

Monthly Menu: SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Alternates to Hot Lunch 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>	<p>GLATT KOSHER</p>	<p>1 Baked Asian Style Honey Chicken/ White Rice Steamed Carrots Challah Bread Applesauce & Milk</p>
<p>4 CLOSED FOR LABOR DAY</p>	<p>5 Whole Wheat Bean Burrito Brown Rice Tossed Salad/Dressing Plum & Milk *Almond Cookies</p>	<p>6 Turkey with Gravy Mashed Sweet Potatoes Steamed Green Beans Whole Wheat Bread Nectarine & Milk</p>	<p>7 Teriyaki Baked Fish Brown Rice Oriental Blend Vegetables Whole Wheat Bread Plums & Milk</p>	<p>8 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Apple & Milk</p>
<p>11 Swedish Meatballs with Turkey (Dairy-free) Egg Noodles Steamed Sliced Carrots Whole Wheat Bread Nectarine & Milk</p>	<p>12 Vegetarian Three Bean Chili (Pre-prepared); Brown Rice Italian Blend Vegetables Whole Wheat Bread Apple & Milk *Cup Cakes</p>	<p>13 Beef Pot Roast/Sauteed Onions and Peppers Mashed Sweet Potatoes Creamy Spinach Whole Wheat Bread Applesauce & Milk</p>	<p>14 Asian Style White Fish with Cilantro Roasted Butternut Squash Steamed Green Beans Whole Wheat Bread Banana & Milk</p>	<p>15 Chicken Francaise Rice A Roni Sauteed Zucchini Challah Bread Orange & Milk</p>
<p>18 Turkey Meatballs with Home-made Tomato Sauce Pasta/Sauteed Spinach Italian Blend Vegetables Garlic Bread Apple & Milk</p>	<p>19 Lentil Stew with Carrots and Turnips; Brown Rice Braised Red Cabbage Whole Wheat Bread Orange & Milk *Birthday Cake</p>	<p>20 Stuffed Cabbage with Beef Kasha Varnishkes Capri Blend Vegetables Whole Wheat Bread Pear & Milk</p>	<p>21 Fish Francaise Roasted Butternut Squash Creamy Spinach (Dairy-free) Whole Wheat Bread Banana & Milk</p>	<p>22 Hawaiian Chicken White Rice Steamed Carrots Challah Bread Plums & Milk</p>
<p>25 CLOSED FOR YOM KIPPUR</p>	<p>26 Shepherd Pie w/ Beef & Turkey Mashed Sweet Potatoes Garden Salad Whole Wheat Bread Orange & Milk</p>	<p>27 Sweet and Sour Meatballs Egg Noodles Creamy Spinach (Dairy-free) Whole Wheat Bread Nectarine & Milk</p>	<p>28 Classic Black Bean Stew (Pre-prepared); Brown Rice Steamed Green Beans Whole Wheat Bread Plums & Milk *Black and White Cookies</p>	<p>29 Roasted Chicken/Brown Gravy Potato Kugel Carrot Tzimmes Challah Bread Applesauce & Milk</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: SEPTEMBER 2023

The Center will be closed on September 4 (Labor Day) and September 25 (Yom Kippur). Center will close at 1:45 pm on Sept 1.

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		
11:00- 12:00 (M2) Staywell Exercise	11:00- 12:00 (M2) Interesting & Informative Discussion	10:00- 12:00 (M4) Chinese Culture Group Singing		
11:00- 12:00 (M3) Current Events	Workshop (Crystal Room) @11:15 *9/12 Fall Prevention by Arnold Raphael/Jamaica Hosp. Medical Center	Workshop (Crystal Room) @11:15 *9/6 Nutrition Education by Amelia		
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- 2:45 (M4) Ping Pong
12:30- 3:00 (M3) Melodians	1:00- 3:30 (Computer Lab)	1:00- 3:30 (Computer Lab)	1:00- 3:30 (Computer Lab)	1:00- 2:30 (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)	Entertainment 1:15- 2:15 (Crystal Room) *9/8 Russell Targrove *9/15 Movie (Title TBD) *9/22 Karaoke *9/29 Moon Cake Festival
2:00- 3:30 (Computer Lab)	1:00- 2:00 (M2) Drama Group	1:30- 2:30 (Crystal Room) Yoga	1:30- 2:30 (Crystal Room) Line Dancing	
1:30- 2:30 (Crystal Room) Zumba Gold	1:30- 2:30 (Crystal Room) Tai Chi			

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