

# September Menu

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING

(MENU SUBJECT TO CHANGE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 FISH W/CREOLE SAUCE RICE PILAF STEAMED KALE ORANGE JUICE APPLE
4 LABOR DAY OFFICE CLOSED	5 PEPPER STEAK W/ONIONS WHITE RICE STMD BROCCOLI GRAPE JUICE ORANGE	6 VEGGIE BURGER RED BLISS POTATOES GREEN BEANS PINEAPPLE JUICE APPLE	7 BAKED CHICKEN LEGS RICE PILAF STEWED OKRA W/TOMATOES APPLE JUICE PEACH	8 BAKED WHITING YELLOW RICE STMD SPINACH ORANGE JUICE APPLE
11 SPAGHETTI W/MEAT SAUCE STMD SPINACH APPLE JUICE CANNED MANDARINS	12 STEWED CHICKEN BROWN RICE STMD BROCCOLI GRAPE JUICE BANANA	13 VEGGIE BURGER MASHED POTATOES STMD VEGGIES PINEAPPLE JUICE APPLE	14 ROAST PORK QUINOA STEAMED KALE APPLE JUICE CANNED MANDARINS	15 BAKED TILAPIA FRENCH FRIES STEAMED PEAS & CARROTS APPLE JUICE PEACH
18 TURKEY BURGER FRENCH FRIES SPINACH GRAPEJUICE BANANA	19 ROAST BEEF MASHED POTATOES STMD VEGGIES PINEAPPLE JUICE APPLE	20 BAKED ZITI W/CHEESE GREEN BEANS APPLE JUICE PEARS	21 BAKED CHICKEN LEGS W/GRAVY WHITE RICE PLANTAINS GRAPE JUICE ORANGE	22 OVEN FRIED FISH QUINOA KALE & TOMATO ORANGE JUICE PLUM
25 SALISBURY STEAK W/MUSH GRAVY STMD GREEN BEANS GRAPE JUICE ORANGE	26  BBQ CHICKEN BAKED MACARONI & CHEESE STMD GREEN BEANS ORANGE JUICE APPLE	27 TOFU STUFFED PEPPERS PASTA BROCCOLI & CAULOWER PINEAPPLE JUICE BANANA	28 BEEF STEW WHITE RICE STEAMED CABBAGE MIX ORANGE JUICE PEACH	29 LEMON PEPPER FISH RED BLISS POTATOES STMD CARROTS APPLE JUICE CANNED MANDARINS

# SEPTEMBER - 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> TABLE GAMES 1:00PM
<b>4</b> LABOR DAY OFFICE CLOSED  WE HOME!	<b>5</b> 10:00AM PRES. CONF COUNCIL MILLER  1:00PM BECOME A READING	<b>6</b> FOLLOW WEDNESDAY DAILY ACTIVITIES	<b>7</b> 10:00AM SR. WK PRESS CONF ROY WILKINS 10:AM ZUMBA & MED UPDATE  1:00PM LET'S TALK!	<b>8</b> 10:30AM FARMER'S MKT.  1:00PM MONDAY BINGO
<b>11</b> MORNING MOVIE SPONSORED BY SEN. MEEKS	<b>12</b> 1:00PM FIND OUT IF STATE IS HOLDING UNCLAIMED FUNDS L. SOLOMON COMPTROLLER'S OFC	<b>13</b> 10:30AM TRIP TO WALMART  10:45AM MEDICARE/ MEDICAID	<b>14</b> 10:00AM YOGA W/AMEK  10:15 CALENDAR MTG	<b>15</b> 10:30AM FARMER'S MKT.  1:00PM TABLE GAMES
<b>18</b> 10:00AM ADVISORY BOARD MEETING	<b>19</b> 1:00PM GENERAL MEMBERSHIP MEETING	<b>20</b> 10:30AM VOLUNTEER MEETING TV ROOM	<b>21</b> 1:00PM SUMMIT LONG TERM CARE	<b>22</b> BOWLING! W/ASSEMBLY WOMAN ALICIA HYMAN
<b>25</b> FOLLOW MONDAY DAILY ACTIVITIES	<b>26</b> SEPTEMBER BIRTHDAY PARTY 	<b>27</b> FOLLOW WEDNESDAY DAILY ACTIVITIES	<b>28</b> 1:00PM NUTRITION W/HUMANA	<b>29</b> 10:30AM FARMER'S MKTG  1:00PM TABLE GAMES

## 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 CLASS ..... 9:45—11:00 AM  
EXERCISE/TOMMY EXP. .... 10:15-10:45AM  
HEALTHY AGING ..... 0:30—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 PROGRAMING 1:00-2:00 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

# Announcements

## SALUTE TO GRANDPARENTS

FEATURING TH CHUK FOWLER TRIO

SATURDAY, SEPTEMBER 9TH

12N - 4PM

## SIGN UP FOR BOWLING!

FRIDAY - SEPTEMBER 22, 2017

WITH ASSEMBLYWOMAN ALICIA HYMAN  
DEPART 10:00AM - RETURN 12:30PM

## JSPOA 45TH ANNIVERSARY CONGRATULATIONS' BOOSTER

\$5.00

# Upcoming Events

## JACKSON CENTER

45TH ANNIVERSARY CELEBRATION

THURSDAY - OCTOBER 19, 2017

## PAJAMA PARTY

TUESDAY—OCTOBER 31ST

## JSPOA 45TH ANNIVERSARY GALA

RUSSO ON THE BAY  
THURSDAY - NOVEMBER 2, 2017

## DIABETES WORKSHOP W/ IPRO

HABLA ESPANOLA—TBA