

# November

## Happy Thanksgiving

ROSETTA GASTON NEIGHBORHOOD SENIOR CENTER

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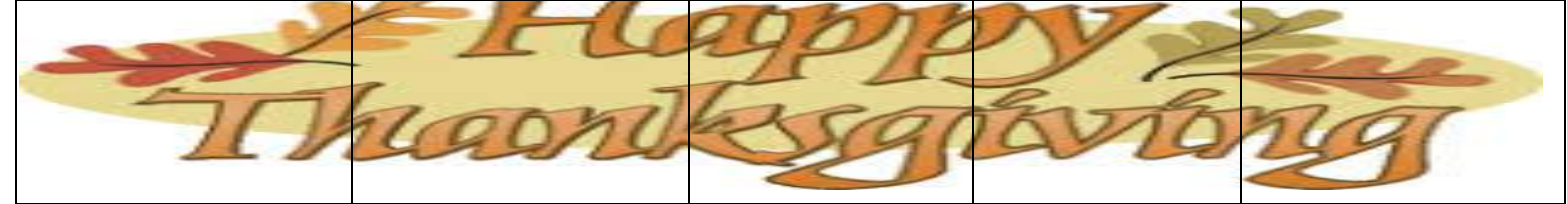
Christopher Cipriani, Program Director Lisbeth Ramos Program Assistant

