

MAY

ROSETTA GASTON NEIGHBORHOOD SENIOR CENTER

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Kristina Collins Executive Director Lisbeth Ramos Program Assistant



REMINDER***** PLEASE DONATE \$1.00 PER MONTH OR \$12.00 PER YEAR*****

MONTHLY SCHEDULE ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
5) WORD STUDY 9:30 AM -10:30 AM ARTS & CRAFTS 10AM- 11AM CINCO DE MAYO 12PM  ESSEN HOUSE CALLS PRESENTATION 11AM-12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM DOMINOS POKENO GAMES 9AM- 5PM	6) EXERCISE 10AM-10:30 AM ARTS & CULTURE 11AM-12PM TECH 101 2:00 PM-3:00 PM MOVIE DAY 2PM-3PM ELA CLASS 3PM 4PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	7) AROBICS EXERCISE 10 AM-11AM HEALTH MANAGEMENT 1PM 2PM POKENO-11AM SELF DIRECT AHA (BLOOD PRESSURE) BINGO 1:30 PM ARTS & CRAFT DOMINOS GAMES 	8) ARTS & CULTURE 11AM-12PM TECH 101 2:00 PM-3:00 PM MOVIE 2PM-3PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS POKENO	9) EXERCISE 10AM -10:30 AM ARTS & CRAFT 11AM -12PM MOTHER'S DAY CELEBRATION 12PM  BINGO 1:30 PM TELL IT LIKE IT IS 1PM -2PM
12) WORD STUDY 9:30 AM -10:30 AM ARTS & CRAFTS 10AM- 11AM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM CARDS GAMES 9AM -5PM 	13) EXERCISE 10AM-10:30AM ARTS & CULTURE 11AM-12PM TECH 101 2:00 PM-3:00 PM MOVIE DAY 2PM-3PM ELA CLASS 3PM -4PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	14) AARP 9AM 4PM AROBICS EXERCISE ARTS & CRAFT 11AM -12PM HEALTHFIRST PRESENTATION 1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM-5PM CARDS/BILLARD DOMINOS POKENO BINGO 1:30PM	15) EXERCISE 10AM-10:30AM ARTS & CULTURE 11AM-12PM HEALTH MANAGEMENT 1PM 2PM TECH 101 2:00 PM-3:00 PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS POKENO	16) EXERCISE 10AM 10:30 AM ARTS & CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM BINGO 1:30 PM TELL IT LIKE IT IS 1PM -2PM GAMES 9AM-5PM CARDS/BILLARDS 
19) WORD STUDY 9:30 AM -10:30 AM HEALTH MANAGEMENT 12PM- 1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM -5PM CARDS/BILLARDS BINGO 1:30 PM	20) EXERCISE 10AM-10:30AM HEALTH MANAGEMENT 10AM-11AM ARTS & CULTURE 11AM-12PM TECH 101 2:00 PM-3:00 PM ELA CLASS 3PM -4PM 2:00 PM-3:00 PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	21) AROBICS EXERCISE ARTS & CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS POKENO BINGO 1:30 PM 	22) EXERCISE 10AM-10:30AM ARTS & CULTURE 11AM-12PM HEALTH MANAGEMENT 1PM 2PM MOVIE DAY 2PM 4PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS POKENO	23) EXERCISE 10AM 10:30 AM ARTS & CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- TELL IT LIKE IT IS 1PM -2PM GAMES , BINGO
26) CENTER CLOSED  Memorial DAY	27)) EXERCISE 10AM-10:30AM HEALTH MANAGEMENT 10AM-11AM ARTS & CULTURE 11AM-12PM TECH 101 2:00 PM-3:00 PM MOVIE DAY 2PM-3PM ELA CLASS 3PM -4PM GAMES	28) AROBICS EXERCISE ARTS & CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS POKENO BINGO 1:30 PM	29) EXERCISE 10AM-10:30AM FAN-FOOD 10AM-2PM ARTS & CULTURE 11AM-12PM HEALTH MANAGEMENT 1PM 2PM MOVIE DAY 2PM 4PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS POKENO	30) EXERCISE 10AM 10:30 AM ARTS & CRAFT 11AM -12PM BIRTHDAY CELEBRATION DISCO GROVE 12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- TELL IT LIKE IT IS 1PM -2PM 

SPONSORED BY WAYSIDE OUTREACH DEVELOPMENT, INC. FUNDED BY NYC AGING
 THANK YOU FOR YOUR VOLUNTARILY CONTRIBUTION ITS HELPS ENHANCE THE PROGRAM
 (DECORATION, TRIPS, GIFTS)

