

# ROSETTA GASTON SENIOR CENTER

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Christopher Cipriani Program Director, Lisbeth Ramos Program Assistant.

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

## Monthly schedule activities

Monday	Tuesday	Wednesday	Thursday	Friday
				1) EXERCISE 10AM -10:30AM ARTS &CRAFT 11AM -12PM HEALTH MANAGEMENT 12 PM-1PM TOMMY FITNESS 1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM MUSICAL ED 1PM-3PM
4) EXERCISE 10AM 10:30 AM ARTS &CRAFT 11AM -12PM HEALTH MANAGEMENT 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- TELL IT LIKE IT IS 1PM -2PM GAMES , BINGO	5) EXERCISE 10AM 10:30 AM ARTS & CULTURE 11AM -12PM WALMART 10 AM FIRE EXTINGUISHER TRAINING SELF DIRECT AHA (BLOOD PRESSURE) 1PM- TECH 101 2:00 PM-3:00 PM GAMES, BINGO	6) EXERCISE 10AM 10:30 AM EMERGENCY PREPARESS 11AM 12PM ARTS &CRAFT 11AM -12PM HEALTH MANAGEMENT 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- GAMES , BINGO	7) EXERCISE 10AM 10:30 AM ARTS &CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- TECH 101 2:00 PM-3:00 PM TELL IT LIKE IT IS 1PM -2PM GAMES , BINGO	8) EXERCISE 10AM 10:30 AM NUTRIOTN ED 11AM 12PM PAINTING PS2 12PM -2PM MOTHER DAY CELEBRATION 1PM-3PM MUSICAL ED 1PM-3PM GAMES , BINGO
11) EXERCISE 10AM 10:30 AM ARTS &CRAFT 11AM -12PM HEALTH MANAGEMENT 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- TELL IT LIKE IT IS 1PM -2PM GAMES , BINGO	12) 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	13) <b>AARP</b> 9AM 4PM EXERCISE 10AM-10:30AM ARTS &CRAFT 11AM -12PM MOTHER DAY BUFFET OUTING 11AM-3PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM-5PM	14) EXERCISE 10AM-10:30AM ARTS & CULTURE 11AM-12PM TECH 101 2:00 PM-3:00 PM MOVIE DAY 2PM 4PM TELL IT LIKE IT IS 1PM -2PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	15) EXERCISE 10AM -10:30AM ARTS &CRAFT 11AM -12PM HEALTH MANAGEMENT 12 PM-1PM TOMMY FITNESS 1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM MUSICAL ED 1PM-3PM
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25) CENTER CLOSED 	26) EXERCISE 10AM-10:30AM FAN-FOOD 9AM -3PM ARTS & CULTURE 11AM-12PM TECH 101 2:00 PM-3:00 PM MOVIE DAY 2PM-3PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	27) EXERCISE 10AM-10:30AM ARTS &CRAFT FITNESS DAY 9 AM 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS POKENO BINGO 1:30PM	28) EXERCISE 10AM-10:30AM ARTS & CULTURE 11AM-12PM TECH 101 2:00 PM-3:00 PM MOVIE DAY 2PM 4PM TELL IT LIKE IT IS 1PM -2PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	29) EXERCISE 10AM -10:30AM ARTS &CRAFT 11AM -12PM BIRTHDAY CELEBRATION 12PM 1PM TOMMY FITNESS 1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM

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THANK YOU FOR YOUR VOLUNTARILY CONTRIBUTION ITS'S HELPS ENHANCE THE PROGRAM  
(DECORATION, TRIPS, GIFTS)

