



ROSETTA GASTON SENIOR CENTER

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JANUARY 2026



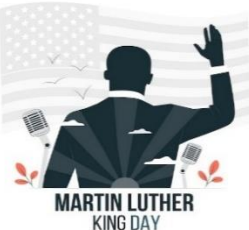
Feliz Año Nuevo

*****REMINDER*****





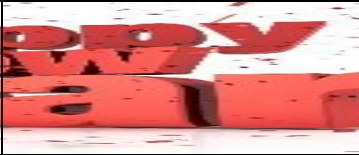

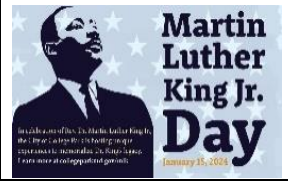
PLEASE DONATE \$1.00 PER MONTH OR \$12.00 PER YEAR

MONTHLY SCHEDULE ACTIVITIES




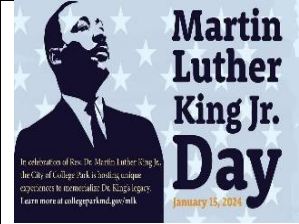
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Happy New Year			2) EXERCISE 10AM-11PM ARTS & CRAFT 11AM-12PM SELF DIRECT AHA BLOOD PRESSURE 1PM GAMES 9AM-5PM
5) EXERCISE 10AM-11AM VEGGIE & FRUITS BAGS 10AM COMPUTER ESSENTIALS 1PM- 2PM ARTS & CRAFTS 1M – 2PM SELF DIRECT AHA BLOOD PRESSURE 1PM	6) EXERCISE 10AM-11AM 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 	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 MUFFUN 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 BERRIES
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 POTATOEES BRUSSELS SPROUTS CANTALOUPE.
12) BBQ CHICKEN BREAST BROWN RICE WITH KIDNEY BEANS BLEND VEGESTABLE	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 BEANSSPICED 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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