



ROSETTA GASTON OAC

JULY 2026



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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) AARP  9 AM- 4PM WALMART 10AM EXERCISE 10AM 10:30 AM ARTS & CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- GAMES BINGO	2) ARTS & CULTURE 11AM -12PM TOMMY FITNESS 1PM TECH 101 2:00 PM-3:00 PM TELL IT LIKE IT IS 1PM -2PM GAMES , BINGO 	3) 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
6) CENTER CLOSED OBSERVED 	7) ARTS & CULTURE 11AM -12PM TOMMY FITNESS 1PM TECH 101 2:00 PM-3:00 PM GAMES, BINGO 	8) CITY ISLAND 9AM EXERCISE 10AM-10:30AM ARTS & CRAFT 11AM HEALTH MANAGEMENT 12 PM-1PM 	9) ARTS & CRAFT 11AM -12PM WAYSIDE 2ND ANNUAL FAIR BBQ 10 AM-3PM  TOMMY FITNESS 1PM TECH 101 2:00 PM-3:00 PM	10) EXERCISE 10AM 10:30 AM ARTS & CRAFT 11AM -12PM HEALTH MANAGEMENT 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM MUSICAL ED 1PM-3PM CARDS /BILLARDS DOMINOES
13) 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	14) ARTS & CULTURE 11AM-12PM TOMMY FITNESS 1PM TECH 101 2:00 PM-3:00 PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES 	15) EXERCISE 10AM-10:30AM BOTANICAL GARDEN 10AM ARTS & CRAFT 11AM HEALTH MANAGEMENT 12 PM-1PM 	16) ARTS & CULTURE 11AM-12PM TOMMY FITNESS 1PM HEALTH MANAGEMENT 12 PM-1PM TECH 101 2:00 PM-3:00 PM TELL IT LIKE IT IS 1PM -2PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	17) 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
20) EXERCISE 10AM 10:30 AM ARTS & CRAFT 11AM -12PM TOMMY FITNESS 1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- TELL IT LIKE IT IS 1PM -2PM GAMES, BINGO 1 PM	21) 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-10:30AM BOWLING 10AM ARTS & CRAFT 11AM HEALTH MANAGEMENT 12 PM-1PM 	23) ARTS & CULTURE 11AM-12PM TOMMY FITNESS 1PM TECH 101 2:00 PM-3:00 PM TELL IT LIKE IT IS 1PM -2PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	24) EXERCISE 10AM -10:30AM ARTS & CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM 1:30 PM MUSICAL ED 1PM-3PM
27) ARTS & CRAFT 11AM -12PM GREEN BAGS 10 AM FAN-FOOD 10 AM - 3PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- TELL IT LIKE IT IS 1PM -2PM GAMES, BINGO	28) ARTS & CULTURE 11AM-12PM GLORY ROAD HOMECARE 11 AM TECH 101 2:00 PM-3:00 PM GAMES 9AM-5PM CARDS /BILLARDS DOMINOES 	29) EXERCISE 10AM-10:30AM BROADWAY SHOW 2PM -5PM ARTS & CRAFT 11AM -12PM HEALTH MANAGEMENT 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM BINGO 1PM 	30) ARTS & CULTURE 11AM-12PM TOMMY FITNESS 1PM TECH 101 2:00 PM-3:00 PM TELL IT LIKE IT IS 1PM -2PM GAMES 9AM-5PM CARDS/BILLARDS DOMINOS	31) EXERCISE 10AM -10:30AM ARTS & CRAFT 11AM -12PM BIRTHDAY CELEBRATION 12 PM MUSICAL ED 1PM-3PM 

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 1% Milk & Whole wheat bread

