

# Happy Easter


## ROSETTA GASTON NEIGHBORHOOD SENIOR CENTER

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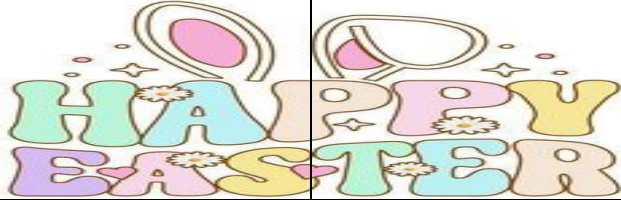
REMINDER\*\*\*\*\* PLEASE DONATE \$1.00 PER MONTH OR \$12.00 PER YEAR\*\*\*\*\*

### MONTHLY SCHEDULE ACTIVITIES


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) EXERCISE 10 AM ARTS &CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) BINGO 1:30 PM	2) EXERCISE 10AM -10:30AM ARTS & CULTURE 11AM-12PM HEALTH FIRST 11AM TECH 101 2:00PM 3:00PM MOVIE 3PM-4PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	3) FIRE DRILL 10AM -10:30 ARTS &CRAFT 11AM -12PM <b>TOMMY FITNESS</b> <b>1PM</b> SELF DIRECT AHA (BLOOD PRESSURE) 1PM BINGO 1:30 PM TELL IT LIKE IT IS 1PM -2PM <b>GOOD FRIDAY</b>
6) WORDY STUDY 9:30 AM -10:30 AM ARTS & CRAFTS 10AM- 11AM HEALTH PRESENTATION 10AM-12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM DOMINOS GAMES 9AM- 5PM	7) EXERCISE 10AM-10:30 AM ARTS & CULTURE 11AM-12PM TECH 101 2:00 PM-3:00 PM MOVIE DAY 2PM-3PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	8) AARP 9AM 4PM EXERCISE 10 AM-11AM CHARCOAL GRILL 11AM <b>HEALTH</b> <b>MANAGEMENT</b> <b>1PM 2PM</b> POKENO-11AM SELF DIRECT AHA (BLOOD PRESSURE) BINGO 1:30 PM ARTS &CRAFT ST. PATRICK THEME 3PM-4PM	9) ARTS & CULTURE 11AM-12PM SENIOR DAY OUTING 11AM TECH 101 2:00 PM-3:00 PM MOVIE 2PM-3PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	10) EXERCISE 10AM -10:30 AM ARTS &CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM BINGO 1:30 PM TELL IT LIKE IT IS 1PM -2PM
13) WORDY STUDY 9:30 AM -10:30 AM ARTS & CRAFTS 10AM- 11AM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM DOMINOS GAMES 9AM	14) EXERCISE 10AM-10:30AM ARTS & CULTURE 11AM-12PM TECH 101 2:00 PM-3:00 PM MOVIE DAY 2PM-3PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	15) EXERCISE 10AM ARTS &CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS POKENO BINGO 1:30PM	16) EXERCISE 10AM-10:30AM ARTS & CULTURE 11AM-12PM HEALTH MANAGEMENT 1PM 2PM TECH 101 2:00 PM-3:00 PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS POKENO	17) EXERCISE 10AM 10:30 AM ARTS &CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM BINGO 1:30 PM TELL IT LIKE IT IS 1PM -2PM GAMES 9AM-5PM CARDS/BILLARDS
20) WORDY STUDY 9:30 AM -10:30 AM FAN FOOD 10AM 2PM <b>HEALTH MANAGEMENT</b> <b>12PM- 1PM</b> SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM -5PM CARDS/BILLARDS BINGO 1:30 PM	21) Exercise 10AM-10:30AM ARTS & CULTURE 11AM-12PM TECH 101 2:00 PM-3:00 PM MOVIE DAY 2PM-3PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	22) EXERCISE 10AM ARTS &CRAFT 11AM -12PM WALMART 11AM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS POKENO BINGO 1:30 PM	23) EXERCISE 10AM-10:30AM ARTS & CULTURE 11AM-12PM MOVIE DAY 2PM 4PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	24) EXERCISE 10AM 10:30 AM ARTS &CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- TELL IT LIKE IT IS 1PM -2PM GAMES , BINGO
27) WORDY STUDY 9:30 AM -10:30 AM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM CARDS/BILLARDS BINGO 1:30 PM	28) EXERCISE 10AM-10:30AM TECH 101 2:00 PM-3:00 PM MOVIE DAY 2PM-3PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	29) EXERCISE 10 am ARTS &CRAFT 11AM -12PM NEW BUFFET 11AM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS POKENO BINGO 1:30 PM	30) EXERCISE 10AM-10:30AM ARTS & CULTURE 11AM-12PM <b>BIRTHDAY</b> <b>CELEBRATION</b> <b>12PM</b> IE DAY 2PM 4PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	

SPONSORED BY WAYSIDE OUTREACH DEVELOPMENT, INC. FUNDED BY NYC AGING  
THANK YOU FOR YOUR VOLUNTARILY CONTRIBUTION ITS HELPS ENHANCE THE PROGRAM  
(DECORATION, TRIPS, GIFTS)

## BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) EGG FRITTATA W/POTATOES& PEAS W.W ENGLISH MUFFIN CANTALOUPE	2) CINNAMON WHEAT FRENCH TOAST OATS WITH FRUIT ORANGE PLAIN GREEK YOGURT	3)HOME FRIES WHEAT BREAD CHICKEN LIVERS W/ONIONS FRESH PINEAPPLE
6) CHEESY GRITS SAUTEED CHICKEN LIVER WITH ONIONS PEAR	7) APPLES PANCAKES FIBER CEREAL CANTALOUPE	8) GRILLED MOZZARELLA AND TOMATO SANDWICH WHEAT BREAD OATMEAL BLACKBERRIES	9) BRAN FLAKES ENGLISH MUFFIN WHOLE WHEAT HARD BOILED EGG BANANA	10) GRITS HOME FRIES W/ PEPPERS AMD ONIONS SALMON CAKES CANNED PINEAPPLE
16) BAKED BANANA WALNUT OATMEAL PLAIN FRENCH TOAST HONEYDEW	17) CHEESE GRITS VEG SAUSAGE PATTY W.W MINI BAGEL CANTALOUPE	18) MULTIGRAIN CEREAL W.W ENGLISH MUFFIN PIZZA ORANGE	19) EGG WHITE OMELETTE W/PEPPERS AND ONIONS OATMEALS WHEAT BREAD	20) HOME FRIES HOMEMADE FISH CAKE W.W BREAD CANTALOUPE
23) CHEDDAR CHEESE SLIDE OATMEAL SLICED TOMATOES WHEAT MINI BAGEL CANNED PINEAPPLE	24) CHEERIOS W.W CINNAMON PANCAKE HONEYDEW	25) BRAN FLAKES CEREAL VEG. SAUSAGE PATTY W.W BREAD BANANA	26) BAKED EGG OMELETTE SPICED SWEET POTATOES WHEAT BREAD FROZEN MIXED BERRIES	27) BAKED BREADED CHICKEN CUTLET OATMEAL WHEAT WAFFLES ORANGE
30) CHEERIOS WHEAT CORN MUFFIN APPLE	31) BLUEBERRY PANCAKES BRAN FLAKES CEREAL COTTAGE CHEESE BANANA			

## LUNCH – All lunches served with 1% Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) PORK SPARE RIBS BAKED POTATO CABBAGE APPLE	2) BAKED TURKEY WINGS BAKED MACARONI AND CHEESE STEAMED CARROTS APPLE	3) BAKED FISH MASHED POTATOES BRUSSELS SPROUTS CANTALOUPE.
6) BBQ CHICKEN BREAST BROWN RICE WITH KIDNEY BEANS BLEND VEGETABLE	7) VEGGIE BURGERS BAKED FRIES STEAMED BROCCOLI APPLE	8) SALISBURY STEAK YELLOW RICE GREEN BEANS CANTALOUPE	9) TURKEY W/ GRAVY WHEAT BREAD CARROTS SALAD MASHED POTATOES ORANGE	10 ) OVEN FRIED FISH BAKED MACARONI AND CHEESE WHEAT BREAD CANNED SLICED PEACHES
13)BAKED CHICKEN QUARTER LEGS BROWN RICE WHEAT BREAD BEETS AND BABY CARROTS WITH DILL ORANGE	14) VEGETABLE LO MEIN WITH CRISPY TOFU KALE WITH TOMATO APPLE	15) TUNA SALAD WHEAT BREAD CUCUMBER AND TOMATO SALAD WITH BALSAMIC VINAIGRETTE POTATO SALAD BANANA	16) BAKED ZITI WITH CHEESE WHEAT BREAD CABBAGE SALAD WITH BERRIES CANTALOUPE	17) OVEN FRIED FISH BROWN RICE WITH KIDNEY BEANS SPICED MIXED VEGETABLE APPLE
20) CURRIED CHICKEN LEGS WHITE RICE WHEAT BREAD CABBAGE CARROTS SLAW CANTALOUPE	21) BUDDHA'S DELIGHT VEG SOUP BEETS & BABY CARROTS W/DILL APPLE WHEAT BREAD	22) BAKED CHICKEN LEGS, RICE WITH PIGEON PEAS GREEN SALAD MIXED GREEN SALAD WHEAT BREAD	23) SMOTHERED PORK CHOPS WHEAT BREAD MASHED SWEET POTATOES TOSSED SALAD BANANA	24) OVEN FRIED FISH EGGS NOODLES WHEAT BREAD MIX VEGETABLE APPLASAURCE
16) STEWED CHICKEN RICE WITH PIGEON PEAS STEAMED COLLARD GREENS WHEAT BREAD ORANGE	17) VEGAN MEATBALLS IN TOMATOES SAUCE WHEAT SPAGHETTI WITH TOFU RICOTTA BANANA	18) PORK SPARE RIBS BAKED POTATO CABBAGE APPLE	19) BAKED TURKEY WINGS BAKED MACARONI AND CHEESE STEAMED CARROTS APPLE	16) STEWED CHICKEN RICE WITH PIGEON PEAS STEAMED COLLARD GREENS WHEAT BREAD ORANGE

MENU SUBJECT TO CHANGE