BREAKFAST- All Breakfast served with 1% Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) EGG WHITE OMELETS W/PEPPERS AND ONIONS OATMEAL WHEAT BREAD BAKED APPLE 1% LOW FAT MILK	2) HOME FRIES OATMEAL SCRAMBLED EGGS WHEAT BREAD CANTALOUPE 1% LOW FAT MILK
5) CHEDDAR CHEESE SLICE OATMEAL SLICE TOMATOES WHEAT MINI BAGELS CANNED PINEAPPLE & CREAM CHEESE 1% LOW FAT MILK	6) CINNAMON PANCAKES CHEERIOS HONEYDEW 1% LOW FAT MILK	7) BAKED WHEAT FRENCH TOAST W/ RASPBERRY SAUCE BRAN FLAKES CEREAL BANANA 1% LOW FAT MILK	8) BAKED EGG OMELET SPICE SWEET POTATOES WHEAT BREAD PLAIN YOGURT 1% LOW FAT MILK	9) PORK SAUSAGE WAFFLES OATMEAL ORANGE 1% LOW FAT MILK
12) CHEERIOS HARD BOILED EGGS WHEAT CORN MUFFIN APPLE	13) BUEBERRY PANCAKE COTTAGE CHEESE BRAN FLAKES CEREAL BANANA	14) EGG FRITTATA WITH POTATOES AND PEAS WHEAT ENGLISH MUFFIN CANTALOUPE	15) CINNAMON WHEAT FRENCH TOAST OATS WITH FRUIT ORANGE	16) SAUTEED CHICKEN LIVER WITH ONIONS GRITS WHEAT BREAD PINEAPPLE
19) WHEAT ENGLISH MUFFIN PIZZAS GRITS ORANGE	20) COCONUT BANANA WHEAT FRENCH TOAST HARD BOILED EGG SHREDDED WHEAT CEREAL BIG BISCUIT FROZEN MIXED BERRIES	21) HOME FRIES SALMON CAKES WHEAT BREAD BANANA	22) OMELETTE W/PEPPERS & ONIONS SPICED SWEET POTATOES WHEAT BREAD APPLESAUCE	23) GRILLED MOZZARELLA & TOMATO SANDWICH W/ WHEAT BREAD OATMEAL CANTALOUPE
26) CENTER CLOSED 	27) APPLE PANCAKES FARINA BANANA	28) EGG WHITE FRITTATA S/ SPINACH AND SWISS HOME FRIES WHEAT BREAD GRAPES	29) MINI CROISSANT OATMEAL PORRIDGE FROZEN MIXED BERRIES GREEK YOGURT	30) MULTIRILLED GRAIN CHEERIOS SAUTEED CHICKEN LIVER WITH ONIONS WHEAT BREAD BAKED APPLE

LUNCH – All lunches served with 1% Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1) BAKED ZITI WITH CHEESE WHEAT BREAD CABBAGE SALAD WITH WHEAT BERRIES CANTALOUPE	2) OVEN FRIED FISH BROWN RICE WITH KIDNEY BEANS SPICED MIXED VEGETABLES WHEAT BREAD APPLE
5) STEWED CHICKEN BREAST BROWN RICE WITH PIGEON PEAS STEAMED COLLARD GREENS ORANGE WHEAT BREAD	6) VEGAN MEATBALLS W/ ALFREDO SAUCE VEGAN AVOCADO SALAD CORN AND BLACK BEANS WITH	7) STEWED PORK CHOPS BABY CARROTS AND PARSLEY SWEET BAKED YAM WHEAT BREAD	8) PORK SPARE RIBS YELLOW RICE CABBAGE AND APPLE SLAW APPLE WHEAT BREAD	9) FISH WITH CREOLE SAUCE CABBAGE CARROTS SLAW PARMESAN ROSEMARY MASHED POTATOES NECTARINE WHEAT BREAD
12) STEWED CHICKEN BREAST BROWN RICE WITH PIGEON PEAS STEAMED COLLARD GREENS ORANGE WHEAT BREAD	13) STUFFED BELL PEPPERS WHITE RICE WHEAT BREAD BANANA	14) PORK SPARE RIBS BAKED POTATO CABBAGE AND APPLE SLAW APPLE WHEAT BREAD ORANGE	15) BAKED TURKEY WINGS BAKED MACARONI AND CHEESE WHEAT BREAD STEAMED CARROTS ORANGE	16) BAKED BREADED FISH BRUSSELS S SPROUTS MASHED POTATOES CANTALOUPE WHEAT BREAD
19) BBQ CHICKEN BREAST BROWN RICE WITH KIDNEY VEGESTABKE BLEND BANANA WHEAT BREAD	20) VEGGIE BURGERS WHEAT BREAD BAKED FRIES STEAMED BROCCOLI APPLE WHEAT BREAD	21) SALISBURY STEAK WHEAT BREAD YELLOW RICE T GREEN BEANS CANTALOUPE WHEAT BREAD	22) TURKEY W/ GRAVY WHEAT BREAD CARROTS SALAD MASHED SWEET POTATOES ORANGE WHEAT BREAD	23) OVEN FRIED FISH BAKED MACARONI & CHEESE WHEAT BR is EAD ORIENTAL BLEND VEGESTAB;ES PEACHES
26) CENTER CLOSED 	27) CARIBBEAN CURRY W/ CHICPEAS AND SPINACH WHEAT BREAD APPLE	28) TUNA FISH SALAD WHEAT BREAD CUCUMBER AND TOMATO SALAD WITH VINAIGRETTE PATATO SALAD	29) BAKED ZITI WITH CHEESE WHEAT BREAD CABBAGE SALAD WITH WHEAT BERRIES CANTALOUPE	30) OVEN FRIED FISH BROWN RICE WITH KIDNEY BEANS SPICED MIXED VEGETABLES WHEAT BREAD APPLE

MENU SUBJECT TO CHANGE