Monday	Tuesday	Wednesday	Thursday	Friday
		1) OATMEAL GRILLED CHEESE BLACKBERRIES	2) BRAN FLAKE CEREAL ENGLISH MUFFIN BOILED EGGS BANANA	3) SALMON CAKE GRITS PINEAPPLE
6) CENTER CLOSED 	7) CHEESE GRITS PLAIN BAGEL VEGGIE SAUSAGE PATTY, CANTALOUPE	8) CHEERIOS W.W ENGLISH MUFFIN PIZZA ORANGE	9) EGG WHITE OMELETTE W/PEPPERS AND ONIONS OATMEALS APPLE WHEAT BREAD	10) HOME FRIES HOMEMADE FISH CAKE W.W BREAD CANTALOUPE
13) GRILLED CHEESE OATMEAL CANNED PINEAPPLE	14) CHEERIOS W.W CINNAMON PANCAKE HONEYDEW	15) BRAN FLAKES CEREAL SCRAMBLED EGGS WITH SWISS, VEGGIE SAUSAGE PATTY BANANA	16) BAKED EGG OMELETTE SPICED SWEET POTATOES WHEAT BREAD FROZEN MIXED BERRIES	17) BREADED CHICKEN CUTLET OATMEAL / WW WAFFLES ORANGE
20) CHEERIOS WHEAT GRAIN CORN MUFFIN APPLE	21) BLUEBERRY PANCAKES BRAN FLAKES CEREAL COTTAGE CHEESE BANANA	22) OMELETTE W/SPINACH & PARMESAN CHEESE CANTOLOUPE	23) CINNAMON WHEAT FRENCH TOAST OATS WITH FRUIT ORANGE YOGURT	24) HOME FRIES WHEAT BREAD CHICKEN LIVERS FRESH APPLES
27) CHEESY GRITS W/W ENGLISH MUFFIN PIZZA ORANGE	28) BANANA WHEAT FRENCH TOAST OATMEAL CANNED PINEAPPLE	29) HOME FRIES SALMON CAKE BANANA YOGURT	30) OMELETTE W/PEPPERS & ONIONS APPLE SAUCE	31) OATMEAL GRILLED CHEESE CANTALOUPE

Lunch 1% Milk & Whole wheat bread

Monday	Tuesday	Wednesday	Thursday	Friday
		1) BAKED CHICKEN LEGS, RICE WITH PIGEON PEAS GREEN SALAD MIXED GREEN SALAD WHEAT BREAD	2) SMOTHERED PORK CHOPS WHEAT BREAD MASHED SWEET POTATOES GREEN SALAD BANANA	3) BAKED SALMON EGG NOODLES MIX VEGETABLE APPLE SAUCE
6) CENTER CLOSED 	7) STUFFED BELL PEPPERS W/ LENTILS BROWN RICE BEETS SALAD	8) BBQ CHICKEN BREAST BAKED MACARONI AND CHEESE CALIFORNIA BLEND VEGGIE BANANA	9) CHEESBURGER DELUXE SAUTEED GREEN / PEPPER & ONIONS BAKED FRIES GREEN BEANS CANTALOUPE	10) SALMON CAKE RICE AND BEANS ORIENTAL BLEND VEGGIE CANNED SLICE PEACHES
13) STEW CHICKEN RICE WITH PIGEON PEAS WW BREAD STEAMED COLLARD GREENS ORANGE	14) LASAGNA ROLLS W/CREAMY TOFU BEETS & BABY CARROTS W/ DILL APPLE	15) STEW PORK CHOPS BABY CARROTS & PARSLEY MASHED POTATOES ORANGE	16) PORK SPARE RIBS YELLOW RICE CABBAGE AND APPLE SLAW APPLE	17) FISH W/CREOLE SAUCE BAKED VEGETABLE ALFREDO PASTA SAUCE MIXED GREEN SALAD NECTARINE
20) STEWED CHICKEN BREAST RICE WITH PIGEON PEAS STEAMED COLLARD GREENS WHEAT BREAD ORANGE	21) VEGAN WHEAT SPAGHETTI WITH TOFU RICOTTA STEAMED ZUCCHINI BANANA	22) PORK SPARE RIBS BAKED POTATO CABBAGE AND APPLE SLAW APPLE	23) BAKED TURKEY WINGS BAKED MACARONI AND CHEESE STEAMED CARROTS ORANGE	24) BAKED FISH MASHED POTATOES BRUSSELS SPROUTS CANTALOUPE.
27) BBQ CHICKEN BREAST BROWN RICE W/KIDNEY BEANS CALIFORNIA BLEND BANANA	28) BLACK BEAN & VEGGIE BURGERS BAKED FRIES STEAMED BROCCOLI APPLE	29) PEPPER STEAK BAKED POTATO GREEN BEANS CANTALOUPE	30) TURKEY /GRAVY CARROTS SALAD MASHED SWEET POTATOES ORANGE	31) BAKED SALMON YELLOW RICE ORIENTAL BLEND VEGETABLES CANNED SLICED PEACHES

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MENU SUBJECT TO CHANGE