

Selfhelp Austin Street Older Adult Center 106-06 Queens Boulevard, Forest Hills, NY 11375 Tel: 718-520-8197

## Monthly Menu: JANUARY 2024

The Center will be closed on two Mondays: January 1 and January 15. Center closes at 2:00 PM on Friday, January 12.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>CENTER CLOSED</b> <b>For</b> <b>NEW YEAR'S DAY</b>	<b>2</b> Chinese Style Pepper Steak Vegetable Lo Mein Asian Blend Vegetables Whole Wheat Bread Apple & Milk	<b>3</b> Salmon Cakes/Dill Lemon Sauce Roasted Butternut Squash Steamed Zucchini Whole Wheat Bread Nectarine & Milk	<b>4</b> Whole Wheat Bean Burrito Brown Rice Tossed Salad with Dressing Plums & Milk <b>*Cup Cake</b>	<b>5</b> Baked Asian Style Honey Chicken/ White Rice Steamed Carrots Challah Bread Applesauce & Milk
<b>8</b> Homemade Tomato Sauce/ Meat Sauce Pasta Capri Blend Vegetables Whole Wheat Bread Orange & Milk	<b>9</b> Baked Falafel Patties Hummus/ Whole Wheat Pita Yellow Rice and Pigeon Peas Za'atar Spiced Israeli Salad Pear & Milk <b>*Chocolate Chip Cookie</b>	<b>10</b> Turkey with Gravy Mashed Sweet Potatoes Steamed Green Beans Whole Wheat Bread Nectarine & Milk	<b>11</b> Teriyaki Baked Fish Brown Rice Asian Blend Vegetables Whole Wheat Bread Plums & Milk	<b>12</b> Roasted Chicken Potato Kugel Carrot Tzimmis Challah Bread Applesauce & Milk
<b>15</b> <b>CENTER CLOSED</b> <b>For</b> <b>MARTIN LUTHER</b> <b>KING DAY</b>	<b>16</b> Vegetarian Three Bean Chili (Pre-prepared); Brown Rice Italian Blend Vegetables Whole Wheat Bread Apple & Milk <b>*Birthday Cake</b>	<b>17</b> Beef Pot Roast/Sauteed Onions and Peppers Mashed Sweet Potatoes Creamy Spinach Whole Wheat Bread Applesauce & Milk	<b>18</b> Asian Style White Fish with Cilantro Roasted Butternut Squash Steamed Green Beans Whole Wheat Bread Banana & Milk	<b>19</b> Chicken Francaise Rice A Roni Sauteed Zucchini Challah Bread Orange & Milk
<b>22</b> Turkey Meatballs with Home-made Tomato Sauce Pasta Italian Blend Vegetables Garlic Bread Apple & Milk	<b>23</b> Lentil Stew with Carrots and Turnips; Brown Rice Braised Red Cabbage Whole Wheat Bread Orange & Milk <b>*Cup Cake</b>	<b>24</b> Stuffed Cabbage with Beef Kasha Varnishkes Capri Blend Vegetables Whole Wheat Bread Pear & Milk	<b>25</b> Fish Francaise Roasted Butternut Squash Creamy Spinach (Dairy-free) Whole Wheat Bread Banana & Milk	<b>26</b> Hawaiian Chicken White Rice Steamed Carrots Challah Bread Plums & Milk
<b>29</b> Chicken Marsala White Rice Italian Blend Vegetables Whole Wheat Bread Apple & Milk	<b>30</b> Shepherd Pie w/Beef &Turkey Mashed Sweet Potatoes Garden Salad Whole Wheat Bread Orange & Milk	<b>31</b> Sweet and Sour Meatballs Egg Noodles Creamy Spinach (Dairy-free) Whole Wheat Bread Nectarine & Milk	<b>Alternates to Hot Lunch</b> <b>Mon, Wed &amp; Fri: Tuna Salad*</b> <b>Tue &amp; Thurs: Egg Salad*</b> <b>*Exception: On days when the</b> <b>Hot Lunch is Fish, the Alternate</b> <b>will be Sliced Turkey</b>	<b>GLATT</b> <b>KOSHER</b>

Strictly GLATT KOSHER. Milk served on the way out. Menu can change without prior notice. Funded in part by NYC Department for the Aging.

