

ROSEITA GASTON NEIGHBORHOOD SENIOR CENTER

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Christopher Cipriani, Program Director Lisbeth Ramos Program Assistant

MONTHLY SCHEDULE ACTIVITIES

MONTHLY SCHEDULE ACTIVITIES							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY.			
1) EXERCISE	2) EXERCISE	3) EXERCISE	4) EXERCISE	5) EXERCISE			
10AM-11AM	10AM-11AM	10AM-11AM	10AM-ITAM	10AM-11PM			
VEGGIE & FRUITS	SU CASA PRESENT	SELF DIRECT AHA	SU CASA	ARTS & CRAFT			
BAGS 10AM	YOGA 11AM-12PM	BLOOD PRESSURE	ARTS & CULTURE 1AM-2PM	11AM-12PM HEALTH			
HEALTH	ARTS & CULTURE	BINGO 1:30 PM	COMPUTER CLASS	PRESENTATION			
PRESENTATION	11AM -12PM	TELL IT LIKE IT IS	2PM - 3PM	1PM			
1PM	ELA CLASS	2PM=3PM	CARDS/BILLIARDS	SELF DIRECT AHA			
ARTS & CRAFTS	2P-3PM		DOMINOES	BLOOD PRESSURE			
1M - 2PM	CARDS/BILLIARDS		9AM-5PM	1 PM			
SELF DIRECT ANA BLOOD PRESSURE	DOMINOES 9AM-5PM			CAMES GAM 5DM			
1PM	9AM-3PM			GAMES 9AM-5PM			
8) EXERCISE	10) EXERCISE	D) AARP	12) EXERCISE	13) EXERCISE			
10AM-11AM	10AM-MAM	9AM-4PM	10AM-11AM	IOAM-11PM			
VEGGIE & FRUITS	ABTS & CULTURE	EXERCISE	HEALTH PIRST	ARTS & CRAFTS			
BAGS	11AM 12PM	10AM - 11AM	IVAM	11AM-12PM			
10AM	COMPUTER	ARTS & CRAFTS	SU CASA	TOMMY FITNESS			
HEALTH	ESSENTIALS	11AM-12PM	ARTS & CULTURE	1PM			
PRESENTATION 1PM	1PM- 2PM ELA CLASS	SELF DIRECT AHA BLOOD PRESSURE	1AM-2PM COMPUTER CLASS	TELL IT LIKE IT IS 2PM=3PM			
ARTS & CRAFTS	2P-3PM	BLOOD PRESSURE	2PM - 3PM	CARDS/BILLIARDS			
1M - 2PM	CARDS/BILLIARDS	BINCO 1:30 PM	CARDS/BILLIARDS	DOMINOES			
SELF DIRECT AHA	DOMINOES	TELL IT LIKE IT IS	DOMINOES	9AM-5PM			
BLOOD PRESSURE	9AM-5PM	PM=3PM	9AM-5PM				
1PM			100				
	10)	THE POLCE		10)			
15) EXERCISE 10AM-11AM	16) EXERCISE 10AM-11PM	17) EXERCISE	18) EXERCISE 10AM-11AM	19) EXERCISE 10AM-11AM			
WORD STUDY	ARTS & CRAFT	SELF DIRECT AHA	SU CASA	ARTS & CRAFTS			
10AM-11AM	11AM-12PM	BLOOD PRESSURE	ARTS & CULTURE	11AM-12PM			
VEGGIE & FRUITS	HEALTH	1PM	IAM-2PM	CHRISTMAS SHOW			
BAGS	PRESENTATION	CELL IT LIKE IT	CARDS/BILLIARDS	1PM			
10AM	1PM	IS 2PM=3PM	DOMINOES	TOMMY FITNESS			
ARTS & CRAFTS	ELA CLASS	BINGO - 1:30 PM	9AM-5PM	1PM			
1M - 2PM BINGO - 1:30 PM	2PM-3PM CARDS/BILLIARDS	GAMES 9AM-5PM	1000	TELL IT LIKE IT IS 2PM=3PM			
GAMES 9AM-5PM	DOMINOES			CARDS/BILLIARDS			
	SAM-5PM			DOMINOES			
				9AM-5PM			
22) EXERCISE	23) EXERCISE	24) EXERCISE					
22) EXERCISE 10AM-11AM	10AM-11PM	10AM-11AM					
FAN- FOOD	ARTS & CRAFT	12PM 1PM					
10AM	11AM-12PM	SELF DIRECT AHA					
WORD STUDY	COMPUTER	BLOOD PRESSURE					
10AM-11AM	ESSENTIALS 💮	1PM					
ARTS & CRAFTS	1PM- 2PM	TELL IT LIKE IT IS		Y			
1M - 2PM BINGO - 1:30 PM	ELA CLASS 2PM=3PM	PINCO - 1-20 DM	-				
GAMES 9AM-5PM	CARDS/BILLIARDS	BINGO - 1:30 PM GAMES 9AM-5PM					
GARAGES OF THE OF THE	DOMINOES	GAMES 9AM-5PM	1				
	9AM-5PM	MAG. 1/15/25/2005					
29) EXERCISE	30) EXERCISE	31) EXERCISE					
10AM-11AM	10AM-11PM	10AM-11AM					
WORD STUDY 10AM-11AM	ARTS & CRAFT 11AM-12PM	SELF DIRECT AHA BLOOD PRESSURE	1				
ARTS & CRAFTS	COMPUTER	1PM					
1M - 2PM	ESSENTIALS	TELL IT LIKE IT IS		/			
BINGO - 1:30 PM	1PM- 2PM	2PM=3PM	/	/			
GAMES 9AM-5PM	ELA CLASS	BINGO - 1:30 PM	\ / /				
	2PM=3PM	GAMES 9AM-5PM					
	CARDS/BILLIARDS DOMINOES						
	9AM-5PM						
	J. 2.1. 2 J. 112						
		 AYSIDE OUTREACH DEVELO					

