**Sue Ginsburg Older Adult Center:** 975 Waring Ave. Bronx, NY, 10469 (718)881-1758

**JANUARY 2022 ACTIVITIES**

Funded in Part by Generous grants from Councilman Mark Gjonaj

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td>3</td>
<td>10AM- Wii Game</td>
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<td>11AM- Cycling Class (Phys. Ed.)</td>
<td>11AM- Health Promotion (BXHouse)</td>
<td>11AM- Lunch/Almuerzo</td>
<td>11AM- Chair Yoga (BronxHouse)</td>
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<td>1PM- Word Search Puzzle</td>
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<td>2PM- Painting Class</td>
<td>2PM- Arts &amp; Crafts (In-person)</td>
<td>2PM- Presentation from Sponsor</td>
<td>2PM- Virtual Motown Music (C.I.M.)</td>
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<td>2PM- Nutrition Presentation 2/ Kiahni</td>
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**ACTIVITIES**

**Monday**
- **Arts & Crafts (In Person)**
- **Ritmo Latino (Walter Perez)**
- **Exercise Class**
- **Word Search Puzzles**
- **Leisure Games**

**Tuesday**
- **Arts & Crafts (In Person)**
- **Word Search Puzzles**
- **Leisure Games**

**Wednesday**
- **Arts & Crafts (In Person)**
- **Crossword Puzzle**
- **Leisure Games**

**Thursday**
- **chair Yoga (Tommy Experience)**
- **Wii Game**
- **Virtual Motown Music (C.I.M.)**
- **Word Search Puzzle**

**Friday**
- **virtual Motown Music (C.I.M.)**
- **Word Search Puzzle**

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**ALWAYS LOOK FOR AVAILABLE SEATS**

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**Contact Us to Reserve Seating. Thank you.**

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**Please note:**

- All classes are offered in-person Please contact us to reserve seating. Thank you.
- Todas las clases se ofrecen en persona por favor, póngase en contacto con nosotros para reservar asientos.
- Gracias.
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<th>Mon</th>
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</table>
| 3 Apricot Glazed Pork Chops  
Baked Potatoes  
Steamed Spinach  
Apple Juice  
Orange | 4 Chicken Marsala  
Cous Cous  
Italian Blend Vegetables  
Banana  
Orange Juice | 5 Beef Meatballs w/ Sofrito  
Baby Carrots w/ Parsley  
Spaghetti  
Apple  
Orange/ Pineapple Juice | 6 Baked Breaded Fish  
Barley  
Steamed Green Beans  
Banana  
Orange Pineapple Juice | 7 Vegetarian Chili  
Baked Brown Rice Pilaf  
Broccoli w/ Toasted Garlic  
Apple Juice  
Orange |
| 4 Chili Con Carne  
Perfect White Rice  
Baby Carrots w/ Parsley  
Collard Greens  
Apple Juice  
Orange | 11 Baked Turkey Breast  
Chinese Style Spaghetti  
Oriental Blend Vegetables  
Banana  
Orange Juice | 12 Chicken Cacciatore  
Orzo  
Steamed Broccoli  
Apple  
Orange/ Pineapple Juice | 13 Rasta Pasta Sauce  
Tofu  
Pasta  
Roasted Zucchini  
Apple Juice  
Orange | 14 Baked Tilapia  
Quinoa (1/2 Cup)  
Sautéed Spinach  
Apple  
Orange Juice |
| 5 Baked Breaded Fish  
Barley  
Steamed Green Beans  
Banana  
Orange Pineapple Juice | 17 CENTER CLOSED | 18 Sweet & Sour Tofu  
Yellow Rice w/ Pigeon Peas  
Okra w/ Tomatoes  
Apple  
Orange/ Pineapple Juice | 20 Stewed Cod Fish (Bacalao Guisado)  
Steamed Spinach  
Yucca  
Apple Juice  
Banana | 21 Spanish Style Baked Chicken  
Brown Rice (1/2 Cup)  
Baby Carrots w/ Parsley  
Apple  
Orange Juice |
| 10 Tofu & Vegetable Fried Rice  
Braised Collard Greens  
Apple Juice  
Orange | 19 BBQ Chicken Leg Quarters  
Roasted Butternut Squash  
Sautéed Spinach  
Banana  
Orange Pineapple Juice | 20 Pork Tenderloin w/ Zesty Cilantro Sauce  
Baked Red Potato Wedges  
Steamed Broccoli  
Apple  
Orange Juice | 21 Baked Fish Fillets  
Baked Mac and Cheese  
Normandy Blend Vegetable  
Apple Juice  
Banana | 28 Curried Chicken Legs  
Brown Rice w/ Pigeon Peas  
Okra  
Apple  
Orange Juice |
| 11 Baked Turkey Breast  
Chinese Style Spaghetti  
Oriental Blend Vegetables  
Banana  
Orange Juice | 24 Eggplant and Lentil Curry  
Bowtie Pasta  
Steamed Carrots  
Apple Juice  
Orange | 25 Baked Fish Fillets  
Baked Mac and Cheese  
Normandy Blend Vegetable  
Apple Juice  
Banana | 26 Spanish Style Baked Chicken  
Brown Rice (1/2 Cup)  
Baby Carrots w/ Parsley  
Apple  
Orange Juice | 27 Curried Chicken Legs  
Brown Rice w/ Pigeon Peas  
Okra  
Apple  
Orange Juice |