

WAYSIDE OUTEACH DEVELOPMENT INC.

Glenmore Senior Center

1777 PITKIN AVENUE BROOKLYN, NY 11211 1-(917) 962-8276 Program Director: Mrs. Trudy Andrews

May Calendar

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Happy Mother's Day</p> <p>Suggested Meal Contributions are used to help supplement the program development. Suggested Donations/Contribution are used to enhance the program:</p> <ul style="list-style-type: none"> • Performances • DJ's/Musicians • Parties/Party Supplies • Gifts • Trips • Decorations <p>Glenmore appreciates any, and all contributions given by the membership. Have a great day!</p>			<p>1) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1:30pm</p> <p>Glenmore Advisory Meeting 2:00pm-3:00pm Bid</p> <p>Sexual Abuse Workshop 3:00pm -4:00pm</p> <p>Whist/Pokeno/Cards/Dominos 3:00pm 5:40pm</p>	<p>2) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1:30pm</p> <p>WALKING CLUB (weather permitted) 1:30pm-2:30pm</p> <p>Bid Whist/Pokeno/Cards/Dominos 3:30-5:45 pm 3:00pm 5:40pm</p>
<p>5) Food Pantry Delivery Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1:30pm</p> <p>Center Meeting 1:30pm 2:30pm</p> <p>Art and Craft Crochet 2:00-3:00 pm</p> <p>Netflix Movie 2:30pm 4:00pm</p> 	<p>6) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1:00pm</p> <p>Line Dance 1:00pm 2:00pm</p> <p>BINGO 2PM – 3PM</p> <p>Elder Abuse Workshop 3:00pm -4:00pm</p> <p>Bid Whist/Pokeno/Cards/Dominos 3:30-5:45 pm 3:00pm 5:40pm</p>	<p>7) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1:30pm</p> <p>Blood Pressure Screening 1:30-2:00PM</p> <p>Tai Chi Class 2:0PM-3PM</p> <p>Technology Class 3pm-4pm</p> <p>Netflix Movie 3:00pm 5:40pm Free Choice</p>	<p>8) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1:00pm</p> <p>Chair Boxing 1pm-2pm</p> <p>Opioid Naloxone Workshop 2:00pm-3:00pm</p> <p>Bid Whist/Pokeno/Cards/Dominos 3:00pm 5:40pm</p>	<p>9)  BRUNCH Mother's Day Brunch & Wine Glass Making Event 12-3:00 pm</p>  <p>Mother's Day Bake Sale</p>
<p>12) Food Pantry Delivery Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1:30pm</p> <p>Chair Aerobics 1:00pm 2:00pm</p> <p>Art and Craft Tie Dye Shirts 2:00pm 3:30pm</p> <p>Netflix Movie 3:30pm 5:30pm</p> 	<p>13) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1:00pm</p> <p>Line Dance 1:00pm 2:00pm</p> <p>BINGO 2:00pm-3:00pm</p> 	<p>14) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1:00pm</p> <p>Community Board#16 Meeting Mental Health 1:00PM-2:00PM</p> <p>Tai Chi Class 2:00 PM-3:00PM</p> <p>Technology Class 3pm-4pm</p> <p>Bid Whist/Pokeno/Cards/Dominos 3:30-5:45 pm</p>	<p>15) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1pm</p> <p>Chair Boxing 1pm-2pm</p> <p>BINGO 2:00pm-3:30pm</p> 	<p>16) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1:30pm</p> <p>WALKING CLUB (weather permitted) 1:30pm-2:30pm</p> <p>Bid Whist/Pokeno/Cards/Dominos 3:30-5:45 pm 3:00pm 5:40pm</p>
<p>19) Food Pantry Delivery Coffee and Current Events 11:00pm-12:00pm</p> <p>Lunch 12pm – 1:30pm</p> <p>Chair Aerobics 1:30pm 2:00pm</p> <p>Arts and Craft Water Color Painting 2pm-3pm</p> <p>Netflix Movie 2:00pm 5:40pm</p> 	<p>20) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1:00pm</p> <p>Line Dance 1:00pm 2:00pm</p> <p>BINGO 2:00PM – 3:00PM</p>  <p>WALKING CLUB (weather permitted) 3:00pm-5:30pm</p>	<p>21) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1:30pm</p> <p>Blood Pressure Screening 1:30-2:00PM</p> <p>Tai Chi Class 2:0PM-3PM</p> <p>Technology Class 3pm-4pm</p> <p>Netflix Movie 3:00pm 5:40pm Free Choice</p>	<p>22) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1pm</p> <p>Chair Boxing 1pm-2pm</p> <p>BINGO 2:00pm-3:00pm</p> 	<p>23) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1:30pm</p>  <p>Karaoke Party 1:30-4:30pm</p>
<p>26)  ★ HAPPY ★ MEMORIAL DAY WE ARE CLOSED</p>	<p>27) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1:00pm</p> <p>Line Dance 1:00pm 2:00pm</p> <p>Memorial Day Seafood BINGO Feast 2:00 PM – 5:30 PM</p>  <p>You're Invited</p>	<p>28) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1:30pm</p> <p>Blood Pressure Screening 1:30-2:00PM</p> <p>Tai Chi Class 2:0PM-3PM</p> <p>Technology Class 3pm-4pm</p> <p>Netflix Movie 3:00pm 5:40pm Free Choice</p>	<p>29) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1pm</p> <p>Chair Boxing 1pm-2pm</p> <p>BINGO 2:00pm-3:00pm</p>  <p>Bid Whist/Pokeno/Cards/Dominos 3:30-5:45 pm 3:00pm 5:40pm</p>	<p>30) Coffee and Current Events 11am-12noon</p> <p>Lunch 12pm – 1pm</p> <p>WALKING CLUB (weather permitted) 1:30pm-2:30pm</p> <p>Netflix Movie Cards/Dominos 2:30pm 5:40pm</p>

