



Menu - April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GLATT KOSHER	1 Vegetarian Three Bean Chili Zucchini Provencal Brown Rice Whole Wheat Bread Orange and Milk <i>Alternate: Omelet</i> <i>*Cookie</i>	2 Beef Pot Roast/Sauteed Onions and Peppers Mashed Sweet Potatoes Spinach Souffle Whole Wheat Bread Pear and Milk <i>Alternate: Egg Salad</i>	3 Breaded Pollack Garden Salad Roasted Potatoes Whole Wheat Bread Banana and Milk <i>Alternate: Sliced Turkey</i>	4 Roasted Chicken Brown Gravy California Blend Vegetables Rice A Roni Challah Bread Applesauce and Milk <i>Alternate: Tuna Salad</i>
	7 Turkey Burger Mashed Sweet Potatoes Beets Whole Wheat Bread Apple and Milk <i>Alternate: Breaded Pollack</i>	8 Salmon/Sauce Mashed Potatoes Carrots Whole Wheat Bread Orange and Milk <i>Alternate: Egg Salad</i>	9 Meat Sauce Farfel Israeli Salad Whole Wheat Bread Pear and Milk <i>Alternate: Tuna Salad</i> <i>*Cookie</i>	10 Vegan stuffed Peppers Sides TBD <i>Alternate: TBD</i>
CENTER CLOSED for PASSOVER	15 FROZEN PASSOVER MEAL Turkey Burger/Onion Sauce Mashed Sweet Potatoes Beets <i>Alternative: Fish</i>	16 FROZEN PASSOVER MEAL Baked Fish/ Tomatoes & Herbs Sweet Matzah Farfel Mashed Cauliflower <i>Alternative: Chicken</i>	17 FROZEN PASSOVER MEAL Vegan stuffed Peppers Mashed Farfel Carrots <i>Alternative: TBD</i>	18 FROZEN PASSOVER MEAL Roasted Chicken/Brown Gravy Potato Kugel Carrot Tzimmes <i>Alternative: Fish</i>
	21 Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Apple and Milk <i>Alternate: Egg Salad</i>	22 Chicken Spaghetti Casserole Green Beans Whole Wheat Bread Orange and Milk <i>Alternate: Omelet</i>	23 Baked Salmon /Dill Lemon Sauce Zucchini Provencal Rice A Roni Whole Wheat Bread Pear and Milk <i>Alternate: Sliced Turkey</i>	24 Vegetarian Moussaka Tossed Salad with Dressing Fusilli Pasta with Parsley Whole Wheat Bread Banana and Milk <i>Alternate: Tuna Salad</i> <i>*Birthday Cake</i>
28 Baked Asian Style Honey Chicken Steamed Carrots Vegetable Lo Mein Whole Wheat Bread Apple and Milk <i>Alternate: Omelet</i>	29 Chinese Style Pepper Steak Oriental Blend Vegetables Brown Rice (1/2 cup) Whole Wheat Bread Orange and Milk <i>Alternate: Tuna Salad</i>	30 Salmon Cake/ Dill Lemon Sauce Roasted Butternut Squash Vegetable Ratatouille Whole Wheat Bread Pear and Milk <i>Alternate: Sliced Turkey</i>		



Calendar of Activities – April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/14- Center closed for Passover	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 (M4) Ping Pong	8:30- 12:00 (Computer Lab)	8:30- 12:00 (M3) Leisure Games	8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)
8:30- 12:00 (Computer Lab)	9:30- 11:00 (Ballroom) Chinese Culture Group Dancing	10:00- 11:00 (Computer Lab) Today's Technology	10:30- 12:00 (M2) English for Chinese	11:00- 12:00 (M4) Bingo
8:30- 11:00 (M3) Leisure Games	10:00- 12:00 (M4) Oil Painting	10:00-12:00 (M4) Chinese Culture Group Singing	11:15 am (Crystal Room) *4/24- Pedestrian Safety- Samantha from DOT	
11:00- 12:00 (M3) Current Events	10:45- 12:15 (M3) Blood Pressure Screening	11:00- 12:00 (Computer Lab) Surfing the Internet		
11:00- 12:00 (Ballroom) Staywell Exercise	11:00- 12:00 (M2) Interesting and Informative Discussion	11:15 am (Crystal Room) *4/9- Nutrition Education by Amelia Jalandoni		
		11:15 am (Crystal Room) *4/30- Disaster Preparedness- Sgt Tirado		
LUNCH BREAK				
4/14- Center closed for Passover	12:30- 3:00 (M4) Drawing	12:30- 3:45 (M4) Ping Pong	12:30- 3:45 (M4) Ping Pong	1:00- 3:45 (M4) Ping Pong
12:30- 3:45 (M4) Ping Pong	1:00- 3:30 (Computer Lab)	12:30- 3:30 (M3) Leisure Games	1:00- 3:30 (Computer Lab)	1:00- 2:30 (Computer Lab)
12:30-3:00 (M3) Melodians Practice	1:00- 3:45 (M3) Arts & Crafts (Jewelry)	1:00- 3:30 (Computer Lab)	1:00- 3:45 (M2) Arts & Crafts (Needlepoint)	1:00-2:30 (M3) Chinese Culture Group Advanced Singing
1:00- 2:00 (Computer Lab)	1:00- 2:00 (M2) Drama Group	1:30- 2:30 (Ballroom) Yoga	1:30- 2:30 (Ballroom) Line Dancing	Entertainment (1:15-2:15 pm, Crystal Room) *4/4 – Windbreakers *4/11 – Juan Ortega *4/18 – Tony Gap *4/25 – Karaoke
1:30- 2:30 (Ballroom) Zumba Gold	1:30- 2:30 (Crystal Room) Tai Chi			
3:00- 3:45 (M3) Leisure Games				