

ROSETTA GASTON SENIOR CENTER

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 Christopher Cipriani, Director, Lisbeth Ramos, Program Assistant



JANUARY 2026

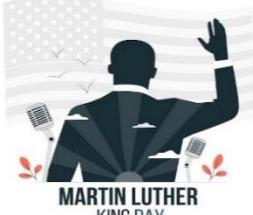


Feliz Año Nuevo
 *****REMINDER*****
#183916823

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

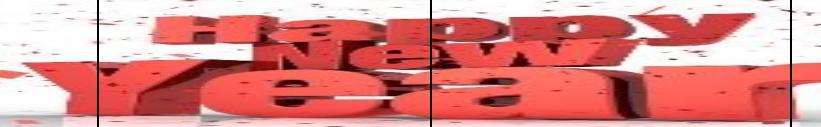
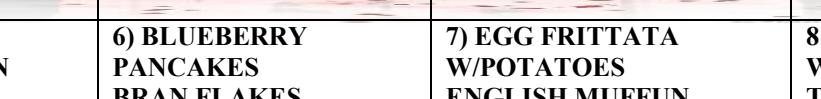
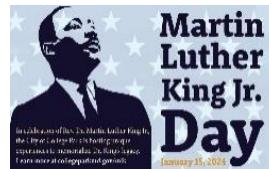


MONTHLY SCHEDULE ACTIVITIES

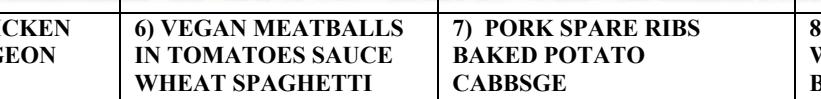
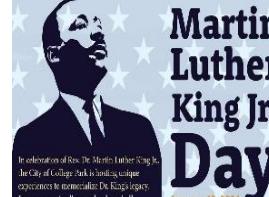
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| | Happy New Year | | | 2) EXERCISE 10AM-11PM ARTS & CRAFT 11AM-12PM SELF DIRECT AHA BLOOD PRESSURE 1PM GAMES 9AM-5PM |
| 5) EXERCISE 10AM-11AM VEGGIE & FRUITS BAGS 10AM COMPUTER ESSENTIALS 1PM- 2PM ARTS & CRAFTS 1M – 2PM SELF DIRECT AHA BLOOD PRESSURE 1PM | 6) EXERCISE 10AM-11AM ARTS & CULTURE 11AM -12PM ELA CLASS 2P-3PM CARDS/BILLIARDS DOMINOES 9AM-5PM | 7) EXERCISE 10AM - 11AM ARTS & CRAFTS 11AM-12PM HEALTH PRESENTATION 11 AM SELF DIRECT AHA BLOOD PRESSURE 1PM BINGO 1:30 PM TELL IT LIKE IT IS 2PM=3PM | 8) EXERCISE 10AM-11AM HEALTH FIRST 11AM SU CASA ARTS & CULTURE 1AM-2PM COMPUTER CLASS 2PM – 3PM CARDS/BILLIARDS DOMINOES 9AM-5PM | 9) EXERCISE 10AM-11PM ARTS & CRAFTS 11AM-12PM TOMMY FITNESS 1PM TELL IT LIKE IT IS 2PM=3PM CARDS/BILLIARDS DOMINOES 9AM-5PM |
| 12) EXERCISE 10AM-11AM HEALTH PRESENTATION 11 AM WORD STUDY 10AM-11AM ARTS & CRAFTS 1M – 2PM BINGO – 1:30 PM GAMES 9AM-5PM | 13) EXERCISE 10AM-11AM ARTS & CULTURE 11AM -12PM 1PM- 2PM ELA CLASS 2P-3PM CARDS/BILLIARDS DOMINOES 9AM-5PM | 14) 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 | 15) EXERCISE 10AM-11AM HEALTH FIRST 11AM SU CASA ARTS & CULTURE 1AM-2PM COMPUTER CLASS 2PM – 3PM CARDS/BILLIARDS DOMINOES 9AM-5PM | 16) EXERCISE 10AM-11PM ARTS & CRAFTS 11AM-12PM TOMMY FITNESS 1PM TELL IT LIKE IT IS 2PM=3PM CARDS/BILLIARDS DOMINOES 9AM-5PM |
| 19) CENTER OFFICIALLY CLOSED  MARTIN LUTHER KING DAY | 20) EXERCISE 10AM-11PM ARTS & CRAFT 11AM-12PM 1PM ELA CLASS 2PM-3PM CARDS/BILLIARDS DOMINOES 9AM-5PM | 21) EXERCISE 10AM- 11 AM HEALTH PRESENTATION 11 AM SELF DIRECT AHA BLOOD PRESSURE 1PM TELL IT LIKE IT IS 2PM=3PM BINGO – 1:30 PM GAMES 9AM-5PM | 22) EXERCISE 10AM-11AM SU CASA HEALTH PRESENTATION 1PM ARTS & CULTURE 1AM-2PM CARDS/BILLIARDS DOMINOES 9AM-5PM | 23) EXERCISE 10AM-11AM ARTS & CRAFTS 11AM-12PM TOMMY FITNESS 1PM TELL IT LIKE IT IS 2PM=3PM CARDS/ |
| 26) EXERCISE 10AM-11AM FAN- FOOD 10AM WORD STUDY 10AM-11AM ARTS & CRAFTS 1M – 2PM BINGO – 1:30 PM GAMES 9AM-5PM | 27) EXERCISE 10AM-11PM ARTS & CRAFT 11AM-12PM 1PM- 2PM ELA CLASS 2PM=3PM CARDS/BILLIARDS DOMINOES 9AM-5PM | 28) EXERCISE 10AM-11AM SELF DIRECT AHA BLOOD PRESSURE 1PM TELL IT LIKE IT IS 2PM=3PM BINGO – 1:30 PM GAMES 9AM-5PM | 29) EXERCISE 10AM-11AM SU CASA ARTS & CULTURE 1AM-2PM CARDS/BILLIARDS DOMINOES 9AM-5PM | 30) EXERCISE 10AM-11AM ARTS & CRAFTS 11AM-12PM TOMMY FITNESS 1PM TELL IT LIKE IT IS 2PM=3PM CARDS/BILLIARDS DOMINOES 9AM-5PM |

