

# BROWNSVILLE SOCIAL CLUB

528 Mother Gaston Blvd, Brooklyn, NY 11212

Tel: (917) 962-8275

Monday – Friday | 10:00 AM to 6:00 PM

Contribution: \$2.00

\*\*Menu is subject to change without notice.

Your contribution is used to improve the quality of the program\*\*

## MAY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>01</b> OVEN FRIED FISH BROWN RICE WITH KIDNEY BEANS ORIENTAL BLEND VEGETABLES WHOLE WHEAT BREAD CANNED SLICED PEACHES 1% LOW FAT MILK  
<b>04</b> STEWED CHICKEN BREAST ARROZ CON GANDULES (MEXICAN STYLE RICE) STEAMED COLLARD GREENS WHOLE WHEAT BREAD ORANGE 1% LOW FAT MILK  	<b>05</b> VEGETABLE LO MEIN WITH CRISPY TOFU BEETS AND CARROTS WITH DILL WHOLE WHEAT BREAD APPLE 1% LOW FAT MILK  	<b>06</b> STEWED PORK CHOPS BABY CARROTS AND PARSLEY SWEET BAKED YAMS WHOLE WHEAT BREAD ORANGE 1% LOW FAT MILK  	<b>07</b> PORK SPARE RIBS YELLOW RICE CABBAGE AND APPLE SLAW WHOLE WHEAT BREAD APPLE 1% LOW FAT MILK  	<b>08</b> FISH WITH CREOLE SAUCE CABBAGE CARROT SLAW PARMESAN ROSEMARY MASHED POTATOES WHOLE WHEAT BREAD NECTARINE 1% LOW FAT MILK  
<b>11</b> STEWED CHICKEN BREAST ARROZ CON GANDULES (MEXICAN STYLE RICE) STEAMED COLLARD GREENS WHOLE WHEAT BREAD ORANGE 1% LOW FAT MILK  	<b>12</b> BUDDAH'S DELIGHT (CHINESE VEGETARIAN STEW) EGG NOODLES STEAMED ZUCCHINI WHOLE WHEAT BREAD BANANA 1% LOW FAT MILK  	<b>13</b> PORK SPARE RIBS BAKED POTATO CABBAGE AND APPLE SLAW WHOLE WHEAT BREAD APPLE 1% LOW FAT MILK  	<b>14</b> BAKED TURKEY WINGS BAKED MACARONI AND CHEESE STEAMED CARROTS WHOLE WHEAT BREAD ORANGE 1% LOW FAT MILK  	<b>15</b> BAKED BREADED FISH BRUSSELS SPROUTS HOMEMADE MASHED POTATOES WHOLE WHEAT BREAD CANTALOUPE 1% LOW FAT MILK  
<b>18</b> BBQ CHICKEN BREAST BROWN RICE WITH KIDNEY BEANS CALIFORNIA BLEND VEGETABLES WHOLE WHEAT BREAD BANANA 1% LOW FAT MILK  	<b>19</b> BEET VEGGIE BURGER BAKED FRIES STEAMED BROCCOLI WHOLE WHEAT BREAD APPLE 1% LOW FAT MILK  	<b>20</b> BEEF SALISBURY STEAK YELLOW RICE ITALIAN CUT GREEN BEANS WHOLE WHEAT BREAD CANTALOUPE 1% LOW FAT MILK  	<b>21</b> TURKEY WITH GRAVY CARROT SALAD MASHED SWEET POTATOES WHOLE WHEAT BREAD ORANGE 1% LOW FAT MILK  	<b>22</b> OVEN FRIED FISH BAKED MACARONI AND CHEESE ORIENTAL BLEND VEGETABLES WHOLE WHEAT BREAD CANNED SLICED PEACHES 1% LOW FAT MILK  
<b>25</b> BAKED CHICKEN QUARTERS BROWN RICE BEETS AND BABY CARROTS WITH DILL WHOLE WHEAT BREAD ORANGE 1% LOW FAT MILK  	<b>26</b> VEGETABLE LO MEIN WITH CRISPY TOFU KALE WITH TOMATO WHOLE WHEAT BREAD APPLE 1% LOW FAT MILK  	<b>27</b> TUNA SALAD CUCUMBER AND TOMATO SALAD WITH BALSAMIC VINAIGRETTE POTATO SALAD WHOLE WHEAT BREAD BANANA 1% LOW FAT MILK  	<b>28</b> BAKED ZITI WITH CHEESE CABBAGE SALAD WITH WHEAT BERRIES WHOLE WHEAT BREAD CANTALOUPE 1% LOW FAT MILK  	<b>29</b> OVEN FRIED FISH BROWN RICE WITH KIDNEY BEANS SPICED MIXED VEGETABLES WHOLE WHEAT BREAD APPLE 1% LOW FAT MILK  

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 Monday - Friday 10am to 6pm

Hello Spring!

