

Langston Hughes Social Club

Alexis McCain, Program Coordinator Tyrell Thomas, Program Assistant

March Women's History Month

MONTHLY SCHEDULE ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) Current Events 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p>Crochet Class 1pm – 3pm</p> <p>Game Buster's 3pm – 4pm</p>	<p>3)</p> <p>Let's Talk 11:30am – 12pm</p> <p>Lunch 12pm – 1:30pm</p> <p>BINGO 2pm – 3pm</p>	<p>4) Current Events 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p>Tommy Physical Health 12pm – 1pm</p> <p>Crochet Class 1pm-2pm</p> <p>Game Busters 2pm – 3pm</p>	<p>5) Netflix and chill 11AM – 12 PM</p> <p>Lunch 12pm – 1pm</p> <p>Pokeno 2pm – 3pm</p> <p>Game Busters 3pm – 4pm</p>	<p>6) Line Dance 11AM – 12pM</p> <p>LUNCH 12PM- 1PM</p> <p>Tommy Physical Health 1PM- 2PM</p> <p>Crochet Class 2pm - 3pm</p>
<p>9) Current Events 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p>Crochet Class 1pm – 3pm</p> <p>Game Buster's 3pm – 4pm</p>	<p>10)</p> <p>Walmart Trip 10am – 2pm</p> <p>Lunch 12-1:30pm</p> <p>Game Buster's 2pm – 3pm</p>	<p>11) Current Events 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p>Tommy Physical Health 12pm – 1pm</p> <p>Crochet Class 1pm-2pm</p> <p>Game Busters 2pm – 3pm</p>	<p>12) Netflix and chill 11AM – 12 PM</p> <p>Lunch 12pm – 1pm</p> <p>Pokeno 2pm – 3pm</p> <p>Game Busters 3pm – 4pm</p>	<p>13) Netflix and Chill 11am – 12 pm</p> <p>LUNCH 12PM- 1PM</p> <p>Tommy Physical Health 1PM- 2PM</p> <p>Crochet Class 2pm - 3pm</p>
<p>16)</p> <p>Current Events 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p>Crochet Class 1pm – 3pm</p> <p>Game Buster's 3pm – 4pm</p>	<p>17) Let's Talk 11:30am – 12pm</p> <p>Lunch 12pm – 1:30pm</p> <p>BINGO 2pm – 3pm</p>	<p>18) Langston Hughes Diamond & Pearls Denim Women's Event w/ BIVO & L.H. NSTAT 12pm – 5pm</p>	<p>19) Current Events 11:00AM – 12:00pM</p> <p>LUNCH 12PM- 1PM</p> <p>Pokeno 2pm – 3pm</p> <p>Intergenerational event with L.H.T.A 2PM- 6PM</p>	<p>20) Line Dance 11AM – 12pM</p> <p>LUNCH 12PM- 1PM</p> <p>Tommy Physical Health 1PM- 2PM</p> <p>Crochet Class 2pm - 3pm</p>
<p>23) Current Events 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p>Crochet Class 1pm – 3pm</p> <p>Game Buster's 3pm – 4pm</p>	<p>24) Let's Talk 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p>Pokeno 1pm – 2pm</p> <p>Game Busters 2PM – 3PM</p>	<p>25) Current Events 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p>Tommy Physical Health 12pm – 1pm</p> <p>Crochet Class 1pm – 2pm</p>	<p>26) Meditation 11AM – 12 PM</p> <p>Lunch 12pm – 1pm</p> <p>Pokeno 2pm – 3pm</p> <p>Game Busters 3pm – 4pm</p>	<p>27) Meditation 11AM – 12pM</p> <p>LUNCH 12PM- 1PM</p> <p>Nutrition Workshop 1PM- 2PM</p> <p>Crochet Class 2pm - 3pm</p>

301 Sutter Avenue, Brooklyn, NY 11212 (917) 962-8277
 Alexis McCain (Program Coordinator) Tyrell Thomas (Program Assistant)

MARCH 2026
MONTHLY LUNCH CALANDER

FEBRUARY LUNCH MENU – Whole Wheat Bread & 1% Milk Included

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Beef & Salisbury Meatloaf w/ Mushroom Gravy, Kaiser Roll, Broccoli & Red Peppers, Garlic Mashed Potatoes, Cantaloupe	3) Arroz con Gandules, Boiled Southern Greens, Canned Pineapple	4) Stuffed Peppers / Turkey, Classic Garlic Bread, Steamed Carrots, Honeydew	5) Stewed Chicken Breast, Rice & Beans, Tossed Salad w/ Dressing, Orange	6) Baked Salmon w/ Lemon, Tarragon & Thyme, Whole Grain Corn Muffins, Steamed Cabbage, Sweet Baked Yams
9) Chicken Salad, Kaiser Roll, Israeli Salad, Simple Potato Salad, Banana	10) All American Loaded Baked Potato, Classic Garlic Bread, Spinach, Apple & Red Onion Salad, Watermelon	11) Baked Chicken Qtrs, Arroz con Gandules, Normandy Blend, Cantaloupe	12) Beef Hamburger, Sauteed Onions & Peppers, Kale w/ Tomato, Roasted Sweet Potato Fries, Apple	13) Oven Fried Fish, Pasta, Veggie Mix, Orange
16) Beef Meatloaf w/ Mushroom Gravy, Garlic Mashed Potatoes, Sauteed Green Beans w/ Onions, Cantaloupe	17) Tex-Mex Barley, Bean & Corn Salad, Classic Garlic Bread, Breaded Eggplant Cutlets, Steamed Carrots, Grapes	18) Healthier Tuna Salad, Kaiser Roll, Cole Slaw, Lettuce & Tomato, Applesauce	19) Pernil, Brown Rice w/ Kidney Beans, Green Plantains, Mixed Green Salad, Watermelon	20) Fish w Creole Sauce, Rice w/ Chickpeas, Steamed Cabbage, Fresh Pineapple
23) Turkey & Beef Salisbury Steak w/ Mushroom Gravy, Yellow Rice, Cali Blend Veggies, Banana	24) Creamy Chickpea Potato Curry, Brown Rice, Classic Garlic Bread, Steamed Cabbage, Orange	25) Chicken Parmesan, Multigrain Bread, Penne, Sauteed Spinach, Tossed Salad w/ Dressing, Honeydew	26) Pork Spareribs, Cornbread, Mashed Sweet Potatoes, Steamed Collard Greens, Cantaloupe	27) Fish w/ Creole Sauce, Baked Fries, Cali Blend Veggies, Grapes
30) Sweet & Sour Chicken Tenders, Garlic Mashed Potatoes, Steamed Broccoli, Orange	31) Caribbean Rice & Red Beans, Tossed Salad w/ Dressing, Cantaloupe			

MENU SUBJECT TO CHANGE!

THANK YOU FOR YOUR CONTRIBUTIONS. IT HELPS TO ENHANCE THE PROGRAM WITH PARTIES, SUPPLIES AND EVENTS 😊

