

October

ROSETTA GASTON NEIGHBORHOOD SENIOR CENTER

460 Dumont Avenue, Brooklyn, NY 11212 (718) 345-5665 Fax: (718) 345-5644

Christopher Cipriani, Program 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
		1) EXERCISE 10AM-11AM SELF DIRECT AHA BLOOD PRESSURE 1PM BINGO 1:30 PM TELL IT LIKE IT IS 2PM=3PM	2) EXERCISE 10AM-11AM ARTS & CULTURE 11AM-12PM COMPUTER CLASS 2PM - 3PM CARDS/BILLIARDS DOMINOES 9AM-5PM	3) EXERCISE 10AM-11PM ARTS & CRAFT 11AM-12PM HEALTH PRESENTATION 1PM SELF DIRECT AHA BLOOD PRESSURE 1PM GAMES 9AM-5PM
6) EXERCISE 10AM-11AM VEGGIE & FRUITS BAGS 10AM HEALTH PRESENTATION 1PM ARTS & CRAFTS 1M - 2PM SELF DIRECT AHA BLOOD PRESSURE 1PM	7) EXERCISE 10AM-11AM ARTS & CULTURE 11AM -12PM ELA CLASS 2P-3PM CARDS/BILLIARDS DOMINOES 9AM-5PM	8) EXERCISE 10AM-11AM HOLLOWEEN 10AM- 12PM ARTS & CRAFTS 11AM-12PM SELF DIRECT AHA BLOOD PRESSURE 1PM BINGO 1:30 PM TELL IT LIKE IT IS 2PM=3PM	9) EXERCISE 10AM-11AM HEALTH FIRST 11AM ARTS & CULTURE 11AM-12PM COMPUTER CLASS 2PM - 3PM CARDS/BILLIARDS DOMINOES 9AM-5PM	10) EXERCISE 10AM-11PM ARTS & CRAFTS 11AM-12PM TOMMY FITNESS 1PM TELL IT LIKE IT IS 2PM=3PM CARDS/BILLIARDS DOMINOES 9AM-5PM
13) EXERCISE 10AM-11AM WORD STUDY 10AM-11AM VEGGIE & FRUITS BAGS 10AM ARTS & CRAFTS 1M - 2PM BINGO - 1:30 PM GAMES 9AM-5PM	14) EXERCISE 10AM-11PM ARTS & CRAFT 11AM-12PM HEALTH PRESENTATION 1PM ELA CLASS 2PM-3PM CARDS/BILLIARDS DOMINOES 9AM-5PM	15) AARP CLASS 10AM-11AM EMERGENCY PREPARENCES 10:30AM 11AM BUFFET OUTING 11AM SELF DIRECT AHA BLOOD PRESSURE 1PM TELL IT LIKE IT IS 2PM=3PM BINGO - 1:30 PM GAMES 9AM-5PM	16) EXERCISE 10AM-11AM ARTS & CULTURE 11AM-12PM COMPUTER CLASS 2PM - 3PM CARDS/BILLIARDS DOMINOES 9AM-5PM	17) EXERCISE 10AM-11AM 11AM-12PM SAFETY PREPARENESS 1PM-2PM TELL IT LIKE IT IS 2PM=3PM BINGO- 1:30PM GAMES 9AM-5PM
20) EXERCISE 10AM-11AM VEGGIE & FRUITS BAGS 10AM WORD STUDY 10AM-11AM ARTS & CRAFTS 1M - 2PM BINGO - 1:30 PM GAMES 9AM-5PM	21) EXERCISE 10AM-11PM ARTS & CRAFT 11AM-12PM ELA CLASS 2PM=3PM CARDS/BILLIARDS DOMINOES 9AM-5PM	22) EXERCISE 10AM-11AM HEALTH MANAGEMENT 11AM PUMKIN PICKING 10AM SELF DIRECT AHA BLOOD PRESSURE 1PM TELL IT LIKE IT IS 2PM=3PM BINGO - 1:30 PM GAMES 9AM-5PM	23) EXERCISE 10AM-11AM ARTS & CULTURE 11AM-12PM COMPUTER CLASS 2PM - 3PM GAMES 9AM-5PM	24) EXERCISE 10:30 AM ARTS & CRAFTS 11AM-12PM ADVISORY BOARD ELECTION 1PM-2PM TOMMY FITNESS 1PM TELL IT LIKE IT IS 2PM=3PM BINGO- 1:30PM GAMES 9AM-5PM
27) EXERCISE 10AM-11AM FAN-FOOD 10AM WORD STUDY 10AM-11AM ARTS & CRAFTS 1M - 2PM BINGO - 1:30 PM GAMES 9AM-5PM	28) EXERCISE 10AM-11PM ARTS & CRAFT 11AM-12PM ELA CLASS 2PM=3PM CARDS/ POOL DOMINOES 9AM-5PM	29) EXERCISE 10AM-11AM SELF DIRECT AHA BLOOD PRESSURE 1PM TELL IT LIKE IT IS 2PM=3PM BINGO - 1:30 PM GAMES 9AM-5PM	30) EXERCISE 10AM-11AM ARTS & CULTURE 11AM-12PM COMPUTER CLASS 2PM - 3PM GAMES 9AM-5PM	31) EXERCISE 10:30 AM ARTS & CRAFTS 11AM-12PM HOLLOWEEN DAY 12PM-1PM BINGO- 1:30PM BIRTHDAY CELEBRATION 



SPONSORED BY WAYSIDE OUTREACH DEVELOPMENT, INC.