**BREAKFAST**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				1) HOME FRIES HOMEMADE FISH CAKE W.W BREAD CANTALOUPE
4) CHEDDAR CHEESE SLIDE OATMEAL SLICED TOMATOES WHEAT MINI BAGEL CANNED PINEAPPLE	5) CHEERIOS W.W CINNAMON PANCAKE HONEYDEW	6) BRAN FLAKES CEREAL VEG. SAUSAGE PATTY W.W BREAD BANANA	7) BAKED EGG OMELETTE SPICED SWEET POTATOES WHEAT BREAD FROZEN MIXED BERRIES	8)BAKED BREADED CHICKEN CUTLET OATMEAL WHEAT WAFFLES ORANGE
11) CHEERIOS WHEAT CORN MUFFIN APPLE	12) CHEDDAR CHEESE SLIDE OATMEAL SLICED TOMATOES WHEAT MINI BAGEL CANNED PINEAPPLE	13) CHEERIOS W.W CINNAMON PANCAKE HONEYDEW	14) BRAN FLAKES CEREAL VEG. SAUSAGE PATTY W.W BREAD BANANA	15) BAKED EGG OMELETTE SPICED SWEET POTATOES WHEAT BREAD FROZEN MIXED BERRIES
23) GRITS WHEAT ENGLISH MUFFIN PIZZA ORANGE	24) COCONUT BANANA WHEAT FRENCH TOAST OATMEAL CANNED PINEAPPLE	25) HOMES FRIES SALMON CAKES WHEAT BREAD BANANA	26) GRILLED MOZZARELLA AND TOMATO SANDWICH WHEAT BREAD OATMEAL CANTALOUPE	27) GRILLED MOZZARELLA AND TOMATOES SANDWICH WHEAT BREAD CANTALOUPE
25) GRITS WHEAT ENGLISH MUFFIN PIZZA ORANGE	24) COCONUT BANANA WHEAT FRENCH TOAST OATMEAL CANNED PINEAPPLE	25) HOMES FRIES SALMON CAKES WHEAT BREAD BANANA	26) GRILLED MOZZARELLA AND TOMATO SANDWICH WHEAT BREAD OATMEAL CANTALOUPE	27) GRILLED MOZZARELLA AND TOMATOES SANDWICH WHEAT BREAD CANTALOUPE

**Lunch**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				1) OVEN FRIED FISH BROWN RICE WITH RED BEANS BLEND VEGETABLE CANNED SLICED PEACHES
4) STEWED CHICKEN BREAST BROWN RICE WITH PIGEON PEAS STEAMED COLLARD GREENS WHEAT BREAD ORANGE	5) VEG LO MEIN W/ CRISPY TOFU BEETS AND BABY CARROTS WITH DILLS APPLE W.W BREAD APPLE	6) STEWED PORK CHOPS BABY CARROTS AND PARSLEY SWEET BAKED YAM ORANGE	7) PORK SPARERIBS YELLOW RICE CABBAGE & APPLE SLAW APPLE	8) FISH W/ CREOLE SAUCE CABBAGE CARROT SLAW PARMESAN ROSEMARY MASHED POTATOES NECTARINE
11) BBQ CHICKEN BREAST BROWN RICE WITH KIDNEY BEANS BLEND VEGETABLE	12) BUDDHA'S DELIGHT EGG NOODLES STEAMED ZUCCHINI BANANA	13) PORK SPARERIBS BAKED POTATO CABBAGE & APPLE SLAW APPLE	14) BAKED TURKEY WINGS MAC & CHEESE STEAMED CARROTS ORANGE	15) BAKED BREAD FISH BRUSSEL SPROUTS MASHED POTATOES CANTALOUPE
18) BBQ CHICKEN BREAST BROWN RICE WITH KIDNEY BEANS BLEND VEGETABLE	19) VEGGIE BURGERS BAKED FRIES STEAMED BROCCOLI APPLE	20) SALISBURY STEAK YELLOW RICE GREEN BEANS CANTALOUPE	21) TURKEY W/ GRAVY WHEAT BREAD CARROTS SALAD MASHED POTATOES ORANGE	22) OVEN FRIED FISH BAJED MACARONI AND CHEESE WHEAT BREAD CANNED SLICED PEACHES
25) BBQ CHICKEN BREAST BROWN RICE WITH KIDNEY BEANS BLEND VEGETABLE	26) VEGGIE BURGERS BAKED FRIES STEAMED BROCCOLI APPLE	27) SALISBURY STEAK YELLOW RICE CARROTS SALAD ORANGE	28) TURKEY W/ GRAVY WHEAT BREAD CARROTS SALAD MASHED POTATOES ORANGE	29) OVEN FRIED FISH BAJED MACARONI AND CHEESE WHEAT BREAD CANNED SLICED ORANGE

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