

SEPTEMBER

ROSETTA GASTON NEIGHBORHOOD SENIOR CENTER

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

MONTHLY SCHEDULE ACTIVITIES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| 1  | 2) EXERCISE 10AM-11AM HEALTH FIRST 11AM ARTS & CULTURE 11AM -12PM ELA CLASS 2P-3PM CARDS/BILLIARDS DOMINOES 9AM-5PM | 3) EXERCISE 10AM-11AM EMERGENCY PREPARNES PRESENTATION 10AM-11AM SELF DIRECT AHA BLOOD PRESSURE 1PM BINGO 1:30 PM TELL IT LIKE IT IS 2PM=3PM | 4) EXERCISE 10AM-11AM ARTS & CULTURE 11AM-12PM COMPUTER CLASS 2PM – 3PM CARDS/BILLIARDS DOMINOES 9AM-5PM | 5) EXERCISE 10AM-11PM ARTS & CRAFT 11AM-12PM HEALTH PRESENTATION 1PM SELF DIRECT AHA BLOOD PRESSURE 1PM GAMES 9AM-5PM |
| 8) EXERCISE 10AM-11AM VEGGIE & FRUITS BAGS 10AM HEALTH PRESENTATION 1PM ARTS & CRAFTS 1M – 2PM SELF DIRECT AHA BLOOD PRESSURE 1PM | 9) WALMART 10PM EXERCISE 10AM-11AM ARTS & CULTURE 11AM -12PM ELA CLASS 2P-3PM CARDS/BILLIARDS DOMINOES 9AM-5PM | 10 AARP CLASS 10AM-4PM FOUR SEASONS HOME HEALTHCARE 11AM-12PM ARTS & CRAFTS 11AM-12PM SELF DIRECT AHA BLOOD PRESSURE 1PM BINGO 1:30 PM TELL IT LIKE IT IS 2PM=3PM | 11) EXERCISE 10AM-11AM HEALTH FIRST 11AM ARTS & CULTURE 11AM-12PM COMPUTER CLASS 2PM – 3PM CARDS/BILLIARDS DOMINOES 9AM-5PM | 12) EXERCISE 10AM-11PM ARTS & CRAFTS 11AM-12PM TOMMY FITNESS 1PM TELL IT LIKE IT IS 2PM=3PM CARDS/BILLIARDS DOMINOES 9AM-5PM |
| 15) EXERCISE 10AM-11AM WORD STUDY 10AM-11AM VEGGIE & FRUITS BAGS 10AM ARTS & CRAFTS 1M – 2PM BINGO – 1:30 PM GAMES 9AM-5PM | 16) EXERCISE 10AM-11PM ARTS & CRAFT 11AM-12PM HEALTH PRESENTATION 1PM ELA CLASS 2PM-3PM CARDS/BILLIARDS DOMINOES 9AM-5PM | 17) EXERCISE 10AM-11AM BUFFET OUTING 10AM -11AM SELF DIRECT AHA BLOOD PRESSURE 1PM TELL IT LIKE IT IS 2PM=3PM BINGO – 1:30 PM GAMES 9AM-5PM | 18) EXERCISE 10AM-11AM ARTS & CULTURE 11AM-12PM COMPUTER CLASS 2PM - 3PM CARDS/BILLIARDS DOMINOES 9AM-5PM | 19) EXERCISE 10AM-11AM 11AM-12PM TELL IT LIKE IT IS 2PM=3PM BINGO- 1:30PM GAMES 9AM-5PM |
| 22) EXERCISE 10AM-11AM VEGGIE & FRUITS BAGS 10AM WORD STUDY 10AM-11AM ARTS & CRAFTS 1M – 2PM BINGO – 1:30 PM GAMES 9AM-5PM | 23) EXERCISE 10AM-11PM ARTS & CRAFT 11AM-12PM ELA CLASS 2PM=3PM CARDS/BILLIARDS DOMINOES 9AM-5PM | 24) EXERCISE 10AM-11AM HEALTH PRESENTATION 1PM SELF DIRECT AHA BLOOD PRESSURE 1PM TELL IT LIKE IT IS 2PM=3PM BINGO – 1:30 PM GAMES 9AM-5PM | 25) EXERCISE 10AM-11AM ARTS & CULTURE 11AM-12PM COMPUTER CLASS 2PM - 3PM GAMES 9AM-5PM | 26) EXERCISE 10:30 AM ARTS & CRAFTS 11AM-12PM TOMMY FITNESS 1PM TELL IT LIKE IT IS 2PM=3PM BINGO- 1:30PM GAMES 9AM-5PM |
| 29) EXERCISE 10AM-11AM PAN-FOOD 10AM WORD STUDY 10AM-11AM ARTS & CRAFTS 1M – 2PM BINGO – 1:30 PM GAMES 9AM-5PM | 30) EXERCISE 10AM-11PM ARTS & CRAFT 11AM-12PM ELA CLASS 2PM=3PM CARDS/ POOL DOMINOES 9AM-5PM | | | |

