

ROSETTA GASTON OAC

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Mr. Cipriani Program Director, Mrs. 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 10:30 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	2) ARTS & CULTURE 11AM -12PM  TOMMY FITNESS 1PM  TECH 101 2:00 PM-3:00 PM GAMES. BINGO	3) EXERCISE 10AM 10:30 AM WALMART 10 AM ARTS & CRAFT 11AM -12PM 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- GAMES BINGO	4) ARTS & CULTURE 11AM -12PM  TOMMY FITNESS 1PM TECH 101 2:00 PM-3:00 PM TELL IT LIKE IT IS 1PM -2PM GAMES . BINGO	5) EXERCISE 10AM -10:30AM ARTS & CRAFT 11AM -12PM HEALTH MANAGEMENT 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM MUSICAL ED 1PM-3PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES
8) EXERCISE 10AM 10:30 AM NUTRITION ED 11AM ARTS & CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- TELL IT LIKE IT IS 1PM -2PM GAMES . BINGO	9) ARTS & CULTURE 11AM -12PM  TOMMY FITNESS 1PM  TECH 101 2:00 PM-3:00 PM GAMES. BINGO	10)  9AM 4PM EXERCISE 10AM-10:30AM ARTS & CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM-5PM FITNESS DAY 10 AM	11) ARTS & CRAFT 11AM -12PM CITY ISLAND OUTING 11 AM  TOMMY FITNESS 1PM TECH 101 2:00 PM-3:00 PM TELL IT LIKE IT IS 1PM -2PM GAMES . BINGO	12) EXERCISE 10AM 10:30 AM ARTS & CRAFT 11AM -12PM HEALTH MANAGEMENT 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM MUSICAL ED 1PM-3PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES
15) EXERCISE 10AM 10:30 AM ARTS & CRAFT 11AM -12PM HEALTHFIRST 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- TELL IT LIKE IT IS 1PM -2PM GAMES . BINGO	16) ARTS & CULTURE 11AM-12PM  TOMMY FITNESS 1PM  TECH 101 2:00 PM-3:00 PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	17) EXERCISE 10AM-10:30AM ARTS & CRAFT 11AM -12PM HEALTH MANAGEMENT 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM-5 CARDS/BILLARDS DOMINOS POKENO BINGO	18) ARTS & CULTURE 11AM-12PM FARTHER'S DAY BUFFET 11 AM TOMMY FITNESS 1PM TECH 101 2:00 PM-3:00 PM TELL IT LIKE IT IS 1PM -2PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	19) EXERCISE 10AM -10:30AM ARTS & CRAFT 11AM -12PM HEALTH MANAGEMENT 12 PM-1PM  FATHER'S DAY CELEBRATION 1PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES
22) EXERCISE 10AM 10:30 AM ARTS & CRAFT GREEN BAGS 10 AM FAN-FOOD 10 AM - 3PM 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- TELL IT LIKE IT IS 1PM -2PM GAMES. BINGO	23) ARTS & CULTURE 11AM-12PM  TOMMY FITNESS 1PM  TECH 101 2:00 PM-3:00 PM MOVIE DAY 2PM-3PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES	24) EXERCISE 10AM-10:30AM ARTS & CRAFT 11AM -12PM HEALTH MANAGEMENT 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS POKENO BINGO	25) ARTS & CULTURE 11AM-12PM JOKERCISE 11AM TOMMY FITNESS 1PM  TECH 101 2:00 PM-3:00 PM TELL IT LIKE IT IS 1PM -2PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	26) EXERCISE 10AM -10:30AM ARTS & CRAFT 11AM -12PM HOMMIE ROAD HOME CARE 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM  SPECIAL BINGO 1 PM 1:30 PM MUSICAL ED 1PM-3PM
29) ARTS & CRAFT 11AM -12PM SELECT CARE PLAN 1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- TELL IT LIKE IT IS 1PM -2PM GAMES. BINGO	30) ARTS & CULTURE 11AM-12PM HOMMIE ROAD HOMECARE 11 AM BIRTHDAY CELEBRATION 12 PM TOMMY FITNESS 1PM TECH 101 2:00 PM-3:00 PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES			

