

BROWNSVILLE SOCIAL CLUB

528 Mother Gaston Blvd, Brooklyn Ny 11212

Tel: (917) 962-8275

Monday – Friday 10am to 6pm

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

APRIL ACTIVITIES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 Meditation 12:15pm - 1pm Dominoes 2pm - 5:30pm Health Management 2:15pm - 3pm Afternoon Sip and Chat 3:15pm - 4pm	02 Chair Workout 12:15pm - 1pm Dominoes 2pm - 5:30pm Computer Class 2pm - 2:45pm Ed/Rec 3:15pm - 4pm	03 Blood Pressure 12:15pm - 1pm Dominoes 2pm - 5:30pm Craft 2pm - 3pm Bingo 3:15pm - 4:30pm Sharing 4:30pm - 5pm
06 Chair Workout 12:15pm - 1pm Dominoes 2pm - 5:30pm Ed/Rec 2:15pm - 3pm Culture 3:15pm - 4pm	07 Meditation 12:15pm - 1pm Emergency Preparedness 1:00pm - 1:30pm Dominoes 2:00pm - 5:30pm Computer Class 2pm - 2:45pm Trivia Tuesday 3:15pm - 4:30pm	08 Outing - Buffet Restaurant 11:30am - 2pm Dominoes 2pm - 5:30pm Nutrition Presentation 2:00pm - 3pm***	09 Chair Workout 12:15pm - 1pm Dominoes 2pm - 5:30pm Computer Class 2pm - 2:45pm Health Management 3:15pm - 4pm	10 Blood Pressure check 12:15pm - 1pm Dominoes 2pm - 5:30pm Craft 2pm - 3pm Earth Day - Planting 3:15pm - 4:30pm
13 Chair Workout 12:15pm - 1pm Dominoes 2pm - 5:30pm Range of Motion 2:15pm - 3pm Culture 3:15pm - 4pm	14 Tea & Chat 12:15pm - 1pm Dominoes 2pm - 5:30pm Computer Class 2pm - 2:45pm Movie Day 2:15pm - 3pm	15 Keep on Track 12:15pm - 1pm Dominoes 2pm - 5:30pm Ed/Rec 2:15pm - 3pm Health Management 3:15pm - 4pm	16 Chair Workout 12:15pm - 1pm Dominoes 2pm - 5:30pm Computer Class 2pm - 2:45pm Bingo 3:15pm - 4:30pm	17 Blood Pressure 12:15pm - 1pm Dominoes 2pm - 5:30pm Craft 2pm-3pm Leisure - Karaoke & Dance 3:15pm - 5pm
20 Chair Workout 12:15pm-1pm Dominoes & Cards 2pm - 5:30pm Ed/Rec 2:15pm - 3pm Culture 3:15pm - 4pm	21 Meditation 12:15pm - 1pm Dominoes & Cards 2pm - 5:30pm Computer Class 2pm - 2:45pm Earth Day - Watering & Tending 3:00pm - 4pm	22 Meditation 12:15pm - 1pm Dominoes & Cards 2pm - 5:30pm Health Management 2:15pm - 3pm Bingo 3:15pm - 4:30pm	23 Chair Workout 12:15pm - 1pm Dominoes & Cards 2pm - 5:30pm Computer Class 2pm - 2:45pm Sharing 2:15pm - 3pm	24 Blood Pressure 12:15pm - 1pm Dominoes & Cards 2pm - 5:30pm Craft 2pm-3pm Sip & Paint 3:15pm - 4pm Range of Motion 4pm - 5pm
27 Chair Workout 12:15pm - 1pm Dominoes & Cards 2pm - 5:30pm Health Management 2:15pm - 3pm Ed/Rec 3:15pm - 4pm	28 Range of Motion 12:15pm - 1pm Dominoes & Cards 2pm - 5:30pm Computer Class 2pm - 2:45pm Sharing 2:15pm - 3pm Leisure 3:15pm - 4pm	29 Tea & Chat 12:15pm - 1pm Dominoes & Cards 2pm - 5:30pm Movie Day 2:15pm - 4:00pm	30 Chair Workout 12:15pm - 1pm Dominoes & Cards 2pm - 5:30pm Computer Class 2pm - 2:45pm Leisure 3:15pm - 4pm	