BREAKFAST 1% Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I) GRITS WHEAT ENGLISH MUFFIN PIZZA ORANGE WHEAT BREAD	2) WHEAT FRENCH TOAST OATMEAL CANNED PINEAPPLE	3) HOMES FRIES SALMON CAKES WHEAT BREAD BANANA	4) GRILLED MOZZARELLA AND TOMATO SANDWICH WHEAT BREAD OATMEAL CANTALOUPE	5) GRILLED MOZZARELLA AND TOMATOES SANDWICH WHEAT BREAD CANTALOUPE
8) EGG WHITE MOZZARELLA CHEESE MINI BAGELS HONEYDEW	9) APPLE PANCAKES FARINA BANANA LOW FAT YOGURT	10) EGG WHITES, HOME FRIES WHEAT BREAD GRAPES	11) OATMEAL PORRIDGE MINI CROSSANT FROZEN MIXED BERRIES	12) MULTIGRAIN CHEERIOS WHEAT BREAD BAKED APPLE
15) CHEESY GRITS SAUTEED CHICKEN LIVER WITH ONIONS PEAR	16) APPLES PANCAKES FIBER CEREAL CANTALOUPE	17) GRILLED MOZZARELLA AND TOMATO SANDWICH WHEAT BREAD OATMEAL BLACKBERRIES	18) BRAN FLAKES ENGLISH MUFFIN WHOLE WHEAT HARD BOILED EGG RANANA	19) GRITS HOME FRIES W/ PEPPERS AMD ONIONS SALMON CAKES
22) BAKED BANANA OATMEAL PLAIN FRENCH TOAST HONEYDEW	23) CHEESE GRITS VEG SAUSAGE PATTY WHEAT BREAD CANTALOUPE	24) MULTIGRAIN CEREAL PIZZA ENGLISH MUFFIN WHEAT ORANGE		
29) CHEDDAR CHEESE SLIDE OATMEAL SLICED TOMATOES WHEAT MINI BAGEL CANNED PINEAPPLE	30) CHEERIOS WHEAT CINNAMON PANCAKE HONEYDEW	31) BRAN FLAKES CEREAL VEG. SAUSAGE PATTY BANANA		

LUNCH 1% Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I) BBQ CHICKEN BREAST BROWN RICE WITH KIDNEY BEANS BLEND VEGESTABLE WHEAT BREAD	2) VEGGIE BURGERS BAKED FRIES STEAMED BROCCOLI APPLE	3) SALISBURY STEAK YELLOW RICE CARROTS SALAD ORANGE	4) TURKEY W/ GRAVY WHEAT BREAD CARROTS SALAD MASHED POTATOES ORANGE	5)OVEN FRIED FISH BAJED MACARONI AND CHEESE WHEAT BREAD CANNED SLICED
8) BAKED CHICKEN QUARTER LEGS BROWN RICE WHEAT BREAD BEETS AND BABY CARROTS WITH DILL ORANGE	9) VEGETABLE LO MEIN WITH CRISPY TOFU KALE WITH TOMATO APPLE	10) TUNA SALAD WHEAT BREAD CUCUMBER AND TOMATO SALAD WITH BALSAMIC VINAIGRETTE POTATO SALAD BANANA	11) BAKED ZITI WITH CHEESE WHEAT BREAD CABBAGE SALAD WITH BERRIES CANTALOUPE	12) OVEN FRIED FISH BROWN RICE WITH KIDNEY BEANSSPICED MIXED VEGESTABLE APPLE
15) CURRIED CHICKEN LEGS WHITE RICE WHEAT BREAD CABBAGE CARROTS SLAW CANTALOUPE	16) BUDDHA'S DELIGHT VEG SOUP BEETS & BABY CARROTS W/DILL APPLE WHEAT BREAD	17) BAKED CHICKEN LEGS, RICE WITH PIGEON PEAS GREEN SALAD MIXED GREEN SALAD WHEAT BREAD	18) SMOTHERED PORK CHOPS WHEAT BREAD MASHED SWEET POTATOES TOSSED SALAD BANANA	19) OVEN FRIED FISH EGGS NOODLES WHEAT BREAD MIX VEGETABLE APPLASAURCE
22) TURKEY WITH GRAVY CARROT SALAD MASHED POTATOES ORANGE WHEAT BREAD	23) VEGGIE BURGER STEAMED BROCCOLI APPLE	24) BBQ CHICKEN MAC & CHEESE BLEND VEGESTABLE BANANA	*In	
29) STEWED CHICKEN RICE WITH PIGEON PEAS STEAMED COLLARD GREENS WHEAT BREAD	30) VEG LO MEIN W/ CRISPY TOFU BEETS AND BABY CARROTS WITH DILLS APPLE	31) STEWED PORK CHOPS BABY CARROTS AND PARSLEY SWEET BAKED YAM ORANGE	NEW	YEAR