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

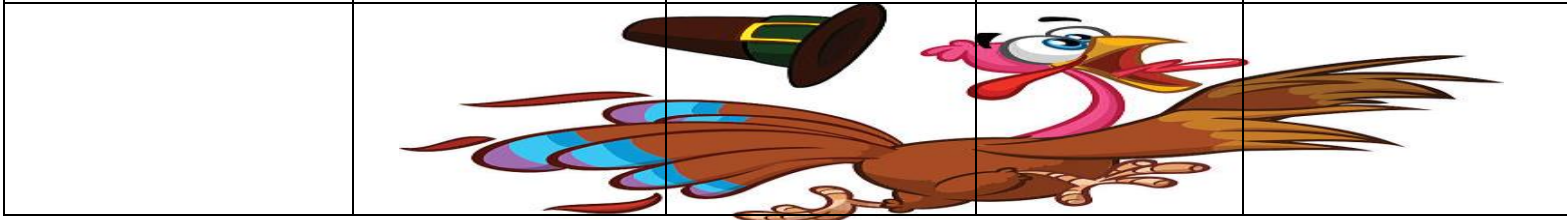
MONTHLY SCHEDULE ACTIVITIES

| MONDAY                                                                                                                                                                                                | TUESDAY                                                                                                                                                                                     | WEDNESDAY                                                                                                                                                                                                                           | THURSDAY                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                             |
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| <div>3) EXERCISE<br/>10AM-11AM<br/>VEGGIE &amp; FRUITS<br/>BAGS<br/>10AM<br/>HEALTH<br/>PRESENTATION<br/>1PM<br/>ARTS &amp; CRAFTS<br/>1M – 2PM<br/>SELF DIRECT AHA<br/>BLOOD PRESSURE<br/>1PM</div>  | <div>4) EXERCISE<br/>10AM-11AM<br/>SU CASA PRESENT<br/>YOGA<br/>11AM-12PM<br/>ARTS &amp; CULTURE<br/>11AM -12PM<br/>ELA CLASS<br/>2P-3PM<br/>CARDS/BILLIARDS<br/>DOMINOES<br/>9AM-5PM</div> | <div>5) EXERCISE<br/>10AM-11AM<br/>SELF DIRECT AHA<br/>BLOOD PRESSURE<br/>1PM<br/>BINGO 1:30 PM<br/>TELL IT LIKE IT IS<br/>2PM=3PM</div>                                                                                            | <div>6) EXERCISE<br/>10AM-11AM<br/>SU CASA<br/>ARTS &amp; CULTURE<br/>1AM-2PM<br/>COMPUTER CLASS<br/>2PM – 3PM<br/>CARDS/BILLIARDS<br/>DOMINOES<br/>9AM-5PM</div>                            | <div>7) EXERCISE<br/>10AM-11PM<br/>ARTS &amp; CRAFT<br/>11AM-12PM<br/>HEALTH<br/>PRESENTATION<br/>1PM<br/>SELF DIRECT AHA<br/>BLOOD PRESSURE<br/>1PM<br/><br/>GAMES 9AM-5PM</div>                                  |
| <div>10) EXERCISE<br/>10AM-11AM<br/>VEGGIE &amp; FRUITS<br/>BAGS<br/>10AM<br/>HEALTH<br/>PRESENTATION<br/>1PM<br/>ARTS &amp; CRAFTS<br/>1M – 2PM<br/>SELF DIRECT AHA<br/>BLOOD PRESSURE<br/>1PM</div> | <div>11) EXERCISE<br/>10AM-11AM<br/>ARTS &amp; CULTURE<br/>11AM -12PM<br/>COMPUTER<br/>ESSENTIALS<br/>1PM- 2PM<br/>ELA CLASS<br/>2P-3PM<br/>CARDS/BILLIARDS<br/>DOMINOES<br/>9AM-5PM</div>  | <div>12) AARP<br/>9AM-4PM<br/>EXERCISE<br/>10AM - 11AM<br/>LIBRARY DAY<br/>10AM -11PM<br/>ARTS &amp; CRAFTS<br/>11AM-12PM<br/>SELF DIRECT AHA<br/>BLOOD PRESSURE<br/>1PM<br/>BINGO 1:30 PM<br/>TELL IT LIKE IT IS<br/>2PM=3PM</div> | <div>13) EXERCISE<br/>10AM-11AM<br/>HEALTH FIRST<br/>11AM<br/>SU CASA<br/>ARTS &amp; CULTURE<br/>1AM-2PM<br/>COMPUTER CLASS<br/>2PM – 3PM<br/>CARDS/BILLIARDS<br/>DOMINOES<br/>9AM-5PM</div> | <div>14) EXERCISE<br/>10AM-11PM<br/>ARTS &amp; CRAFTS<br/>11AM-12PM<br/>FLAMING GRILL<br/>10AM-2PM<br/>TOMMY FITNESS<br/>1PM<br/>TELL IT LIKE IT IS<br/>2PM=3PM<br/>CARDS/BILLIARDS<br/>DOMINOES<br/>9AM-5PM</div> |
| <div>17) EXERCISE<br/>10AM-11AM<br/>WORD STUDY<br/>10AM-11AM<br/>VEGGIE &amp; FRUITS<br/>BAGS<br/>10AM<br/>ARTS &amp; CRAFTS<br/>1M – 2PM<br/>BINGO – 1:30 PM<br/>GAMES 9AM-5PM</div>                 | <div>18) EXERCISE<br/>10AM-11PM<br/>ARTS &amp; CRAFT<br/>11AM-12PM<br/>HEALTH<br/>PRESENTATION<br/>1PM<br/>ELA CLASS<br/>2PM-3PM<br/>CARDS/BILLIARDS<br/>DOMINOES<br/>9AM-5PM</div>         | <div>19) EXERCISE<br/>10AM- 11PM<br/>BOWLING TRIP<br/>10:00 3:00PM<br/>SELF DIRECT AHA<br/>BLOOD PRESSURE<br/>1PM<br/>TELL IT LIKE IT<br/>IS 2PM=3PM<br/>BINGO – 1:30 PM<br/>GAMES 9AM-5PM</div>                                    | <div>20) EXERCISE<br/>10AM-11AM<br/>SU CASA<br/>ARTS &amp; CULTURE<br/>1AM-2PM<br/>CARDS/BILLIARDS<br/>DOMINOES<br/>9AM-5PM</div>                                                            | <div>21) EXERCISE<br/>10AM-11AM<br/>ARTS &amp; CRAFTS<br/>11AM-12PM<br/>TOMMY FITNESS<br/>1PM<br/>TELL IT LIKE IT IS<br/>2PM=3PM<br/>CARDS/BILLIARDS<br/>DOMINOES<br/>9AM-5PM</div>                                |
| <div>24) EXERCISE<br/>10AM-11AM<br/>FAN- FOOD<br/>10AM<br/>WORD STUDY<br/>10AM-11AM<br/>ARTS &amp; CRAFTS<br/>1M – 2PM<br/>BINGO – 1:30 PM<br/>GAMES 9AM-5PM</div>                                    | <div>25) EXERCISE<br/>10AM-11PM<br/>ARTS &amp; CRAFT<br/>11AM-12PM<br/>COMPUTER<br/>ESSENTIALS<br/>1PM- 2PM<br/>ELA CLASS<br/>2PM=3PM<br/>CARDS/BILLIARDS<br/>DOMINOES<br/>9AM-5PM</div>    | <div>26) EXERCISE<br/>10AM-11AM<br/>THANKSGIVING<br/>LUNCHEION<br/>12PM 1PM<br/>SELF DIRECT AHA<br/>BLOOD PRESSURE<br/>1PM<br/>TELL IT LIKE IT IS<br/>2PM=3PM<br/>BINGO – 1:30 PM<br/>GAMES 9AM-5PM</div>                           | <div>27) </div>                                                                                         | <div>28) </div>                                                                                                               |
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BREAKFAST