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 <p>Suggested Meal Contributions are used to help supplement the program development. Suggested Donations/Contribution are used to enhance the program:</p> <ul style="list-style-type: none"> • Performances • DJ's/Musicians • Parties/Party Supplies <ul style="list-style-type: none"> • Gifts • Trips • Decorations <p>Glenmore appreciates any, and all contributions given by the membership. Have a great day!</p>				
5)Turkey Meatloaf W/ Mushroom Gravy Pasta Whole Wheat California Blend Vegetables	6)Homemade Vegan Whole Grain Mac and Cheese Wheat Bread Baby Spinach Salad Sliced Peaches	7)Beef and String Beans Whole Wheat Bread Balsamic Roasted Brussels Sprouts Garlic Mashed Potatoes	8)Curried Chicken Legs White Rice Whole Wheat Bread Steam Red or Green Cabbage Orange	9)Fish W/ Creole Sauce whole wheat Dinner Rolls Italian Blend Vegetables Baked Potato Cantaloupe
12 Baked Breaded Chicken Cutlet Whole W/bread Garlic Mashed Potatoes Kale W/ Tomato Milk	13)Cheesy Whole Wheat Quesadillas w/ Black Beans Whole w/Bread Tossed Salad	14) Caribbean Style BBQ Chicken Wheat Bread Baby Spinach salad, Sweet Yams, Cantaloupe	15)Braised Beef Short Ribs Whole Wheat Bread Yellow Rice Steamed Collard Greens Fruit Salad	16)Baked Fish Whole Wheat Bread Winter Blend Vegetables Yuca w/ onions
19)Turkey Burger w/Cheese W. Bun Cooked Cabbage w/ Shredded Carrots Potato Salad	20)Vegetable Soup Black Bean Fajitas Multigrain Flatbread Tossed salad Fruit Cocktail	21) Brown Stew Chicken Rice & Beans Cole Slaw W. Bread Papaya	22)Stewed Pork Chops Brown Rice Steamed Broccoli W. Bread Fruit	23)Fish with Creole Sauce Sautéed onions and Peppers W. Wheat Bread Garlic and Rosemary Roasted potatoes Steamed kale
26)Turkey Meatloaf W. Dinner Rolls Garlic Mashed Potatoes Sautéed Spinach	27) Black Bean Tacos w/ Tangy Pineapple Salsa Brown Rice W. Bread Arugula Salad w/ Balsamic Vinaigrette	28)Stewed Chicken Breast Rice & Beans Broccoli & Red Peppers Yellow Plantains	29)Baked Turkey Meatballs Spaghetti W/Hamburger Bun Baby Spinach Salad w/ Lemon Vinaigrette	30)Baked Salmon w/Lemon Tarragon & Thyme Rice Pilaf W. Bread Creamy Spinach Tossed Salad

SPONSORED BY WAYSIDE OUTREACH DEVELOPMENT, INC.

FUNDED BY NYC DEPARTMENT FOR THE AGING IN COOPERATION WITH NEW YORK CITY HOUSING AUTHORITY

All lunches served with 1% Milk

MENU SUBJECT TO CHANGE