

## June 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch/ Almuerzo</b> 12pm-1pm DAILY  <b>HABLAMOS ESPAÑOL</b> Must be the age of 60 and over to register	*All Sponsored classes are subject to change.	<b>1</b> 10AM- Wii Game 11AM- Nutrition Class (BXHouse) 12PM- Lunch/Almuerzo 1PM- Canvas Painting (Sponsored) 2PM- Cycling/Treadmill (Phys. Ed.) 3PM- Technology Class	<b>2</b> 10AM- Wii Game 11AM- Health Promotion 12PM- Lunch/ Almuerzo 1PM- Chair Zumba 2PM- 3pm- Canvas Art Painting	<b>3</b> 10AM- Wii Game 11AM- Chair Yoga (Bronx House NORC) 12PM- Lunch/ Almuerzo 1PM- Walking Club 2PM- 4PM- Word Search/Coloring Class
<b>6</b> 10AM- Cycling Class (Phys. Ed.) 11AM- Wii Game (Bowling) 12PM- Lunch/Almuerzo 1PM- Word Search Puzzles 2PM- Leisure Games 3PM- Arts & Crafts	<b>7</b> 10AM- Cycling/Treadmill (Phys. Ed.) 11AM- Health Promotion (BXHouse) 12PM- Lunch/ Almuerzo 1PM- Ritmo Latino (Walter Perez) 2PM- Painting (In-person) 3PM - Word Search Puzzles	<b>8</b> 10AM- Wii Game 11AM- Nutrition Class (BXHouse) 12PM- Lunch/Almuerzo 1PM- Canvas Painting (Sponsored) 2PM- Cycling/Treadmill (Phys. Ed.) 3PM- Technology Class	<b>9</b> 9:30AM- Pantry Distribution Day 11AM- Health Promotion 12PM- Lunch/ Almuerzo 1PM- Chair Zumba 2PM- Word Search Puzzles 3PM- Arts & Crafts	<b>10</b> 10AM- Wii Game 11AM- Chair Yoga (Bronx House NORC) 12PM- Lunch/ Almuerzo 1PM- Walking Club 2PM- 4PM- Word Search/Coloring Class
<b>13</b> 10AM- Cycling Class (Phys. Ed.) 11AM- Wii Game (Bowling) 12PM- Lunch/Almuerzo 1PM- Word Search Puzzles 2PM- Leisure Games 3PM- Arts & Crafts	<b>14</b> <u>HAPPY FLAG DAY</u> 10AM- Wii Game (Bowling) 11AM- Health Promotion (BXHouse) 12PM- Lunch/ Almuerzo 1PM- Ritmo Latino (Walter Perez) 2PM- Painting: (Flag Day) 3PM - Word Search Puzzles	<b>15</b> 10AM- Wii Game 11AM- Nutrition Class (BXHouse) 12PM- Lunch/Almuerzo 1PM- Canvas Painting (Sponsored) 2PM- Cycling/Treadmill (Phys. Ed.) 3PM- Technology Class	<b>16</b> <u>B'day/ Father's day Party</u> 10AM- Wii Game 12PM- 1PM- Nutrition Presentation 12PM- Lunch/ Almuerzo 1PM- 3PM- Father's day & Birthday Celebration	<b>17</b> 10AM- Wii Game 11AM- Chair Yoga (Bronx House NORC) 12PM- Lunch/ Almuerzo 1PM- Walking Club 2PM- Film- (History behind Juneteenth) 3PM- Word Search Puzzle
<b>20</b> CENTER CLOSED Happy Juneteenth Day	<b>21</b> 10AM- Wii Game (Bowling) 11AM- Health Promotion (BXHouse) 12PM- Lunch/ Almuerzo 1PM- Ritmo Latino (Walter Perez) 2PM- Painting (In-person) 3PM - Word Search Puzzles	<b>22</b> 10AM- Wii Game 11AM- Nutrition Class (BXHouse) 12PM- Lunch/Almuerzo 1PM- Canvas Painting (Sponsored) 2PM- Cycling/Treadmill (Phys. Ed.) 3PM- Technology Class	<b>23</b> 10AM- Wii Game 11AM- Health Promotion 12PM- Lunch/ Almuerzo 1PM- Chair Zumba 2PM- Arts & Crafts	<b>24</b> 10AM- Wii Game 11AM- Chair Yoga (Bronx House NORC) 12PM- Lunch/ Almuerzo 1PM- Canvas Painting 2PM- 4PM- Word Search/Coloring Class