**Calendar of Activities: JANUARY 2024**

**The Center will be closed on two Mondays: January 1 and January 15. Center closes at 2:00 PM on Friday, January 12.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30- 12:00 (M4) <b>Ping Pong</b>	8:30- 9:30 (M4) <b>Ping Pong</b>	8:30- 9:45 (M4) <b>Ping Pong</b>	8:30- 12:00 (M4) <b>Ping Pong</b>	8:30- 10:45 (M4) <b>Ping Pong</b>
8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)	8:30- 12:00 (M3) <b>Leisure Games</b>	8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)
8:30- 11:00 (M3) <b>Leisure Games</b>	10:00- 12:00 (M4) <b>Oil Painting</b>	9:30- 11:00 (Ballroom) <b>Chinese Culture Group Advanced Dancing</b>	10:30- 12:00 (M2) <b>English for Chinese</b>	11:00- 12:00 (M4) <b>Bingo</b>
11:00- 12:00 (Ballroom) <b>Staywell Exercise</b>	10:45- 12:15 (M3) <b>Blood Pressure Screening</b>	10:00- 11:00 (Computer Lab) <b>Today's Technology</b>	10:00- 11:00 (M3) <b>Chinese Culture Group Advanced Dancing</b>	
11:00- 12:00 (M3) <b>Current Events</b>	11:00- 12:00 (M2) <b>Interesting &amp; Informative Discussion</b>	10:00- 12:00 (M4) <b>Chinese Culture Group Advanced Singing</b>		
	<b>Workshops</b> (11:15 am, Crystal Room) <b>*1/09 Nutrition by Amelia</b> <b>*1/16 Identity Theft by Dept. of Consumer Affairs</b>	11:00- 12:00 (Computer Lab) <b>Surfing the Internet</b>		
<b>12:00-1:00 LUNCH</b>				
12:30- 3:45 (M4) <b>Ping Pong</b>	12:30- 3:00 (M4) <b>Drawing</b>	12:30- 3:45 (M4) <b>Ping Pong</b>	12:30- 3:45 (M4) <b>Ping Pong</b>	<b>Center closes at 2PM on 1/12</b>
12:30- 3:30 (M3) <b>Leisure Games</b>	1:00- 3:45 (Computer Lab)	12:30- 3:30 (M3) <b>Leisure Games</b>	1:00- 3:45 (Computer Lab)	1:00- 3:45 (M4) <b>Ping Pong</b>
1:00- 2:00 (Computer Lab) <b>Technology Assistance</b>	1:00- 3:45 (M3) <b>Arts &amp; Crafts (Jewelry)</b>	1:00- 2:00 (M2) <b>Chinese Culture Group Advanced Dancing PM</b>	1:00- 3:45 (M2) <b>Arts &amp; Crafts (Needlepoint)</b>	1:00- 3:45 (Computer Lab)
1:30- 2:30 (Ballroom) <b>Zumba Gold</b>	1:00- 2:00 (M2) <b>Drama Group</b>	1:00- 3:45 (Computer Lab)	1:30- 2:30 (Ballroom) <b>Line Dancing</b>	<b>Entertainment</b> (Crystal Room) <b>*1/05 Movie</b> <b>*1/19 Karaoke</b> <b>*1/26 Tommy Anderson (1:15-2:15)</b>
2:00- 3:45 (Computer Lab)	1:30- 2:30 (Crystal Room) <b>Tai Chi</b>	1:30- 2:30 (Ballroom) <b>Yoga</b>		

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