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

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) MIULTIGRAIN CEREAL PIZZA ENGLISH MUFFIN WHEAT ORANGE	2) EGG WHITE OMELETTE W/PEPPERS AND ONIONS OATMEALS WHEAT BREAD	3) HOME FRIES FISH CAKE WHEAT BREAD CANTALOUPE
6) CHEDDAR CHEESE SLIDE OATMEAL SLICED TOMATOES WHEAT MINI BAGEL CANNED PINEAPPLE	7) CHEERIOS WHEAT CINNAMON PANCAKE HONEYDEW	8) BRAN FLAKES CEREAL VEG. SAUSAGE PATTY BANANA	9) BAKED EGG OMELETTE SPICED SWEET POTATOES WHEAT BREAD FROZEN MIXED BERRIES	10) OATMEAL WHEAT WAFFLES ORANGE
13) CHEERIOS WHEAT CORN MUFFIN APPLE	14) BLUEBERRY PANCAKES BRAN FLAKES CEREAL COTTAGE CHEESE BANANA	15) EGG FRITTATA W/POTATOES ENGLISH MUFFUN WHEAT CANTALOUPE	16) CINNAMON WHEAT FRENCH TOAST OATS WITH FRUIT ORANGE YOGURT	17)HOME FRIES WHEAT BREAD CHICKEN LIVERS FRESH APPLES
20) GRITS WHEAT ENGLISH MUFFIN PIZZA ORANGE	21) WHEAT FRENCH TOAST OATMEAL CANNED PINEAPPLE	22) HOMES FRIES SALMON CAKES WHEAT BREAD BANANA	23) GRILLED MOZZARELLA AND TOMATO SANDWICH WHEAT BREAD OATMEAL CANTALOUPE	24) GRILLED MOZZARELLA AND TOMATOES SANDWICH WHEAT BREAD CANTALOUPE
27) EGG WHITE MOZZARELLA CHEESE MINI BAGELS HONEYDEW	28) APPLE PANCAKES FARINA BANANA LOW FAT YOGURT	29) EGG WHITES. HOME FRIES WHEAT BREAD GRAPES	30) OATMEAL PORRIDGE MINI CROSSANT FROZEN MIXED BERRIES	31) MULTIGRAIN CHEERIOS WHEAT BREAD BAKED APPLE

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) BBQ CHICKEN MAC & CHEESE BLEND VEGESTABLE BANANA	2) SALISBURY STEAK YELLOW RICE WHEAT BREAD GREEN BEANS CANTALOUPE	3) OVEN FRIED FISH BROWN RICE WITH RED BEANS BLEND VEGESTABLE CANNED SLICED PEACHES
6) STEWED CHICKEN RICE WITH PIGEON PEAS STEAMED COLLARD GREENS WHEAT BREAD	7) VEG LO MEIN W/ CRISPY TOFU BEETS AND BABY CARROTS WITH DILLS APPLE	8) STEWED PORK CHOPS BABY CARROTS AND PARSLEY SWEET BAKED YAM ORANGE	9) PORK SPARERIBS YELLOW RICE CABBAGE APPLE	10) FISH W/ CREOLE SAUCE CABBAGE CARROT SLAW PARMESAN ROSEMARY MASHED POTATOES NECTARINE.
13) STEWED SCHICKEN BREAST RICE WITH PIGEON PEAS STEAMED COLLARD GREENS WHEAT BREAD ORANGE	14) BUDDHA'S DELIGHT EGG NOODLES STEAMED ZUCCHINI BANANA	15) PORK SPARERIBS BAKED POTATO CABBAGE & APPLE SLAW APPLE	16) BAKED TURKEY WINGS MAC & CHEESE STEAMED CARROTS ORANGE	17) BAKED BREAD FISH BRUSSEL SPROUTS MASHED POTATOES CANTALOUPE
20) BBQ CHICKEN BREAST BROWN RICE WITH KIDNEY BEANS BLEND VEGESTABLE	21) VEGGIE BURGERS BAKED FRIES STEAMED BROCCOLI APPLE	22) SALISBURY STEAK YELLOW RICE CARROTS SALAD ORANGE	23) TURKEY W/ GRAVY WHEAT BREAD CARROTS SALAD MASHED POTATOES ORANGE	24)OVEN FRIED FISH BAJED MACARONI AND CHEESE WHEAT BREAD CANNED SLICED
27) BAKED CHICKEN QUARTER LEGS BROWN RICE WHEAT BREAD BEETS AND BABY CARROTS WITH DILL ORANGE	28) VEGETABLE LO MEIN WITH CRISPY TOFU KALE WITH TOMATO APPLE	29) TUNA SALAD WHEAT BREAD CUCUMBER AND TOMATO SALAD WITH BALSAMIC VINAIGRETTE POTATO SALAD BANANA	30) BAKED ZITI WITH CHEESE WHEAT BREAD CABBAGE SALAD WITH BERRIES CANTALOUPE	31) OVEN FRIED FISH BROWN RICE WITH KIDNEY BEANSSPICED MIXED VEGESTABLE APPLE