

November

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 TOFU STUFFED PEPPERS PASTA STMD BROCCOLI & CAULIFLOWER PINEAPPLE JUICE BANANA	2 BEEF STEW WHITE RICE STEAMED CABBAGE MIX ORANGE JUICE PEACH	3 LEMON PEPPER FISH RED BLISS POTATOES STEAMED CARROTS APPLE JUICE CANNED MANDARINS
6 TURKEY BURGER MASHED POTATOES CALIFORNIA BLEND VEGGIES APPLE JUICE CANNED MANDARINS	7 PEPPER STEAK W/ONIONS WHITE RICE STEAMED GREEN BEANS ORANGE JUICE BANANA	8 VEGGIE BURGER MACARONI & CHEESE STEAMED BROCCOLI W/SOY SAUCE APPLE JUICE CANNED PINEAPPLE	9 JERK CHICKEN BROWN RICE W/BEANS WINTER BLEND VEGGIES ORANE JUICE APPLE	10 SPANISH STYLE FISH YELLOW RICE YELLOW PLANTAINS GRAPE JUICE CANNED PEARS
13 TURKEY MEATLOAF MASHED POTATOES STEWED BEANS APPLE JUICE FRUIT COCKTAIL	14 BBQ CHICKEN MAC & CHEESE STEAMED GREEN BEANS GRAPE JUICE CANNED MANDARINS	15 CENTER CLOSED FOR STAFF MEETING	16 STEWED CHICKEN WHIE RICE\ STEAMED VEGETABLES PINE/ORANGE JUICE BANANA	17 FISH W/ CREOLE SAUCE RICE PILAF STEAMED KALE ORANGE JUICE APPLE
20 TURKEY BURGER W/CHEESE FRENCH FRIES STEAMED SPINACH GRAPE JUICE BANANA	<i>Thanksgiving Luncheon</i> 21 TURKEY WINGS W/GRAVY STUFFING COLLARD GREENS SWEET POTATOES EGG NOG APPLE PIE	22 BAKED ZITI W/CHEESE GREEN BEAN SAUTE APPLE JUICE PEAR	23 24 <div style="border: 2px solid blue; border-radius: 15px; padding: 10px; text-align: center;"><p>THANKSGIVING HOLIDAY CENTER CLOSED <i>Happy Thanksgiving</i> </p></div>	
27 TUNA NOODLE CASSEROLE BARLEY, CORN & BEAN SALAD BABY CARROTS W/PARSLEY APPLE JUICE CANNED MANDARINS	 28 BBQ CHICKEN MAC & CHEESE STEAMED GREEN BEANS GRAPE JUICE CANNED MANDARINS	29 VEGGIE BURGER RED BLISS POTAOES GREEN BEAN SAUTE PINE/ORANGE JUICE APPLE	30 BAKED CHICKEN LEGS RICE PILAF STEWED OKRA AND TOMATOES APPLE JUICE PEACH	

NOVEMBER MENU- 2017

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 FOLLOW WEDNESDAY DAILY ACTIVITIES	2 1:00PM EMBLEM HEALTH 6:00 JSPOA GALA	3 1:00PM BONUS BINGO
6 10:00AM DIABETES WORKSHOP (SPANISH LANGUAGE) 1:00PM NEEDLECRAFT	7 1:00PM LET'S TALK	8 10:30AM TRIP TO WALMART FOLLOW WEDNESDAY DAILY ACTIVITIES	9 1:00PM ST. JOHN'S LAW CLINIC CONSUMER JUSTICE	10 1:00PM HAPPY HOUR
13 10:00AM DIABETES WORKSHOP (SPANISH LANGUAGE) 1:00PM NEEDLECRAFT	14 1:00PM THANKSGIVING FRUIT SHARING 	15 CENTER CLOSED FOR STAFF MEETING	16 10:30AM CALENDR MTG 1:00PM VETERANS DAY CELEBRATION	17 1:00PM WEDNESDAY TABLE GAMES
20 10:00AM DIABETES WORKSHOP (SPANISH LANGUAGE) 10:30AM ADVISORY BOARD	21 10:00AM - NOON JACKSON CENTER THANKSGIVING CELEBRATION (LUNCHEON & PROGRAM)	22 FOLLOW WEDNESDAY DAILY ACTIVITIES	23 24 THANKSGIVING HOLIDAY CENTER CLOSED <i>Happy Thanksgiving</i> 	
27 10:00AM DIABETES WORKSHOP (SPANISH LANGUAGE) 1:00PM NEEDLECRAFT	28 1:00PM NOVEMBER BIRTHDAY CELEBRATION 	29 VISIT TO NURSING HOME	30 1:00PM "HAPPY FEET" FOOT CARE SPONSORED BY VNS CHOICE	