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BREAKFAST

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| CENTER CLOSED | 2) BLUEBERRY PANCAKES BRAN FLAKES CEREAL COTTAGE CHEESE BANANA | 3) EGG FRITTATA W/POTATOES ENGLISH MUFFIN WHEAT CANTALOUPE | 4) CINNAMON WHEAT FRENCH TOAST OATS WITH FRUIT ORANGE YOGURT | 5)HOME FRIES WHEAT BREAD CHICKEN LIVERS FRESH APPLES |
| 8) GRITS WHEAT ENGLISH MUFFIN PIZZA ORANGE | 9) WHEAT FRENCH TOAST OATMEAL CANNED PINEAPPLE | 10) HOMES FRIES SALMON CAKES WHEAT BREAD BANANA | 11) GRILLED MOZZARELLA AND TOMATO SANDWICH WHEAT BREAD OATMEAL CANTALOUPE | 12) GRILLED MOZZARELLA AND TOMATOES SANDWICH WHEAT BREAD CANTALOUPE |
| 15) EGG WHITE MOZZARELLA CHEESE MINI BAGELS HONEYDEW | 16) APPLE PANCAKES FARINA BANANA LOW FAT YOGURT | 17) EGG WHITES HOME FRIES WHEAT BREAD GRAPES | 18) OATMEAL PORRIDGE MINI CROSSANT FROZEN MIXED BERRIES | 19) MULTIGRAIN CHEERIOS WHEAT BREAD BAKED APPLE |
| 22) CHEESY GRITS SAUTEED CHICKEN LIVER WITH ONIONS PEAR | 23) APPLES PANCAKES FIBER CEREAL CANTALOUPE | 24) GRILLED MOZZARELLA AND TOMATO SANDWICH WHEAT BREAD OATMEAL BLACKBERRIES | 25) BRAN FLAKES ENGLISH MUFFIN WHOLE WHEAT HARD BOILED EGG BANANA | 26) GRITS HOME FRIES W/ PEPPERS AMD ONIONS SALMON CAKES |
| 29) BAKED BANANA OATMEAL PLAIN FRENCH TOAST HONEYDEW | 30) CHEESE GRITS VEG SAUSAGE PATTY WHEAT BREAD CANTALOUPE | HAPPY LABOR DAY | | |

LUNCH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| CENTER CLOSED | 2) BUDDHA'S DELIGHT EGG NOODLES STEAMED ZUCCHINI BANANA | 3) PORK SPARERIBS BAKED POTATO CABBAGE & APPLE SLAW APPLE | 4) BAKED TURKEY WINGS MAC & CHEESE STEAMED CARROTS ORANGE | 5) BAKED BREAD FISH BRUSSEL SPROUTS MASHED POTATOES CANTALOUPE |
| 8) BBQ CHICKEN BREAST BROWN RICE WITH KIDNEY BEANS BLEND VEGESTABLE | 9) VEGGIE BURGERS BAKED FRIES STEAMED BROCCOLI APPLE | 10) BEEF SALISBURY STEAK YELLOW RICE CARROTS SALAD ORANGE | 12) TURKEY W/ GRAVY WHEAT BREAD CARROTS SALAD MASHED POTATOES ORANGE | 12) OVEN FRIED FISH BAJED MACARONI AND CHEESE WHEAT BREAD CANNED SLICED |
| 15) BAKED CHICKEN QUARTER LEGS BROWN RICE WHEAT BREAD BEETS AND BABY CARROTS WITH DILL ORANGE | 16) VEGETABLE LO MEIN WITH CRISPY TOFU KALE WITH TOMATO APPLE | 17) TUNA SALAD WHEAT BREAD CUCUMBER AND TOMATO SALAD WITH BALSAMIC VINAIGRETTE POTATO SALAD BANANA | 18) BAKED ZITI WITH CHEESE WHEAT BREAD CABBAGE SALAD WITH BERRIES CANTALOUPE | 19) OVEN FRIED FISH BROWN RICE WITH KIDNEY BEANSSPICED MIXED VEGESTABLE APPLE |
| 22) CURRIED CHICKEN LEGS WHITE RICE WHEAT BREAD CABBAGE CARROTS SLAW CANTALOUPE | 23) BUDDHA'S DELIGHT VEG SOUP BEETS & BABY CARROTS W/DILL APPLE WHEAT BREAD | 24) BAKED CHICKEN LEGS, RICE WITH PIGEON PEAS GREEN SALAD MIXED GREEN SALAD WHEAT BREAD | 25) SMOTHERED PORK CHOPS WHEAT BREAD MASHED SWEET POTATOES TOSSED SALAD BANANA | 26) OVEN FRIED FISH EGGS NOODLES WHEAT BREAD MIX VEGETABLE APPLASAUCE |
| 29) TURKEY WITH GRAVY CARROT SALAD MASHED POTATOES ORANGE WHEAT BREAD | 20) VEGGIE BURGER STEAMED BROCCOLI APPLE | HAPY LAB | | |