HAPPY Mother's Day!

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

## MAY - FRIENDSHIP BLOSSOM CHALLENGE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 Blood Pressure 12:15pm - 1pm Dominoes & Cards 2pm - 5:30pm Craft 2pm - 3pm Earth Day - Planting 2:15pm - 4pm
04 Chair Workout 12:15pm - 1pm Dominoes 2pm - 5:30pm Ed/Rec (Fact or Myth) 2:15pm - 3pm Culture Jeopardy (Name the Inventor) 3:15pm - 4pm	05 WALMART Shopping Trip 10am 2pm Dominoes 2:00pm - 5:30pm Leisure 3:15pm - 4:30pm	06 Meditation 12:15pm - 1pm Dominoes 2pm - 5:30pm Ed/Rec (Finish the saying) 2:15pm - 3pm Afternoon Sip & Chat (Topic : Friendship) 3:15 - 4pm	07 Chair Workout 12:15pm - 1pm Dominoes 2pm - 5:30pm Computer Class 2pm - 2:45pm Ed/Rec (Closest Guess) 3:00pm - 4pm Sharing 4:00pm - 5pm	08 Blood Pressure 12:15pm - 1pm Dominoes 2pm - 5:30pm Mother's Day Celebration (Tompkins Park) 11am - 1pm Craft 3pm - 4pm
11 Chair Workout 12:15pm - 1pm Dominoes 2pm - 5:30pm Health Management (my healthy plate) 2:15pm - 3pm Health Management Education (Health Match-Up) 3:15pm - 4pm	12 Tea & Chat 12:15pm - 1pm Dominoes 2pm - 5:30pm Trivia Tuesday 2:15pm - 3:00pm Meditation 3:15pm - 4:00pm	13 Keep on Track 12:15pm - 1pm Dominoes 2pm - 5:30pm Ed/Rec (Finish the saying) 2:15pm - 3pm MOVIE DAY 3pm - 5pm	14 Chair Workout 12:15pm - 1pm Dominoes 2pm - 5:30pm Presentation - NYS CONNECTS 2pm - 2:30pm Earth Day - Watering & Tending 3:00pm - 4pm	15 Blood Pressure 12:15pm - 1pm Dominoes 2pm - 5:30pm Craft 2pm-3pm Bingo 3:30pm - 4:30pm
18 Chair Workout 12:15pm - 1pm Dominoes & Cards 2pm - 5:30pm Ed/Rec 2:15pm - 3pm Culture 3:15pm - 4pm	19 Meditation 12:15pm - 1pm Dominoes & Cards 2pm - 5:30pm Computer Class 2pm - 2:45pm Trivia Tuesday 2:15pm - 3:00pm Sharing 3:15pm - 4:30pm	20 Tea/Coffee & Chat 12:15pm - 1pm Dominoes & Cards 2pm - 5:30pm NUTRITION PRESENTATION 2PM - 3PM Health Management 3:15pm - 4pm	21 Chair Workout 12:15pm - 1pm Dominoes & Cards 2pm - 5:30pm Computer Class 2pm - 2:45pm Ed/Rec 2:15pm - 3pm	22 OUTDOOR MENTAL HEALTH (Canarsie Pier) 10am - 1pm Blood Pressure 2:15pm - 4:30pm Dominoes & Cards 2pm - 5:30pm Craft 2pm - 3pm
Memorial Day Closed	26 Range of Motion 12:15pm - 1pm Dominoes & Cards 2pm - 5:30pm Computer Class 2pm - 2:45pm Sharing 2:15pm - 3pm Leisure 3:15pm - 4pm	27 NATIONAL OLDER ADULT FITNESS DAY 8:30am - 12:30pm Dominoes & Cards 2pm - 5:30pm Leisure 2pm - 5pm	28 Chair Workout 12:15pm - 1pm Dominoes & Cards 2pm - 5:30pm Computer Class 2pm - 2:45pm Bingo 3pm - 5pm	29 Blood pressure 12:15pm - 1pm Dominoes & cards 2pm - 5:30pm Craft 2pm - 3pm Karaoke/Dance 3:15pm - 4pm

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