| MONDAY                                                                                            | TUESDAY                                                                     | WEDNESDAY                                                                                 | THURSDAY                                                                                        | FRIDAY                                                          |
|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| 3) CHEESY GRITS<br>SAUTEED CHICKEN<br>LIVER WITH ONIONS<br>PEAR                                   | 4) APPLES PANCAKES<br>FIBER CEREAL<br>CANTALOUPE                            | 5) GRILLED<br>MOZZARELLA AND<br>TOMATO SANDWICH<br>WHEAT BREAD<br>OATMEAL<br>BLACKBERRIES | 6) BRAN FLAKES<br>ENGLISH MUFFIN<br>WHOLE WHEAT<br>HARD BOILED EGG<br>BANANA                    | 7) GRITS<br>HOME FRIES W/ PEPPERS<br>AMD ONIONS<br>SALMON CAKES |
| 10) BAKED BANANA<br>OATMEAL<br>PLAIN FRENCH TOAST<br>HONEYDEW                                     | 11) CHEESE GRITS<br>VEG SAUSAGE PATTY<br>WHEAT BREAD<br>CANTALOUPE          | 12) MULTIGRAIN<br>CEREAL<br>PIZZA ENGLISH<br>MUFFIN WHEAT<br>ORANGE                       | 13) EGG WHITE<br>OMELETTE<br>W/PEPPERS AND<br>ONIONS<br>OATMEALS<br>WHEAT BREAD                 | 14) HOME FRIES<br>FISH CAKE<br>WHEAT BREAD<br>CANTALOUPE        |
| 17) CHEDDAR CHEESE<br>SLIDE<br>OATMEAL<br>SLICED TOMATOES<br>WHEAT MINI BAGEL<br>CANNED PINEAPPLE | 18) CHEERIOS<br>WHEAT CINNAMON<br>PANCAKE<br>HONEYDEW                       | 19) BRAN FLAKES<br>CEREAL<br>VEG. SAUSAGE<br>PATTY<br>BANANA                              | 20) BAKED EGG<br>OMELETTE<br>SPICED SWEET<br>POTATOES<br>WHEAT BREAD<br>FROZEN MIXED<br>BERRIES | 21) OATMEAL<br>WHEAT WAFFLES<br>ORANGE                          |
| 24) CHEERIOS<br>WHEAT CORN MUFFIN<br>APPLE                                                        | 25) BLUEBERRY<br>PANCAKES<br>BRAN FLAKES CEREAL<br>COTTAGE CHEESE<br>BANANA | 26) EGG FRITTATA<br>W/POTATOES<br>ENGLISH MUFFUN<br>WHEAT<br>CANTALOUPE                   | 27) CINNAMON<br>WHEAT FRENCH<br>TOAST<br>OATS WITH FRUIT<br>ORANGE<br>YOCURT                    | 28)HOME FRIES<br>WHEAT BREAD<br>CHICKEN LIVERS<br>FRESH APPLES  |
|                |                                                                             |                                                                                           |                                                                                                 |                                                                 |

