




Sue Ginsburg Older Adult Center: 975 Waring Ave, Bronx, NY, 10469 (718)881-1758




May 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1 10AM- Treadmill (Phys.Ed) 11AM- Hidden Picture Puzzles 12PM- Lunch/Almuerzo 1PM- Coloring Class 2PM- Sing it (Karaoke) (Ed & Rec)	2 10AM- Ball it out (Wii Bowling) 11AM- Treadmill 12PM- Lunch/Almuerzo 1PM- Ritmo Latino (Maryorie) 2PM- Dominoes (Leisure Games)	3 10AM- Work it (Cycling class) 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM- Coloring class 2PM -Dominoes (Leisure Games)	4 <u>Walmart Trip</u> 10AM- Walmart Trip 11AM- Treadmill 12PM- Lunch/Almuerzo 1PM- Chair Zumba (Tommy) 2PM - Word Search (PUZZLES)	5 <u>Cinco de Mayo</u> 10AM- Ball it out (Wii Bowling) 11AM- Walk w/ Ease (Evidence-Based) 12PM- Lunch/Almuerzo 1PM 3PM- Bingo / Chips & Dip
8 <u>National Older Americans</u> 10AM- Treadmill (Phys.Ed) 11AM- Hidden Picture Puzzles 12PM- Lunch/Almuerzo 1PM-3PM Art & Craft -Older Americans Month	9 10AM- Ball it out (Wii Bowling) 11AM- Treadmill 12PM- Lunch/Almuerzo 1PM- Ritmo Latino (Maryorie) 2PM- Dominoes (Leisure Games)	10 <u>MOTHER'S DAY PARTY</u> 10AM- Ball it Out (Wii Bowling) 11AM Work it (Cycling class) 12PM- Lunch/Almuerzo 1PM-3PM Mother's Day Party	11 <u>Pantry Day</u> 9:30AM- 11:30 Pantry Distribution 12PM- Lunch/Almuerzo 1PM-Chair Zumba (Tommy) 2PM- Word Search (Puzzle)	12 10AM- Work it (Cycling class) 11AM- Walk W/ Ease (Evidence-Based) 12PM- Lunch/Almuerzo 1PM- Coloring class 2PM -Board Games
15 10AM- Treadmill (Phys.Ed) 11AM- Hidden Picture Puzzles 12PM- Lunch/Almuerzo 1PM-3PM Painting	16 10AM- Ball it Out (Wii Bowling) 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM - Ritmo Latino (Maryorie) 2PM -Dominoes (Leisure Games)	17 <u>Trip Shopping Center</u> 10AM- Shopping Center Yonkers 11AM- Coloring Class 12PM- Lunch/Almuerzo 1PM- Work it (Cycling class) 2PM- Round Table (Advisory Meeting)	18 10AM- Word Search (PUZZLES) 11AM- Treadmill 12PM- Lunch/Almuerzo 1PM- Chair Zumba (Tommy) 2PM -Art & Craft	19 10AM- Ball it out (Wii Bowling) 11AM Walk w/ Ease (Evidence-Based) 12PM- Lunch/Almuerzo 1PM- Art & Craft 2PM- Sing it (Karaoke) (Ed & Rec)
22 10AM- Treadmill (Phys.Ed) 11AM- Hidden Picture Puzzles 12PM- Lunch/Almuerzo 1PM- Art & Craft (Tommy) 2PM- Dominoes	23 10AM- Ball it Out (Wii Bowling) 11AM- Treadmill 12PM- Lunch/Almuerzo 1PM- Ritmo Latino (Maryorie) 2PM- Dominoes (Leisure Games)	24 <u>City Island Trip</u> 10 AM Work it (Cycling Class) 11AM- Health Promotion (BXHouse) 11:30-2PM City Island 12PM- Lunch/Almuerzo 1PM- Coloring Class 2PM - Board Games	25 10AM- Word Search (PUZZLES) 11AM- Treadmill 12PM- Lunch/Almuerzo 1PM- Chair Zumba (Tommy) 2PM -Art & Craft	26 10AM- Ball it out (Wii Bowling) 11AM- Walk w/ Ease (Evidence-Based) 12PM- Lunch/Almuerzo 1PM Board Games 2PM - Word Search
29  CENTER CLOSED	30 10AM- Ball it Out (Wii Bowling) 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM- Ritmo Latino (Maryorie) 2PM- Dominoes (Leisure Games)	31 10AM- Work it (Cycling class) 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM- Coloring class 2PM -Dominoes (Leisure Games)	All Sponsored classes are subject to change.	
				Lunch/ Almuerzo 12pm-1pm DAILY HABLAMOS ESPAÑOL Must be the age of 60 and over to register



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May 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Italian Sausage Penne Pasta (1/2 Cup) Sautéed Green Beans Apple	2 Lentil Stew w/ Carrots & Turnips Yellow Rice Sautéed Spinach Orange	3 Smothered Pork Chops Homemade Mashed Potatoes Vegetable Mix (non-starchy) Banana	4 Curry Chicken Perfect White Rice Cooked Cabbage w/ Carrots Apple	5 Lemon Pepper Fish Pasta (1/2 Cup) Steamed Broccoli Banana
8 Jerk Chicken Rice & Beans Mixed Vegetables (Starchy) Apple	9 Turkey Chili w/ Sweet Potatoes & Corn Steamed Green Beans Banana	10 Beef & Broccoli Bowtie Pasta (1/2 Cup) Steamed Sliced Carrots Orange	11 Stewed Beans/Perfect White Rice Arugula Salad California Blend Vegetables Apple	12 Chicken w/ Oyster Sauce Oriental Blend Vegetables Smashed Red Potatoes Banana
15 Pork Spare Ribs Baked Macaroni & Cheese Normandy Blend Vegetables Apple	16 Brown Stew Chicken Yellow Rice Sautéed Spinach Banana	17 Baked Fish w/ Sweet & Sour Pasta (1/2 Cup) Steamed Carrots Orange	18 Baked Vegetable Alfredo Pasta Sautéed String Beans (1/2 Cup) Apple	19 Spanish Style Baked Chicken Yellow Rice Cabbage w/ Green Peas Banana
22 Stuffed Shells w/ Cheese Steamed Broccoli Apple	23 Spanish Chicken w/ Potatoes & Garlic Perfect White Rice Steamed Slice Carrots Banana	24 BBQ Pulled Pork Garlic Mashed Potatoes Sautéed Spinach Orange	25 Sweet Potato Coconut Curry Fish Brown Rice (1/2 Cup) Sautéed Green Beans Apple	26 Beef Salisbury Steak /Mushroom Sauce Pasta (1/2 Cup) Cooked Cabbage w/ Carrots Banana
29  CENTER CLOSED	30 BBQ Chicken Yellow Rice Sautéed Green Beans Banana	31 Cornmeal Crusted Fish Cooked Cabbage w/ Carrots Home Fries w/ Peppers & Onions Orange		

Partially Funded by NYC AGING & Council Member Marjorie Velazquez