DAILY ACTIVITIES

BREAKFAST 8:45—9:45AM
LUNCH: 11AM—1PM

BILLARDS (POOL ROOM) 10 AM—12N
BILLIARDS (POOL ROOM) 1:00—4:00 PM
DOMINOES 10:30-11:30 AM
DOMINOES 1:00—4:00 PM

MONDAY ACTIVITIES

HEALTH TALK.....9:30—10:30 A.M
EXERCISE/TOMMY EXP..... 10:15-10:45AM
BOOK CLUB (1ST MONDAY OF MONTH)10:45-11:30AM
BINGO MADNESS..... 1:00—2:00 PM

TUESDAY ACTIVITIES

ARTS & CRAFT 10—11 AM
EXERCISE/TOMMY EXP..... 10:15-10:45 AM
CHORAL GROUP 12:30—1:30 PM
LET'S TALK CURRENT EVENTS..... 1:00-2:00 PM
ARTS & CRAFT 1:30-2:30PM

WEDNESDAY ACTIVITIES

BLOOD PRESSURE CHECKUPS 10 AM—12N
SEWING CLASS9:45—11:00 AM
EXERCISE/TOMMY EXP..... 10:15-10:45AM
HEALTHY AGING0:30—11:30AM.
BINGO MADNESS 1:00—2:00 PM
LINE DANCING(MP1).....2:15—3:00 PM
MEN'S GROUP.....1:00—2:00PM

THURSDAY ACTIVITIES

YOGA 10:00-11AM
ARTS & CRAFT 10—11 AM
CHORAL GROUP 12:30—1:30 PM
SPECIAL EVENT PROGRAMING1:00-2:00 PM
ART & CRAFT 1:30-2:30PM

FRIDAY ACTIVITIES

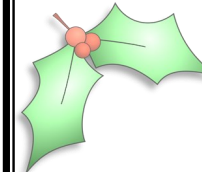
EXERCISE/TOMMY EXP..... 10:15-11:00AM
HAPPY HOUR:(ALTERNATE FRIDAY)1:00-2:00 PM
BONUS BINGO (ALTERNATE FRIDAY)1:00-2:00 PM

Upcoming Events

DECEMBER



DECEMBER 7TH - DECEMBER - 22ND
THE ELF ON THE SHELF RETURNS!!



DECEMBER 8TH
TREE TRIMMING

DECEMBER 12TH
ARTS & CRAFT BAZAAR

DECEMBER 14TH
THE SALINAS BROTHERS VIOLIN DUET

DECEMBER 21ST
HOLIDAY PARTY

DECEMBER 26TH - JANUARY 7, 2018
KWANZA CELEBRATIONS

DECEMBER 26TH
DECEMBER BIRTHDAY PARTY

DECEMBER 26TH
BOXING DAY

Announcements

LAST CALL TO ORDER

JACKSON CENTER
TEE-SHIRT AND/OR CAPS
TEE-SHIRTS \$8.00 - CAPS: \$15.00

DID YOU GET YOUR FLU SHOT?