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 IN COOPERATION WITH NEW YORK CITY HOUSING AUTHORITY

BREAKFAST WHEAT BREAD 1% MILK

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
|  |  | | | 2) CHICKEN CUTLET OATMEAL WHEAT WAFFLES ORANGE |
| 5) CHEERIOS WHEAT CORN MUFFIN APPLE | 6) BLUEBERRY PANCAKES BRAN FLAKES CEREAL COTTAGE CHEESE BANANA | 7) EGG FRITTATA W/POTATOES ENGLISH MUFFIN WHEAT CANTALOUPE | 8 CINNAMON WHEAT FRENCH TOAST OATS WITH FRUIT ORANGE YOGURT | 9) HOME FRIES WHEAT BREAD CHICKEN LIVERS FRESH APPLES |
| 12) GRITS WHEAT ENGLISH MUFFIN PIZZA ORANGE | 13) WHEAT FRENCH TOAST OATMEAL CANNED PINEAPPLE | 14) HOMES FRIES SALMON CAKES WHEAT BREAD BANANA | 15) GRILLED MOZZARELLA AND TOMATO SANDWICH WHEAT BREAD OATMEAL CANTALOUPE | 16) GRITS WHEAT ENGLISH MUFFIN PIZZA ORANGE |
|  | 20) APPLE PANCAKES FARINA BANANA LOW FAT YOGURT | 21) EGG WHITE , HOME FRIES WHEAT BREAD GRAPES | 22) OATMEAL PORRIDGE MINI CROSSANT FROZEN MIXED BERRIES | 23) MULTIGRAIN CHEERIOS WHEAT BREAD BAKED APPLE |
| 26) CHEESY GRITS SAUTEED CHICKEN LIVER WITH ONIONS PEAR | 27) APPLES PANCAKES FIBER CEREAL CANTALOUPE | 28) GRILLED MOZZARELLA AND TOMATO SANDWICH WHEAT BREAD OATMEAL BLACKBERRIES | 29) BRAN FLAKES ENGLISH MUFFIN WHOLE WHEAT HARD BOILED EGG BANANA | 30) GRITS HOME FRIES W/ PEPPERS AMD ONIONS SALMON CAKES CANNED PINEAPPLE |

LUNCH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
|  |  | | | 2) FISH W/ CREOLE SAUCE CABBAGE CARROT SLAW PARMESAN ROSEMARY MASHED POTATOES NECTARINE. |
| 5) STEWED CHICKEN RICE WITH PIGEON PEAS STEAMED COLLARD GREENS WHEAT BREAD ORANGE | 6) VEGAN MEATBALLS IN TOMATOES SAUCE WHEAT SPAGHETTI WITH TOFU RICOTTA BANANA | 7) PORK SPARE RIBS BAKED POTATO CABBSGE APPLE | 8) BAKED TURKEY WINGS BAKED MACARONI AND CHEESE STEAMED CARROTS APPLE | 9) BAKED FISH MASHED POTATOES BRUSSELS SPROUTS CANTALOUPE. |
| 12) BBQ CHICKEN BREAST BROWN RICE WITH KIDNEY BEANS BLEND VEGETABLE | 13) VEGGIE BURGERS BAKED FRIES STEAMED BROCCOLI APPLE | 14) SALISBURY STEAK YELLOW RICE GREEN BEANS CANTALOUPE | 15) TURKEY W/ GRAVY WHEAT BREAD CARROTS SALAD MASHED POTATOES ORANGE | 16) OVEN FRIED FISH BAJED MACARONI AND CHEESE WHEAT BREAD CANNED SLICED PEACHES |
|  | 20) VEGETABLE LO MEIN WITH CRISPY TOFU KALE WITH TOMATO APPLE | 21) TUNA SALAD WHEAT BREAD CUCUMBER AND TOMATO SALAD WITH BALSAMIC VINAIGRETTE POTATO SALAD BANANA | 22) BAKED ZITI WITH CHEESE WHEAT BREAD CABBAGE SALAD WITH BERRIES CANTALOUPE | 23) OVEN FRIED FISH BROWN RICE WITH KIDNEY BEANSPICED MIXED VEGETABLE APPLE |
| 26) CURRIED CHICKEN LEGS WHITE RICE WHEAT BREAD CABBAGE CARROTS SLAW CANTALOUPE | 27) BUDDHA'S DELIGHT VEG SOUP BEETS & BABY CARROTS W/DILL APPLE WHEAT BREAD | 28) BAKED CHICKEN LEGS, RICE WITH PIGEON PEAS GREEN SALAD MIXED GREEN SALAD WHEAT BREAD | 29) SMOTHERED PORK CHOPS WHEAT BREAD MASHED SWEET POTATOES TOSSED SALAD BANANA | 30) OVEN FRIED FISH EGGS NOODLES WHEAT BREAD MIX VEGETABLE APPLASOURCE |

MENU SUBJECT TO CHANGE

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