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

BREAKFAST 1% Milk & Whole wheat bread

Monday	Tuesday	Wednesday	Thursday	Friday
1) CHEESY GRITS SAUTEED CHICKEN LIVER WITH ONIONS PEAR	2) APPLES PANCAKES FIBER CEREAL CANTALOUPE	3) GRILLED MOZZARELLA AND TOMATO SANDWICH WHEAT BREAD OATMEAL BLACKBERRIES	4) BRAN FLAKES ENGLISH MUFFIN WHOLE WHEAT HARD BOILED EGG BANANA	5) GRITS HOME FRIES W/ PEPPERS AND ONIONS SALMON CAKES CANNED PINEAPPLE
8) BAKED BANANA WALNUT OATMEAL PLAIN FRENCH TOAST HONEYDEW	9) CHEESE GRITS VEG SAUSAGE PATTY W.W MINI BAGEL CANTALOUPE	10) MULTIGRAIN CEREAL W.W ENGLISH MUFFIN PIZZA ORANGE	11) EGG WHITE OMELETTE W/PEPPERS AND ONIONS OATMEALS WHEAT BREAD	12) HOME FRIES HOMEMADE FISH CAKE W.W BREAD CANTALOUPE
15) CHEDDAR CHEESE SLIDE OATMEAL SLICED TOMATOES WHEAT MINI BAGEL CANNED PINEAPPLE	16) CHEERIOS W.W CINNAMON PANCAKE HONEYDEW	17) BRAN FLAKES CEREAL VEG. SAUSAGE PATTY W.W BREAD BANANA	18) BAKED EGG OMELETTE SPICED SWEET POTATOES WHEAT BREAD FROZEN MIXED BERRIES	19) BAKED BREADED CHICKEN CUTLET OATMEAL WHEAT WAFFLES ORANGE
22) CHEERIOS WHEAT CORN MUFFIN APPLE	23) BLUEBERRY PANCAKES BRAN FLAKES CEREAL COTTAGE CHEESE BANANA	24) EGG FRITTATA W/POTATOES ENGLISH MUFFIN WHEAT CANTALOUPE	25) CINNAMON WHEAT FRENCH TOAST OATS WITH FRUIT ORANGE YOGURT	26) HOME FRIES WHEAT BREAD CHICKEN LIVERS FRESH APPLES
29) CHEESY GRITS STEWED CODFISH WHEAT BREAD PEAR	30) APPLE PANCAKE BRAN FLAKE CEREAL CANTALOUPE			

Lunch 1% Milk & Whole wheat bread

Monday	Tuesday	Wednesday	Thursday	Friday
1) CURRIED CHICKEN LEGS WHITE RICE WHEAT BREAD CABBAGE CARROTS SLAW CANTALOUPE	2) SMOKEY BLACK BEAN & SWEET POTATO CHILI BROWN RICE W/W BREAD BEETS BABY CARROTS WITH DILL	3) BAKED CHICKEN LEGS, RICE WITH PIGEON PEAS GREEN SALAD MIXED GREEN SALAD WHEAT BREAD	4) SMOTHERED PORK CHOPS WHEAT BREAD MASHED SWEET POTATOES TOSSED SALAD BANANA	5) OVEN FRIED FISH EGGS NOODLES WHEAT BREAD MIX VEGETABLE APPLASAUCE
8) TURKEY WITH GRAVY WHEAT BREAD CARROTS SALAD HOME MADE MASHED POTATOES ORANGE	9) STUFFED BELL PEPPERS WHOLE WHEAT BREAD BROWN RICE STEAMED BROCCOLI APPLE	10) BBQ CHICKEN BREST BAKED MACARONI AND CHEESE CALIFORNIA BLEND VEGGIE BANANA	11) BEEF SALISBURY STEAK YELLOW RICE WW BREAD ITALIAN CUT GREEN BEANS CANTALOUPE	12) OVEN FRIED FISH BROWN RICE WITH KIDNEY BEANS OREIENTAL BLEND VEGETABLES CANNEDSLICED PEACHES
15) STEW CHICKEN RICE WITH PIGEON PEAS WW BREAD STEAMED COLLARD GREENS ORANGE	16) VEGETABLE LO MEIN WITH CRISPY TOFU BEETS AND BABY CARROS WITH DILL APPLE	17) STEW PORK CHOPS SWEET BAKED YAMS BABY CARROTS AND PARSLEY WHOLE WHEAT BREAD ORANGE	18) PORK SPARE RIBS YELLOW RICE CABBAGE AND APPLE SLAW APPLE	19) FISH WITH CREOLE SAUCE WW BREAD CABBAGE CARROT SLAW PARMESAN ROSEMARY MASHED POTATOES NECTARINE
22) STEWED CHICKEN RICE WITH PIGEON PEAS STEAMED COLLARD GREENS WHEAT BREAD ORANGE	23) VEGAN MEATBALLS IN TOMATOES SAUCE WHEAT SPAGHETTI WITH TOFU RICOTTA BANANA	24) PORK SPARE RIBS BAKED POTATO CABBAGE APPLE	25) BAKED TURKEY WINGS BAKED MACARONI AND CHEESE STEAMED CARROTS APPLE	26) BAKED FISH MASHED POTATOES BRUSSELS SPROUTS CANTALOUPE.
29) CURRIED CHICKEN LEGS WHITE RICE CABBAGE CARROTS SLAW CANTATOLUOE	30) SMOKEY BLACK BEAN & SWEET POTATO CHILI BROWN RICE BEETS & BABY CARROTS WITH DILL APPLE			

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