

# Throgs Neck Older Adult Center: 475 SWINTON AVENUE, BRONX, NY, 10465 (718) 823-1771

## March 2024 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>FUNDED BY NYC AGING</p> <p>*ACTIVITIES ARE SUBJECT TO CHANGE            We are now open at 475 Swinton Ave.            Join us every Monday- Friday            8AM-3PM            If you need any assistance you can call            at (718)823-1771</p>	<p><b>Activities To Look Forward To</b></p> <ul style="list-style-type: none"> <li>- Elder Abuse Presentation 3/4/24</li> <li>- Arts And Craft 3/8/24</li> <li>- Birthday Celebration 3/13/24</li> <li>-Zumba W Rufus 3/13/24</li> <li>-Kidney Health Presentation by NY Presbyterian 3/14/24</li> <li>-Fire Safety Presentation 3/27/24</li> <li>-Holiday Art and Craft 3/1/24 ,3/22/24</li> <li>Walmart Trip 3/22/24</li> </ul>	<p><b>March Special Holidays</b></p> <ul style="list-style-type: none"> <li>-Daylight Saving Ends 3/10/24</li> <li>-St. Patricks Day 3/17/24</li> <li>-Palm Sunday 3/24/24</li> <li>-Good Friday 3/29/24</li> <li>-Easter 3/31/24</li> </ul> <p><i>Women's History Month</i></p>		<p><b>1</b></p> <ul style="list-style-type: none"> <li>9:00AM- Brian Teasers</li> <li>10:00AM Tai Chi</li> <li>11AM- Puzzles</li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1:00PM-Dance and Movement</li> </ul>
<p><b>4</b></p> <ul style="list-style-type: none"> <li>9AM-Brian Teasers</li> <li>10AM-Stress Relief Coloring</li> <li>11AM-<b>Elder Abuse Presentation Presented by Neighborhood Shopp</b></li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Technology Class (Smart Devices)</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>9AM-Brain Teasers</li> <li>10AM-Stress Relief Coloring</li> <li>11AM-<b>St-Patrick's Art</b></li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Dance and movement</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>9AM-Brain Teasers- In-Person</li> <li>10AM-Stress Relief Coloring</li> <li>11AM- Chair Aerobics</li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Currents Events</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>9AM-Stress Relief Coloring</li> <li>10AM-Morning Stretch</li> <li>11AM-<b>Art and Craft w Crystal</b></li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Dance and Movement -In Person</li> </ul>	<p><b>8</b> First payment Due for Walmart Trip</p> <ul style="list-style-type: none"> <li>9:00AM- Brian Teasers</li> <li>10:00AM Tai Chi</li> <li>11AM- <b>Women's History Month Trivia</b></li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1:00PM-Dance and Movement</li> </ul>
<p><b>11</b></p> <ul style="list-style-type: none"> <li>9AM-The Breakfast Club Discussion Group</li> <li>10AM-Stress Relief Coloring</li> <li>11AM-Current Events</li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Puzzles</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>9AM-The Breakfast Club Discussion Group</li> <li>10AM-Stress Relief Coloring</li> <li>11AM-Puzzles</li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Dance and movement</li> </ul>	<p><b>13</b> <b>Birthday Celebration</b></p> <ul style="list-style-type: none"> <li>9AM-The Breakfast Club Discussion Group</li> <li>10AM-Stress Relief Coloring</li> <li>11AM- <b>Zumba W. RUFUS NEW</b></li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Currents Events</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>9AM-The Breakfast Club Discussion Group</li> <li>10AM-Morning Stretch</li> <li>11AM- <b>Kidney Health Presentation by NY Presbyterian</b></li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Dance and Movement - In-Person</li> </ul>	<p><b>15</b> <b>St.Patrick's Day Celebration</b></p> <ul style="list-style-type: none"> <li>9AM-The Breakfast Club Discussion Group</li> <li>10:00AM Tai Chi</li> <li>11AM-Dance and Movement</li> <li><b>12PM-Congregate Lunch \$3 Holiday Meal</b></li> <li>1:00PM- <b>Dominos</b></li> </ul>
<p><b>18</b></p> <ul style="list-style-type: none"> <li>9AM-The Breakfast Club Discussion Group</li> <li>10AM-Stress Relief Coloring</li> <li>11AM-Current Events</li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Puzzles</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>9AM-The Breakfast Club Discussion Group</li> <li>10AM-Stress Relief Coloring</li> <li>11AM-Puzzles</li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Dance and movement</li> </ul>	<p><b>20</b> Final Payment Due for Walmart Trip</p> <ul style="list-style-type: none"> <li>9AM-The Breakfast Club Discussion Group</li> <li>10AM-Stress Relief Coloring</li> <li>11AM- Chair Aerobics</li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Currents Events</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>9AM-The Breakfast Club Discussion Group</li> <li>10AM-Morning Stretch</li> <li>11AM- Dance &amp; Movement</li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Puzzles- In- Person</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>9:00AM- Tai Chi</li> <li>10:00AM -<b>Trip to Walmart (limited seats first come first serve)</b></li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1:00PM-Dance and Movement</li> </ul>
<p><b>25</b></p> <ul style="list-style-type: none"> <li>9AM-The Breakfast Club Discussion Group</li> <li>10AM-Stress Relief Coloring</li> <li>11AM-Kiahni McFadden</li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Puzzles</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>9AM-The Breakfast Club Discussion Group</li> <li>10AM-Stress Relief Coloring</li> <li>11AM-Puzzles</li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Dance and movement</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>9AM-The Breakfast Club Discussion Group</li> <li>10AM-Stress Relief Coloring</li> <li>11AM-<b>Fire Safety Presentation by FDNY</b></li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Currents Events</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>9AM-9AM-The Breakfast Club Discussion Group</li> <li>10AM-Morning Stretch</li> <li>11AM- Jewelry Making-In-Person</li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1PM-Dance and Movement - In-Person</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>9AM-The Breakfast Club Discussion Group</li> <li>10:00AM Tai Chi</li> <li>11AM-<b>Easter Trivia</b></li> <li><b>12PM-Congregate Lunch \$1.50</b></li> <li>1:00PM- <b>Bingo</b></li> </ul>