<b>27</b> 10AM- Cycling Class (Phys. Ed.) 11AM- Wii Game (Bowling) 12PM- Lunch/Almuerzo 1PM- Manicures (Sponsored) 2PM- Leisure Games 3PM- Arts & Crafts	<b>28</b> <u>HAPPY PRIDE DAY</u> 10AM- Wii Game (Bowling) 11AM- Health Promotion (BXHouse) 12PM- Lunch/ Almuerzo 1PM- Ritmo Latino (Walter Perez) 2PM- Painting : PRIDE DAY 3PM - Word Search Puzzles	<b>29</b> 10AM- Wii Game 11AM- Nutrition Class (BXHouse) 12PM- Lunch/Almuerzo 1PM- Canvas Painting (Sponsored) 2PM- Cycling/Treadmill (Phys. Ed.) 3PM- Technology Class	<b>30</b> 10AM- Wii Game 11AM- Health Promotion 12PM- Lunch/ Almuerzo 1PM- Chair Zumba 2PM- Arts & Crafts	

**JUNE 2022 MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Meatballs Whole Wheat Spaghetti Baby Carrots w/ Parsley Apple Orange Pineapple Juice	2 Stewed Codfish w/ Eggplant Barley Steamed Green Beans Apple Juice Banana	3 Arroz con Pollo (chicken w/rice) Broccoli w/ Toasted Garlic Orange Pineapple Juice Pear
6 Vegetarian Chicken Brown Stew Baby Carrots w/ Parsley Collard Greens Apple Juice Orange	7 Spanish Style Catfish Chinese Spaghetti Oriental Blend Banana Orange Juice	8 Jerk Chicken Orzo Steamed Broccoli Apple Orange Pineapple Juice	9 Spanish Style Beef Stew Baked Red Potato Wedges Roasted Zucchini Apple Juice Orange	10 Homemade Coconut Breaded Fish Quinoa (1/2 cup) Sautéed Spinach Orange Juice Pear
13 BBQ Pork Chops White Rice Steamed Kale Apple Juice Orange	14 Jerk Chicken Baked Sweet Potato Steamed Red or Green Cabbage Banana Orange Juice	15 Baked Ziti w/ Ricotta Okra w/ Tomatoes Apple Orange Pineapple Juice	16 Bacalao Guisado (Stewed Codfish) Steamed Spinach Yucca Apple Juice Banana	17 Oven Fried Chicken Baked Macaroni & Cheese Collard Greens Kiwi Orange Juice
20 CENTER CLOSED	21 BBQ Chicken Roasted Butternut Squash Sautéed Spinach Orange Pineapple Juice	22 Curried Veggie, Chickpea & Quinoa Stir Fry Steamed Broccoli Apple Orange Juice	23 Fish w/ Fresh Salsa Relish Baked Macaroni & Cheese Normandy Blend Vegetables Apple Juice Banana	24 Curried Chicken Legs Brown Rice w/ Pigeon Peas Okra Kiwi Orange Pineapple Juice
27 Baked Ziti w/ Ricotta Roasted Broccoli Steamed Carrots Apple Juice Tangerine	28 Jerk Chicken Rice and Beans Braised Collard Greens Grape Juice (unsweetened) Orange	29 Spanish Style Beef Stew Baked Red Potato Wedges Steamed Broccoli Apple Orange Juice	30 Spanish Style Baked Chicken Cous Cous Italian Blend Vegetables Apple Juice Banana	