

ROSEITA GASTON NEIGHBORHOOD SENIOR CENTER

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Christopher Cipriani, Program Director Lisbeth Ramos Program Assistant

MONTHLY SCHEDULE ACTIVITIES

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
3) EXERCISE	4) EXERCISE	5) EXERCISE	6) EXERCISE	7) EXERCISE		
10AM-11AM VEGGIE & FRUITS	10AM-11AM SU CASA PRESENT	10AM-11AM	10AM-11AM SU CASA	10AM-11PM ARTS & CRAFT		
RAGS	YOGA	SELF DIRECT AHA BLOOD PRESSURE	ARTS & CULTURE	11AM-12PM		
10AM	11AM-12PM	1PM	1AM-2PM	HEALTH		
HEALTH	ARTS & CULTURE	BINGO 1:30 PM	COMPUTER CLASS	PRESENTATION		
PRESENTATION	11AM -12PM	TELL IT LIKE IT IS	2PM - 3PM	1PM		
1 PM ARTS & CRAFTS	ELA CLASS 2P-3PM	2PM=3PM	CARDS/BILLIARDS DOMINOES	SELF <mark>DIRECT AHA</mark> BLOOD PRESSURE		
IM - 2PM	CARDS/BILLIARDS		9AM-5PM	1PM		
SELF DIRECT AHA	DOMINOES			TABLE		
BLOOD PRESSURE	9AM-5PM			GAMES <mark>9AM-</mark> 5PM		
1PM 10) EXERCISE	11) EXERCISE	12) AARP	13) EXERCISE	14) EXERCISE		
10AM-11AM	10AM-11AM	9AM-4PM	10AM-11AM	10AM-11PM		
VEGGIE & FRUITS	ARTS & CULTURE	EXERCISE	HEALTH FIRST	ARTS & CRAFTS		
BAGS	11AM -12PM	10AM - 11AM	11AM	11AM-12PM		
I QAM	COMPUTER ESSENTIALS	LIBRARY DAY 10AM -11PM	SU CASA ARTS & CULTURE	FLAMING GRILL 10AM-2PM		
PRESENTATION	1PM- 2PM	ARTS & CRAFTS	1AM-2PM	TOMMY FITNESS		
1PM	ELA CLASS	11AM-12PM	COMPUTER CLASS	1PM		
ARTS & CRAFTS	2P-3PM	SELF DIRECT AHA	2PM - 3PM	TELL IT LIKE IT IS		
1M - 2PM SELF DIRECT AHA	CARDS/BILLIARDS DOMINOES	BLOOD PRESSURE 1PM	CARDS/BILLIARDS DOMINOES	2PM=3PM CARDS/BILLIARDS		
BLOOD PRESSURE	9AM-5PM	BINGO 1:30 PM	9AM-5PM	DOMINOES		
1PM	0.22 922	TELL IT LIKE IT IS	012.12 02 112	9AM-5PM		
100	C .	2PM=3PM				
17) EXERCISE	18) EXERCISE	19) EXERCISE	20) EXERCISE	21) EXERCISE		
IOAM-11AM WORD STUDY	10AM-11PM ARTS & CRAFT	10AM- 11PM BOWLING TRIP	10AM-11AM SU CASA	10AM-11AM ARTS & CRAFTS		
10AM-11AM	11AM-12PM	10:00 3:00PM	ARTS & CULTURE	11AM-12PM		
VEGGIE & FRUITS	HEALTH	SELF DIRECT AHA	1AM-2PM	TOMMY FITNESS		
BAGS	PRESENTATION	BLOOD PRESSURE	CARDS/BILLIARDS	1PM		
10AM ARTS & CRAFTS	1PM BLA CLASS	1PM TELL IT LIKE IT	DOMINOES 9AM-5PM	TELL IT LIKE IT IS 2PM=3PM		
IM - 2PM	2PM-3PM	IS 2PM=3PM	OAMI-OI NI	CARDS/BILLIARDS		
BINGO - 1:30 PM	CARDS/BILLIARDS	BINGO - 1:30 PM		DOMINOES		
GAMES 9AM-5PM	DOMINOES	GAMES 9AM-5PM		9AM-5PM		
(1) (1) (1) (1) (1) (1) (1) (1)	9AM-5PM			100		
- O EVEDERE		aa twenger	9 2)	20)		
24) EXERCISE 10AM-11AM	25) EXERCISE 10AM-11PM	26) EXERCISE 10AM-11AM	27)	28)		
FAN- FOOD	ARTS & CRAFT	THANKSGIVING				
10AM	11AM-12PM	LUNCHEION	The second secon			
WORD STUDY	COMPUTER	12PM 1PM				
10AM-11AM ARTS & CRAFTS	ESSENTIA <mark>LS</mark> 1PM- 2PM	SELF DIRECT AHA BLOOD PRESSURE		ME WILL BE		
1M - 2PM	ELA CLASS	1PM	75	Closed		
BINGO - 1:30 PM	2PM=3PM	TELL IT LIKE IT IS		ON		
GAMES 9AM-5PM	CARDS/BILLIARDS DOMINOES	2PM=3PM		hanksain		
10 100	9AM-5PM	BINGO – 1:30 PM GAMES 9AM-5PM		DAY		
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BREAKFAST TUESDAY **MONDAY WEDNESDAY THURSDAY FRIDAY** 5) GRILLED MOZZARELLA AND 6) BRAN FLAKES ENGLISH MUFFIN 3) CHEESY GRITS 7) GRITS 4) APPLES PANCAKES HOME FRIES W/ PEPPERS AMD ONIONS SAUTEED CHICKEN FIBER CEREAL CANTALOUPE TOMATO SANDWICH LIVER WITH ONIONS WHOLE WHEAT SALMON CAKES HARD BOILED EGG WHEAT BREAD **BANANA** OATMEAL BLACKBERRIES -13) EGG WHITE 10) BAKED BANANA 11) CHEESE GRITS 12) MULTIGRAIN 14) HOME FRIES **OATMEAL VÉG SAUSAGE PATTY CÉREAL OMELETTE** FISH CAKE PLAIN FRENCH TOAST WHEAT BREAD PIZZA ENGLISH W/PEPPERS AND WHEAT BREAD HONEYDEW CANTALOUPE MUFFIN WHEAT **ONIONS** CANTALOUPE **OATMEALS ORANGE** WHEAT BREAD 18) CHEERIOS 21) OATMEAL 17) CHEDDAR CHEESE 19) BRAN FLAKES 20) BAKED EGG WHEAT WAFFLES WHEAT CINNAMON OMELETTE SLIDE CEREAL SPICED SWEET **OATMEAL PANCAKE** VEG. SAUSAGE **ORANGE** SLICED TOMATOES HONEYDEW **PATTY POTATOES** WHEAT MINI BAGEL **BANANA** WHEAT BREAD CANNED PINEAPPLE FROZEN MIXED **BERRIES** 27) CINNAMON 28)HOME FRIES 24) CHEERIOS 25) BLUEBERRY 26) EGG FRITTATA WHEAT CORN MUFFIN **PANCAKES** W/POTATOES WHEAT FRENCH WHEAT BREAD APPLE **BRAN FLAKES CEREAL ENGLISH MUFFUN TOAST** CHICKEN LIVERS FRESH APPLES COTTAGE CHEESE WHEAT OATS WIFH-FRUNTE' CANTALOUPE ORANGE **BANANA** YOGURT

LUNCH

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