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**March 2024 LUNCH MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Curry Chicken Instant Mashed Potatoes Steamed Carrots & Green Beans Banana
4 Pork Loin w. Curried Pineapple ALT Chicken Brown Rice (½ Cup) Baby Carrots & Parsley Sauteed String Beans Apple	5 Jerk Chicken Rice & Beans Broccoli w. Toasted Garlic Banana	6 Breaded Fish Fillet (Pre-Prepared) Mashed Sweet Potatoes Cooked Cabbage w. Carrots Orange	7 Italian Sausage ALT Chicken Sauteed Onions & Peppers Baked Potato Steamed Spinach Apple	8 <u>Plant Based Meal</u> Soft Whole Tacos w. Vegetables Rice Pilaf Baby Carrots w. Parsley Banana
11 Curry Chicken Homemade Mashed Potatoes Corn & Peas Sauteed Green Beans w. Onions Apple	12 <u>Plant Based Meal</u> Southwestern Black Bean Fajitas Sauteed Spinach Orange	13 <u>Birthday Lunch</u> Oven Fried chicken Potato salad Green beans Iced tea Cupcakes	14 Beef Hamburger ALT Chicken Home Fries Plain Hamburger Bun Cabbage & Apple Slaw Apple	15 <u>St. Patrick's Day Celebration</u> Corned Beef ALT Chicken Boiled Potatoes Steamed Cabbage Pineapple Ginger Juice
18 Baked Chicken Thighs Rice & Beans Cauliflower w. Carrots & Parsley Mixed Vegetables (Starchy) Apple	19 Caribbean Squash w. Ground Beef (Stuffed Chayote) Steamed Green Beans Banana	20 Baked Fish w. Black Bean Sauce Pasta (½ Cup) Corn & Peas Steamed Sliced Carrots Orange	21 <u>Plant Based Meal</u> Curried Jamaican Stew Perfect White Rice California Blend Vegetables Apple	22 Chicken Curry w. Apples & Peas Smashed Red Potatoes Oriental Blend Vegetables Banana
25 Beef Brisket w. Tomatoes & Onions ALT Chicken Garlic Mashed Potatoes	26 Spanish Style Baked Chicken Yellow Rice Sauteed Spinach Banana	27 <u>Plant Based Meal</u> Summer Chickpea & Veggie Salad Basic Pasta Salad Kale Salad w. Lemon Orange	28 Coconut Curried Fish Ziti (½ Cup) Sauteed String Beans Apple	29 Chicken Thigh Stew w. Ginger & Pumpkin Yellow Rice Patta Gobi Mattar (Cabbage w. Peas)