



Menu for August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CENTER IS OPEN ON THE FOLLOWING SUNDAYS With Entertainment:</p> <p>8/3 - JJ Burton & 8/24- Juan Ortega</p>			<p>GLATT KOSHER</p>	<p>1</p> <p>Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Egg Salad</p>
<p>4</p> <p>Grilled Chicken Breast Sauteed Green Beans/ Onions Roasted Spiced Red Potatoes Whole Wheat Bread Apple and Milk Alternate: Tuna Salad</p>	<p>5</p> <p>Vegan Stuffed Bell Peppers Health Slaw Whole Wheat Bread Orange and Milk Alternate: Egg Salad *Cookie</p>	<p>6</p> <p>Shepherd's Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Kiwis and Milk Alternate: Omelet</p>	<p>7</p> <p>Baked Salmon Oriental Blend Vegetables Springtime Fried Brown Rice Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey</p>	<p>8</p> <p>Chicken Schwarma Beets and Onion Salad Jeera Rice (Cumin Spiced Rice) Challah Bread Applesauce and Milk Alternate: Breaded Pollack</p>
<p>11</p> <p>Chicken Spaghetti Casserole Tossed Salad with Dressing Whole Wheat Bread Apple and Milk Alternate: Breaded Pollack</p>	<p>12</p> <p>Kasha Knish and Hummus Chickpea Salad Israeli Salad Whole Wheat Bread Orange and Milk Alternate: Egg Salad *Cookie</p>	<p>13</p> <p>Stuffed Cabbage with Beef in Tomato Sauce Steamed Carrots Kasha Varnishkes Whole Wheat Bread Kiwis and Milk Alternate: Tuna Salad</p>	<p>14</p> <p>Baked Breaded Pollack Beet Salad Yellow Rice Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey</p>	<p>15</p> <p>Hawaiian Chicken Capri Blend Vegetables Roasted Sweet Potato Slices Challah Bread Applesauce and Milk Alternate: Omelet</p>
<p>18</p> <p>Chicken Marsala Steamed Broccoli White Rice Whole Wheat Bread Apple and Milk Alternate: Omelet</p>	<p>19</p> <p>Vegetarian Moussaka Tossed Salad with Dressing Whole Wheat Bread Orange and Milk Alternate: Breaded Pollack *Birthday Cake</p>	<p>20</p> <p>Beef Meatballs with Tomato Sauce Spaghetti Spinach Souffle Whole Wheat Bread Kiwis and Milk Alternate: Egg Salad</p>	<p>21</p> <p>Baked Salmon Vegetable Mix Homemade Mashed Potatoes Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey</p>	<p>22</p> <p>Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Tuna Salad</p>
<p>25</p> <p>Sliced Turkey Breast with Gravy Steamed Green Beans Mashed Sweet Potatoes Cranberry Sauce Whole Wheat Bread Apple and Milk Alternate: Tuna Salad</p>	<p>26</p> <p>Shepherd's Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Orange and Milk Alternate: Egg Salad</p>	<p>27</p> <p>Baked Breaded Pollack Cucumber Salad Rice A Roni Tartar Sauce Whole Wheat Bread Kiwis and Milk Alternate: Sliced Turkey</p>	<p>28</p> <p>Eggplant Tofu Rollatini Green Bean Salad Pasta Garlic Bread Pear and Milk Alternate: Omelet *Cookie</p>	<p>29</p> <p>Cranberry Chicken Zucchini Provencal Sweet Noodle Kugel Challah Bread Applesauce and Milk Alternate: Tuna Salad</p>



Calendar of Activities – August 2025

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 11: 00 AM (Crystal Room)	8:30- 9:30 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 9:30- 11:00 (Ballroom) Chinese Culture Group Dancing 10:00- 12:00 (M4) Oil Painting 10:45- 12:15 (M3) Blood Pressure Screening 11:00- 12:00 (M2) Interesting and Informative Discussion 11: 00 AM (Crystal Room)	8:30- 9:45 (M4) Ping Pong 8:30- 12:00 (M3) Leisure Games 10:00- 11:00 (Computer Lab) Today's Technology 10:00-12:00 (M4) Chinese Culture Group Singing 11:00- 12:00 (Computer Lab) Surfing the Internet 11: 00 AM (Crystal Room) *8/6 Nutrition Education by Amelia Jalandoni *8/13 Connecting NYC Transit Workshop- Howard Levine	8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 10:30- 12:00 (M2) English for Chinese *8/14 Savvy Shopping Tips by Shadina Arnet, NYS Division of Consumer Protection WORKSHOP	Center closes at 2PM on 8/29 8:30- 10:45 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 11:00- 12:00 (M4) Bingo
LUNCH BREAK				
12:30- 3:45 (M4) Ping Pong 1:00- 2:00 (Computer Lab) 1:30- 2:30 (Ballroom) Zumba Gold 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	12:30- 3:45 (M4) Ping Pong 12:30- 3:30 (M3) Leisure Games 1:00-3:00 (M2) Chinese Culture Group Advanced Dancing 1:00- 3:30 (Computer Lab) 1:30- 2:30 (Ballroom) Yoga	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 (Ballroom) Line Dancing	1:00- 2:45 (M4) Ping Pong 1:00- 2:30 (Computer Lab) 1:00-2:30 (M3) Chinese Culture Group Advanced Singing Entertainment (1:15-2:15 PM, Crystal Room) *8/1 Juan Ortega * 8/8 Greg Peters/Elvis * 8/15 Windbreakers * 8/22 Karaoke * 8/29 No entertainment, center closes at 2pm