


July 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>*All Sponsored classes are subject to change.</p> <p>F.O.A.T (Friends of Argentine Tango)</p>	<p>Lunch/ Almuerzo 12pm-1pm DAILY</p> <p>HABLAMOS ESPAÑOL Must be the age of 60 and over to register</p>		<p>1 10AM- Fitness (UNIPER) 11AM- Coloring class 12PM- Lunch/Almuerzo 1PM- Act it out (Charades) 2PM-Leisure Game 3PM- Meditation (UNIPER)</p>
<p>4 CENTER CLOSED Happy Independence Day</p>	<p>5 10AM- Ball it out (Wii Bowling) 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM- Ritmo Latino (F.O.A.T) 2PM- Guess the Tunes (UNIPER) 3PM- Word Search</p>	<p>6 10AM- Treadmill (Phys.Ed.) 11AM- Nutrition Class (BXHouse) 12PM- Lunch/Almuerzo 1PM- Arts & Crafts (Independence Day) 2PM-Walk with Ease (Evidence-Based) 3PM-Leisure Games</p>	<p>7 10AM- Word Search (PUZZLES) 11AM- Health Promotion (UNIPER) 12PM- Lunch/Almuerzo 1PM-Chair Zumba 2PM-Toss it turn it (Phys.Ed.) 3PM-Leisure Games</p>	<p>8 10AM- Word Search (Puzzles) 11AM- Coloring Class 12PM- Lunch/Almuerzo 1PM- Act it Out (Charades) 2PM-Leisure Games 3PM-Meditation (UNIPER)</p>
<p>11 10AM- Work it (Cycling Class) 11AM- Hidden Picture Puzzles 12PM- Lunch/Almuerzo 1PM- Chair Swing it (Volleyball) 2PM-Painting 3PM-Techology (UNIPER)</p>	<p>12 10AM- Leisure Games 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM- Ritmo Latino (F.O.A.T) 2PM-Wooden Flower Painting (SWH) 3PM-Word Search</p>	<p>13 PARTY DAY 10AM- Treadmill (Phys.E.d.) 11AM- Nutrition Class (BXHouse) 12PM- Lunch/Almuerzo 1PM- 3PM- Party Celebration</p>	<p>14 PANTRY DAY 9:30 AM-Pantry Distribution 10-11:30AM Painting (SWH) 12PM- Lunch/Almuerzo 1PM- Chair Zumba 2PM-Toss it turn it (Phys.Ed.) 3PM-Health Promotion (UNIPER)</p>	<p>15 10AM- 11AM Coloring Class 12PM- Lunch/Almuerzo 1PM- Act it out (Charades) 2PM-FITNESS (UNIPER) 3PM- Meditation (UNIPER)</p>
<p>18 10AM- Work it (Cycling Class) 11AM- Hidden Picture Puzzles 12PM- Lunch/Almuerzo 1PM- Tai Chi (UNIPER) 2PM-Health Promotion (UNIPER) 3PM-Techology (UNIPER)</p>	<p>19 10AM- Leisure Games 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM- Ritmo Latino (F.O.A.T) 2PM- Guess the Tunes (UNIPER) 3PM-Art & Crafts</p>	<p>20 BBQ DAY 10AM- Treadmill (Phys.Ed.) 11AM- Nutrition Class (BronxHouse) 12PM- Lunch/Almuerzo (Ginsburg BBQ) 1PM- Round Table(Advisory Board) 2PM-Walk with Ease (Evidence-Based) 3PM-Leisure Games</p>	<p>21 10AM- Word Search (PUZZLES) 11AM- Art & Craft 12PM- Lunch/Almuerzo 1PM- Chair Zumba 2PM-Toss it Turn it (Phys.Ed.) 3PM-Leisure Games</p>	<p>22 10AM- Fitness (UNIPER) 11AM- Coloring class 12PM- Lunch/Almuerzo 1PM- Bingo 2PM-Act it Out (Charades) 3PM-Meditation (UNIPER)</p>
<p>25 10AM- Work it (Cycling Class) 11AM- Hidden Pictures Puzzles 12PM- Lunch/Almuerzo 1PM- Tai Chi (UNIPER) 2PM-Painting 3PM-Techology (UNIPER)</p>	<p>26 10AM- Ball it out (Wii Bowling) 11AM- Health Promotion (BxHouse) 12PM- Lunch/Almuerzo 1PM- Ritmo Latino (F.O.A.T) 2PM- Guess the Tunes (UNIPER) 3PM-Art & Crafts</p>	<p>27 10AM- Treadmill (Phys.Ed.) 11AM- Nutrition Class (BXHouse) 12PM- Lunch/Almuerzo 1PM- Coloring Class 2PM- Walk with Ease (Evidence-Based) 3PM-Dance it off</p>	<p>28 10AM- Word Search (PUZZLES) 11AM- Health Promotion (UNIPER) 12PM- Lunch/Almuerzo 1PM- Chair Zumba 2PM-Toss it turn it (Phys.Ed.) 3PM-Leisure Games</p>	<p>29 10AM- Coloring Class 11AM Word Search 12PM- Lunch/Almuerzo 1PM- Act it out (Charades) 2PM-Fitness (UNIPER) 3PM-Meditation (UNIPER)</p>

July 2022 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Fish w/ Black Bean Sauce Pasta (1/2 Cup) Normandy Blend Orange Pineapple Juice Pear
4 CENTER CLOSED Happy Independence Day	5 Curried Chicken Legs Perfect White Rice Normandy Blend Apple Juice Orange	6 Pork Tenderloin Baked Red Potato Wedges Carrots Orange Pineapple Juice Pear	7 Chicken Fajitas Cilantro Lime Rice Italian Blend Vegetables Banana Orange Juice	8 Fish w/ Fresh Salsa Relish Brown Rice (1/2 Cup) Steamed Kale Apple Juice Orange
11 Pasta Primavera Steamed Spinach Apple Juice Orange	12 Brown Stew Chicken Yellow Rice Cabbage w/ Shredded Carrots Banana Orange Juice	13 Beef Meatballs w/ Sofrito Whole Wheat Spaghetti Baby Carrots w/ Parsley Apple Orange Pineapple Juice	14 Stewed Codfish w/ Eggplant Barley Steamed Green Beans Apple Juice Banana	15 Arroz con Pollo (Chicken w/ Rice) Broccoli w/ Toasted Garlic Orange Pineapple Juice Pear
18 Vegetarian Chicken Brown Stew Baby Carrots w/ Parsley Collard Greens Apple Juice Orange	19 Spanish Style Catfish Chinese Style Spaghetti Oriental Blend Banana Orange Juice	20 Jerk Chicken Orzo Steamed Broccoli Apple Orange Pineapple Juice	21 Spanish Style Beef Stew Baked Red Potato Wedges Roasted Zucchini Apple Juice Orange	22 Homemade Coconut Breaded Fish Quinoa (1/2 Cup) Sautéed Spinach Orange Juice Pear
25 BBQ Pork Chops White Rice Steamed Kale Apple Juice Orange	26 Jerk Chicken Baked Sweet Potato Steamed Red or Green Cabbage Banana Orange Juice	27 Baked Ziti w/ Ricotta Okra w/ Tomatoes Apple Orange Pineapple Juice	28 Stewed Codfish (Bacalao Guisado) Steamed Spinach Yucca Apple Juice Banana	29 Oven Fried Chicken Baked Macaroni and Cheese Collard Greens Kiwi Orange Juice