

Monthly Menu: MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Shepherd's Pie with Beef and Turkey Garden Salad Whole Wheat Bread Milk, Juice & Apple	2 Chicken Marsala Yellow Rice Roasted Beets Whole Wheat Bread Milk, Juice & Applesauce	3 Vegan Stuffed Peppers Roasted Potatoes/Green Beans Whole Wheat Bread Milk, Juice & Orange *Treat: Black & White Cookie*	4 Sweet and Sour Meatballs Toasted Barley & Onions Creamy Spinach Whole Wheat Bread Milk, Juice & Banana	5 Roasted Chicken/Brown Gravy Potato Kugel Carrot Tzimmes Challah Bread Milk, Juice & Kiwi
8 TVP Sloppy Joe Rice and Beans California Blend Vegetables Plain Hamburger Bun Milk, Juice & Kiwi	9 Chicken Francaise Mashed Sweet Potatoes Vegetable Mix Milk, Juice & Apple	10 Beef Brisket/Tomatoes & Onions Mashed Potatoes Creamy Spinach Whole Wheat Bread Milk, Juice & Applesauce	11 Fish Francaise/Creole Sauce Rice A Roni Steamed Carrots Whole Wheat Bread Milk, Juice & Banana	12 Roasted Chicken Noodle Kugel Green Beans Challah Bread Milk, Juice & Orange
15 Chinese Style Pepper Steak Chow Fun Noodles Oriental Blend Vegetables Whole Wheat Bread Milk, Juice & Orange	16 Black Beans & Mushrooms Vegan Burger Roasted Potatoes Green Bean Salad Plain Hamburger Bun Milk, Juice & Applesauce *Birthday Cake*	17 Baked Salmon Brown Rice and Black Beans Steamed Sliced Carrots Whole Wheat Bread Milk, Juice & Kiwi	18 California Turkey Meatloaf Mashed Potatoes Mixed Vegetables Whole Wheat Bread Milk, Juice & Banana	19 Roasted Chicken Lentils/Spiced Rice & Onions Cucumber Dill Salad Whole Wheat Pita Milk, Juice & Pear
22 Beef Stuffed Cabbage Toasted Barley with Onions Capri Blend Vegetables Whole Wheat Bread Milk, Juice & Orange	23 Teriyaki Baked Fish Yellow Rice Oriental Blend Vegetables Whole Wheat Pita Milk, Juice & Pear	24 Turkey with Gravy Whole Grain Stuffing Homemade Mashed Potatoes Green Beans Milk, Juice & Applesauce	25 Baked Falafel Patties Hummus Whole Wheat Bread Israeli Salad Milk, Juice & Banana	26 <p style="text-align: center;">CENTER CLOSED For SHAVUOT</p>
29 <p style="text-align: center;">CENTER CLOSED For MEMORIAL DAY</p>	30 Breaded Eggplant Cutlets/ Tomato Sauce & Tofu Fusilli Pasta with Parsley Italian Blend Vegetables Garlic Bread Milk, Juice & Apple	31 Beef Pot Roast Mashed Potatoes Creamy Spinach Whole Wheat Bread Milk, Juice & Applesauce	<p>GLATT KOSHER</p>	
				<p style="text-align: center;">Alternates to Hot Lunch</p> <p>Mon, Wed & Fri: Tuna Salad* Tue & Thurs: Egg Salad* *Exception: On days when the Hot Lunch is Fish, the Alternate will be Sliced Turkey</p>

We are strictly GLATT KOSHER. Milk will be served on the way out. Menu can change without prior notice. Funded in part by NYC DFTA.

Calendar of Activities: MAY 2023

Note: The Center will be closed on Friday 5/26 and Monday 5/29. Center closes at 1:45 pm on Thursday May 25.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30- 12:00 (M4) Ping Pong	8:30- 9:30 (M4) Ping Pong	8:30- 9:45 (M4) Ping Pong	8:30- 12:00 (M4) Ping Pong	8:30- 10:45 (M4) Ping Pong
8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)	8:30- 12:00 (M3) Table Games	8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)
8:30- 11:00 (M3) Table Games	10:00- 12:00 (M4) Oil Painting	10:00- 11:00 (Computer Lab) Smart Phones	10:30- 12:00 (M2) English for Chinese	11:00- 12:00 (M4) Bingo
9:30- 11:00 (Lower Crystal) Chinese Culture Group Dancing	10:45- 12:15 (M3) Blood Pressure Screening	11:00- 12:00 (Computer Lab) Surfing the Net	Workshop (Crystal Room) *5/4 Elder Abuse by Jamaica Hospital (11:15)	
11:00- 12:00 (M2) Staywell Exercise	11:00- 12:00 (M2) Interesting & Informative Discussion	10:00- 12:00 (M4) Chinese Culture Group Singing	*5/11 Celebration of Life 11:30 (Crystal Room)	
11:00- 12:00 (M3) Current Events	*5/9 Arts and Crafts Sale 10:30- 2:30 (Room M3)	Workshop (Crystal Room) *5/10 Nutrition by Amella (11:15)		
Workshop (Crystal Room) *5/8 NYS Unclaimed Funds (11:15)		*5/17 General Membership Meeting 11:45 (Crystal Room)		
12:00-1:00 LUNCH				
12:30- 3:45 (M4) Ping Pong	12:30- 3:00 (M4) Drawing	12:30- 3:45 (M4) Ping Pong	12:30- 3:45 (M4) Ping Pong	12:30- 3:45 (M4) Ping Pong
1:00- 3:00 (M3) The Melodians (*12:30- 3:00 on 3/27)	1:00- 3:30 (Computer Lab)	1:00- 3:30 (Computer Lab)	1:00- 3:30 (Computer Lab)	1:00- 3:30 (Computer Lab)
1:00- 2:00 (Computer Lab) Technology Assistance	1:00- 3:45 (M3) Arts & Crafts (Jewelry)	12:30- 3:30 (M3) Table Games	1:00- 3:45 (M2) Arts & Crafts (Needlepoint)	12:45- 3:45 (M2) Su Casa Project
2:00- 3:30 (Computer Lab)	1:00- 2:00 (M2) Drama Group	1:00- 2:00 (M2) English Conversation	1:30- 2:30 (Crystal Room) Line Dancing	Entertainment 1:15- 2:15 (Crystal Room)
1:30- 2:30 (Crystal Room) Zumba Gold	1:30- 2:30 (Crystal Room) Tai Chi for Arthritis	1:30- 2:30 (Crystal Room) Yoga	*Line Dancing canceled 5/25	* 5/5 Russell Craig Targove
		2:15- 3:30 (M2) Knitting	* 5/25 Memorial Day Sing- A-Long 1:00- 1:30 (Crystal Room)	* 5/12 Greg Peters
		2:30-3:30 (Crystal Room) Tai Chi for Arthritis		* 5/19 Karaoke

SCHEDULE CAN CHANGE WITHOUT PRIOR NOTICE