BROWNSVILLE SOCIAL CLUB

528 Mother Gaston Blvd, Brooklyn Ny 11212

Tel: (917) 962-8275

Monday – Friday 10am to 6pm

Contribution: \$2.00

****Menu is subject to change without notice. Your contribution is used to improve the quality of the program****

APRIL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 PORK SPARE RIBS WHOLE WHEAT BREAD CABBAGE AND APPLE SLAW BAKED POTATO APPLE 1% LOW FAT MILK	02 BAKED TURKEY WINGS BAKED MACARONI & CHEESE WHOLE WHEAT BREAD STEAMED CARROTS ORANGE 1% LOW FAT MILK	03 BAKED BREADED FISH WHOLE WHEAT BREAD BRUSSELS SPROUTS HOMEMADE MASHED POTATOES CANTALOUPE 1% LOW FAT MILK
06 BBQ CHICKEN BREASTS BROWN RICE WITH KIDNEY BEANS WHOLE WHEAT BREAD CALIFORNIA BLEND VEGETABLES BANANA 1% LOW FAT MILK	07 ARTISAN BEET VEGGIE BURGERS WHOLE WHEAT BREAD BAKED FRIES STEAMED BROCCOLI APPLE 1% LOW FAT MILK	08 BEEF SALISBURY STEAK WHOLE WHEAT BREAD YELLOW RICE ITALIAN CUT GREEN BEANS CANTALOUPE 1% LOW FAT MILK	09 TURKEY WITH GRAVY WHOLE WHEAT BREAD CARROT SALAD MASHED SWEET POTATOES ORANGE 1% LOW FAT MILK	10 OVEN FRIED FISH BAKED MACARONI & CHEESE WHOLE WHEAT BREAD ORIENTAL BLEND VEGETABLES CANNED SLICED PEACHES 1% LOW FAT MILK
13 BAKED CHICKEN QUARTERS BROWN RICE WHOLE WHEAT BREAD BEETS & BABY CARROTS WITH DILL ORANGE 1% LOW FAT MILK	14 VEGETABLE LO MEIN WITH CRISPY TOFU WHOLE WHEAT BREAD KALE WITH TOMATO APPLE 1% LOW FAT MILK	15 TUNA SALAD WHOLE WHEAT BREAD CUCUMBER & TOMATO SALAD WITH BALSAMIC VINAIGRETTE POTATO SALAD BANANA 1% LOW FAT MILK	16 BAKED ZITI WITH CHEESE WHOLE WHEAT BREAD CABBAGE SALAD WITH WHEAT BERRIES CANTALOUPE 1% LOW FAT MILK	17 OVEN FRIED FISH BROWN RICE WITH KIDNEY BEANS WHOLE WHEAT BREAD SPICED MIXED VEGETABLES APPLES 1% LOW FAT MILK
20 CURRIED CHICKEN LEGS WHITE RICE WHOLE WHEAT BREAD CABBAGE CARROT SLAW CANTALOUPE 1% LOW FAT MILK	21 BUDDHA'S DELIGHT (CHINESE VEGGIE SLAW) WHOLE WHEAT BREAD BEETS AND BABY CARROTS WITH DILL APPLE 1% LOW FAT MILK	22 BAKED CHICKEN QUARTERS ARROZ CON GANDULES (MEXICAN STYLE BROWN RICE WITH PIGEON PEASE) WHOLE WHEAT BREAD MIXED GREEN SALAD ORANGE 1% LOW FAT MILK	23 SMOTHERED PORK CHOPS WHOLE WHEAT BREAD MASHED SWEET POTATOES TOSSED SALAD WITH DRESSING BANANA 1% LOW FAT MILK	24 OVEN FRIED FISH EGG NOODLES WHOLE WHEAT BREAD VEGETABLE MIX APPLESAUCE 1% LOW FAT MILK
27 TURKEY WITH GRAVY WHOLE WHEAT BREAD CARROT SALAD HOLEMADE MASHED POTATOES ORANGE 1% LOW FAT MILK	28 CALIFORNIA VEGGIE BURGER WHOLE WHEAT BREAD STEAMED BROCCOLI APPLE 1% LOW FAT MILK	29 BBQ CHICKEN BREASTS BAKED MACARONI & CHEESE WHOLE WHEAT BREAD CALIFORNIA BLEND VEGETABLES BANANA 1% LOW FAT MILK	30 BEEF SALISBURY STEAK WHOLE WHEAT BREAD YELLOW RICE ITALIAN CUT GREEN BEANS CANTALOUPE 1% LOW FAT MILK	

SPONSORED BY WAYSIDE OUTREACH DEVELOPMENT, INC. FUNDED BY NYC DEPARTMENT FOR THE AGING IN COOPERATION WITH NEW YORK CITY HOUSING AUTHORITY