</p>	<p>6 Chicken Salad Macaroni Salad Pita Halves Israeli Salad</p>
<p>9 Oven Fried Chicken Mac & Cheese Sautéed Green Beans</p>	<p>10 Mango Chutney Pork Roast Baked Potatoes Normandy Blended Vegetables</p>	<p>11 Arrow Con Pollo Chicken w/Rice Okra w/Tomatoes</p>	<p>12 Beef & Pepper Pasta Sautéed Spinach</p>	<p>13 Fish w/Creole Sauce Black Beans & Rice Lettuce & Tomatoes</p>
<p>16 Baked Asian Style Honey Chicken Sautéed Green Beans Smashed Red Potatoes</p>	<p>17 BBQ Pork Chops Rice & Beans Normandy Blended Vegetables</p>	<p>18 Rosemary Chicken Baby Carrots w/Parsley Baked Potatoes</p>	<p>19 Baked Breaded Fish Pasta Primavera Steamed Broccoli</p>	<p>20 Turkey Salad Garden Salad Sweet Potato Salad</p>
<p>23 Beef Pot Roast Italian Blended Vegetables Roasted Potatoes</p>	<p>24 Baked Chicken Brown Rice Cabbage Carrot Slaw</p>	<p>25 Sweet & Sour Pork Loin Cauliflower w/Parsley Mashed Potatoes</p>	<p>26 Curried Chicken White Rice Broccoli w/Toasted Garlic</p>	<p>27 Baked Fish w/Black Bean Sauce Egg Noodles Steamed Green Beans</p>
<p>30 Office is Closed for Rosh Hashanah</p>				



Cooper Park Social Club

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