

Selfhelp Austin Street Older Adult Center 106-06 Queens Boulevard, Forest Hills, NY 11375 Tel: 718-520-8197
Monthly Menu: APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Marsala Roasted Beets White Rice Whole Wheat Bread Apple & Milk Alternate: Tuna Salad	2 Shepherd's Pie w/ Turkey Garden Salad Whole Wheat Bread Orange & Milk Alternate: Egg Salad	3 Stuffed Cabbage w/ Beef Vegetable Ratatouille Kasha Varnishkes Whole Wheat Bread Kiwis (2) & Milk Alternate: Sliced Turkey	4 Curry Chickpea Stew (Pre-prep'd) Steamed Green Beans Brown Rice; Whole Wheat Bread Pear & Milk Alternate: Breaded Pollack *Almond Cookie	5 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce & Milk Alternate: Tuna Salad
8 Turkey Burger/ Sauteed Onions and Peppers California Blend Vegetables Roasted Potatoes Whole Wheat Pita Apple & Milk Alternate: Breaded Pollack	9 Chicken Spaghetti Casserole Tossed Salad w/ Dressing Whole Wheat Bread Orange & Milk Alternate: Spanish Omelet	10 Baked Salmon w/ Dill Lemon Sauce Zucchini Provencal Rice A Roni Whole Wheat Bread Kiwis (2) & Milk Alternate: Sliced Turkey	11 Meaty Vegetarian Moussaka Tossed Salad w/ Dressing Fusilli Pasta w/ Parsley Whole Wheat Bread Pear & Milk Alternate: Tuna Salad *Birthday Cake	12 Roasted Chicken Vegetable Mix (Non-starchy) Sweet Noodle Kugel Challah Bread Applesauce & Milk Alternate: Egg Salad
15 Baked Asian Style Honey Chicken Steamed Carrots Vegetable Lo Mein Whole Wheat Bread Apple & Milk Alternate: TBD	16 Chinese Style Pepper Steak Asian Blended Vegetables White Rice Whole Wheat Bread Orange & Milk Alternate: TBD	17 Salmon Cakes w/ Dill Lemon Sauce Vegetable Ratatouille Roasted Butternut Squash Whole Wheat Bread Nectarine & Milk Alternate: TBD	18 Whole Wheat Bean Burrito Tossed Salad w/ Dressing Rice and Beans Plums (2) & Milk Alternate: TBD Chocolate Chip Cookie	19 Roasted Chicken Sauteed Green Beans w/ Onions Roasted Sweet Potato Slices Challah Bread Applesauce & Milk Alternate: TBD
22 FROZEN PASSOVER MEAL Baked Fish w/ Tomato & Herbs Mashed Potatoes Zucchini Fruit & Milk No Alternate	CENTER CLOSED FOR PASSOVER	CENTER CLOSED FOR PASSOVER	25 FROZEN PASSOVER MEAL Italian Meat Sauce Carrots Passover Pasta Fruit & Milk No Alternate	26 FROZEN PASSOVER MEAL Roasted Chicken w/ Brown Gravy Carrot Tzimmes Potato Kugel Fruit & Milk No Alternate
CENTER CLOSED FOR PASSOVER	CENTER CLOSED FOR PASSOVER			GLATT KOSHER

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: APRIL 2024

The Center will be closed on Tuesday and Wednesday, 4/23 -24, and on Monday and Tuesday, 4/29 -30.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 8:30- 11:00 (M3) Leisure Games 11:00- 12:00 (M3) Current Events 11:00- 12:00 (Ballroom) Staywell Exercise	8:30- 9:30 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 10:00- 12:00 (M4) Oil Painting 10:45- 12:15 (M3) Blood Pressure Screening (Except on April 9) 11:00- 12:00 (M2) Interesting & Informative Discussion 11:15 am (Crystal Room) *4/9 Nutrition Education - by Amelia *4/16 Elder Abuse - by Raphael Arnold	8:30- 9:45 (M4) Ping Pong 8:30- 12:00 (M3) Leisure Games 9:30- 11:00 (Ballroom) Chinese Culture Club Dancing 10:00- 11:00 (Computer Lab) Today's Technology 11:00- 12:00 (Computer Lab) Surfing the Internet 10:00- 12:00 (M4) Chinese Culture Group Singing 11:15 am (Crystal Room) *4/3 Affordable Connectivity Program/SNAP/Lifeline - by Kim Lerner	8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 10:30- 12:00 (M2) English for Chinese 10:45- 12:15 (M3) Blood Pressure Screening 11:15 am (Crystal Room) *4/18 Elderly Scam/ Pedestrian Safety - by Officer Ramirez, 112 Precinct	8:30- 10:45 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 11:00- 12:00 (M4) Bingo
12:30- 3:45 (M4) Ping Pong 12:30- 3:00 (M3) Melodians Rehearsal (Note: 4/1 and 4/8 only) 1:00- 2:00 (Computer Lab) Technology Assistance 1:30- 2:30 (Crystal Room) Zumba Gold 2:00- 3:30 (Computer Lab) 3:00- 3:45 (M3) Leisure Games	12:30- 3:00 (M4) Drawing 1:00- 3:30 (Computer Lab) 1:00- 3:45 (M3) Arts & Crafts (Jewelry) 1:00- 2:00 (M2) Drama Group 1:30- 2:30 (Crystal Room) Tai Chi for Arthritis	12:30- 3:45 (M4) Ping Pong 12:30- 3:30 (M3) Leisure Games 1:00- 3:30 (Computer Lab) 2:30- 3:30 (Crystal Room) Tai Chi for Arthritis	12:30- 3:45 (M4) Ping Pong 1:00- 3:30 (Computer Lab) 1:00- 3:45 (M2) Arts & Crafts (Needlepoint) 1:30- 2:30 (Crystal Room) Line Dancing	1:00- 3:45 (M4) Ping Pong 1:00- 3:30 (Computer Lab) Entertainment (1:15-2:15 pm, Crystal Room) *4/5 Juan Ortega *4/12 Melodians Performance - Grand Finale (Treat after the Performance) *4/19 J J Burton *4/26 Karaoke

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