



ROSETTA GASTON NEIGHBORHOOD SENIOR CENTER

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

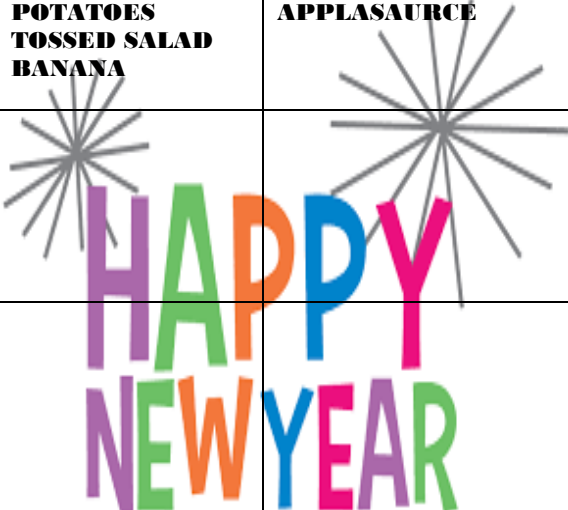
MONTHLY SCHEDULE ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY.
1) EXERCISE 10AM-11AM VEGGIE & FRUITS BAGS 10AM HEALTH PRESENTATION 1PM ARTS & CRAFTS 1M – 2PM SELF DIRECT AHA BLOOD PRESSURE 1PM	2) EXERCISE 10AM-11AM SU CASA PRESENT YOGA 11AM-12PM ARTS & CULTURE 11AM -12PM ELA CLASS 2P-3PM CARDS/BILLIARDS DOMINOES 9AM-5PM	3) EXERCISE 10AM-11AM SELF DIRECT AHA BLOOD PRESSURE 1PM BINGO 1:30 PM TELL IT LIKE IT IS 2PM=3PM	4) EXERCISE 10AM-11AM SU CASA ARTS & CULTURE 1AM-2PM 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	10) EXERCISE 10AM-11AM ARTS & CULTURE 11AM -12PM COMPUTER ESSENTIALS 1PM- 2PM ELA CLASS 2P-3PM CARDS/BILLIARDS DOMINOES 9AM-5PM	11) AARP 9AM-4PM EXERCISE 10AM - 11AM ARTS & CRAFTS 11AM-12PM SELF DIRECT AHA BLOOD PRESSURE 1PM BINGO 1:30 PM TELL IT LIKE IT IS 2PM=3PM	12) EXERCISE 10AM-11AM HEALTH FIRST 11AM SU CASA ARTS & CULTURE 1AM-2PM COMPUTER CLASS 2PM – 3PM CARDS/BILLIARDS DOMINOES 9AM-5PM	13) 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- 11PM SELF DIRECT AHA BLOOD PRESSURE 1PM TELL IT LIKE IT IS 2PM=3PM BINGO – 1:30 PM GAMES 9AM-5PM	18) EXERCISE 10AM-11AM SU CASA ARTS & CULTURE 1AM-2PM CARDS/BILLIARDS DOMINOES 9AM-5PM	19) EXERCISE 10AM-11AM ARTS & CRAFTS 11AM-12PM CHRISTMAS SHOW 1PM TOMMY FITNESS 1PM TELL IT LIKE IT IS 2PM=3PM CARDS/BILLIARDS DOMINOES 9AM-5PM
22) EXERCISE 10AM-11AM FAN- FOOD 10AM WORD STUDY 10AM-11AM ARTS & CRAFTS 1M – 2PM BINGO – 1:30 PM GAMES 9AM-5PM	23) EXERCISE 10AM-11PM ARTS & CRAFT 11AM-12PM COMPUTER ESSENTIALS 1PM- 2PM ELA CLASS 2PM=3PM CARDS/BILLIARDS DOMINOES 9AM-5PM	24) EXERCISE 10AM-11AM 12PM 1PM SELF DIRECT AHA BLOOD PRESSURE 1PM TELL IT LIKE IT IS 2PM=3PM BINGO – 1:30 PM GAMES 9AM-5PM		
29) EXERCISE 10AM-11AM WORD STUDY 10AM-11AM ARTS & CRAFTS 1M – 2PM BINGO – 1:30 PM GAMES 9AM-5PM	30) EXERCISE 10AM-11PM ARTS & CRAFT 11AM-12PM COMPUTER ESSENTIALS 1PM- 2PM ELA CLASS 2PM=3PM CARDS/BILLIARDS DOMINOES 9AM-5PM	31) EXERCISE 10AM-11AM SELF DIRECT AHA BLOOD PRESSURE 1PM TELL IT LIKE IT IS 2PM=3PM BINGO – 1:30 PM GAMES 9AM-5PM		

BREAKFAST 1% Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) 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 BANANA	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
1) BBQ CHICKEN BREAST BROWN RICE WITH KIDNEY BEANS BLEND VEGETABLE 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 VEGETABLE 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		
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		