LUNCH

| MONDAY                                                                                                       | TUESDAY                                                                                                                | WEDNESDAY                                                                                             | THURSDAY                                                                                        | FRIDAY                                                                                                      |
|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
|                                                                                                              | 4) SMOKEY BLACK<br>BEAN<br>POTATO CHILI<br>WHEAT BREAD<br>BEETS & BABY<br>CARROTS<br>APPLE                             | 5) BAKED CHICKEN<br>LEGS, RICE WITH<br>PIGEON PEAS<br>GREEN SALAD<br>MIXED GREEN SALAD<br>WHEAT BREAD | 6) SMOTHERED<br>PORK CHOPS<br>WHEAT BREAD<br>MASHED SWEET<br>POTATOES<br>TOSSED SALAD<br>BANANA | 7) OVEN FRIED FISH<br>EGGS NOODLES<br>WHEAT BREAD<br>MIX VEGETABLE<br>APPLASAURCE                           |
| 10) TURKEY WITH GRAVY<br>CARROT SALAD<br>MASHED POTATOES<br>ORANGE<br>WHEAT BREAD                            | 11) POLISH STYLE<br>STUFFED PEPPERS<br>BROWN RICE WHEAT<br>BREAD                                                       | 12) BBQ CHICKEN<br>MAC & CHEESE<br>BLEND VEGESTABLE<br>BANANA                                         | 13) SALISBURY<br>STEAK<br>YELLOW RICE<br>WHEAT BREAD<br>GREEN BEANS<br>CANTALOUPE               | 14) OVEN FRIED FISH<br>BROWN RICE WITH RED<br>BEANS<br>BLEND VEGESTABLE<br>CANNED SLICED<br>PEACHES         |
| 17) STEWED CHICKEN<br>RICE WITH PIGEON PEAS<br>STEAMED COLLARD<br>GREENS<br>WHEAT BREAD                      | 18) VEG LO MEIN W/<br>CRISPY TOFU<br>BEETS AND BABY<br>CARROTS WITH DILLS<br>APPLE                                     | 19) STEWED PORK<br>CHOPS<br>BABY CARROTS AND<br>PARSLEY<br>SWEET BAKED YAM<br>ORANGE                  | 20) PORK<br>SPARERIBS<br>YELLOW RICE<br>CABBAGE<br>APPLE                                        | 21) FISH W/ CREOLE<br>SAUCE<br>CABBAGE CARROT<br>SLAW<br>PARMESAN ROSEMARY<br>MASHED POTATOES<br>NECTARINE. |
| 24) STEWED SCHICKEN<br>BREAST<br>RICE WITH PIGEON PEAS<br>STEAMED COLLARD<br>GREENS<br>WHEAT BREAD<br>ORANGE | 25) VEGAN MEATBALLS<br>IN TOMATO SAUCE<br>WHEAT SPAGHETTI<br>TOFU RICOTTA<br>WHEAT BREAD<br>STEAMED ZUCCHINI<br>BANANA | 26) PORK SPARERIBS<br>BAKED POTATO<br>CABBAGE & APPLE<br>SLAW<br>APPLE                                | 27) BAKED TURKEY<br>WINGS<br>MAC & CHEESE<br>STEAMED<br>CARROTS<br>ORANGE                       | 28) BAKED BREAD FISH<br>BRUSSEL SPROUTS<br>MASHED POTATOES<br>CANTALOUPE                                    |
|                           |                                                                                                                        |                                                                                                       |                                                                                                 |                                                                                                             |