

# Throgs Neck Older Adult Center: 550 Balcom Avenue, Bronx, NY, 10465 (718) 823-1771

## May 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9AM- Dance Group 10:30AM- Chair Aerobics (Hybrid) 11AM- <i>Walk With Ease by Bethanie</i> 12PM- Lunch/Almuerzo 1PM- Brain Teasers	<b>2</b> <i>NY Common Pantry</i> 9AM- Stronger Bones ( Senior Planet) 10:15-11:30AM- <i>SU CASA ART (Canceled)</i> 10:15-11:30AM-Arts & Crafts 12PM- Lunch/Almuerzo 1PM- Self-care nail group	<b>3</b> 9AM- Brain Teasers 10AM-Current Events 11AM- <i>Walk With Ease by Bethanie</i> 12PM- Lunch/Almuerzo 12:30-1:30pm - Graphic Design Tools (senior planet)	<b>4</b> 9AM- Balance/Strength (Senior Planet) 10 AM- Brain Teasers 11AM- <i>Arts &amp; Crafts (Cinco De Mayo Edition)</i> 12PM-Lunch/Almuerzo 1PM- Basketball Group	<b>5</b> <i>Cinco De Mayo</i> 9AM- Current Events 10AM- Tai Chi (Hybrid) 11AM- <i>Walk With Ease by Bethanie</i> 12PM-Lunch/Almuerzo 12:30-1:30pm- Google Maps (Senior Planet)
<b>8</b> 9AM- Current Events 10:30AM- Chair Aerobics (Hybrid) 11AM- <i>Walk With Ease by Bethanie</i> 12PM- Lunch/Almuerzo 12:30pm 1;30pm- Job Searching In The Digital Age (Senior Planet)	<b>9</b> 9AM- Stronger Bones ( Senior Planet) 10:15-11:30AM- <i>SU CASA ART</i> 12PM- Lunch/Almuerzo 1PM- Dance Group	<b>10</b> 9AM- Brain Teasers 10AM- <i>Arts &amp; Crafts (Mother's Day Edition)</i> 11AM- <i>Walk With Ease by Bethanie</i> 12PM- Lunch/Almuerzo 1PM- Puzzles	<b>11</b> <i>Walmart Trip</i> 9AM- Balance/Strength (Senior Planet) 10 AM- Brain Teasers 10 AM- <i>Trip to Walmart (waitlist members only)</i> 12PM-Lunch/Almuerzo 1PM- Basketball Group	<b>12</b> <i>Birthday/ Mother's Day Celebration/ Award Ceremony</i> 9AM- Current Events 10AM- Tai Chi (Hybrid) 11AM- <i>Walk With Ease by Bethanie</i> 12PM-Lunch/Almuerzo 1PM- Dance Group
<b>15</b> 9AM- Current Events 10:30AM- Chair Aerobics (Hybrid) 11AM- <i>Walk With Ease by Bethanie</i> 12PM- Lunch/Almuerzo 12:30PM- Intro To Translation Tool (Senior Planet)	<b>16</b> 9AM- Stronger Bones ( Senior Planet) 10 AM- Brain Teasers 11AM- Stress Relief Coloring 12PM- Lunch/Almuerzo 1PM- Self-care nail group	<b>17</b> 9AM- Brain Teasers 10AM-Current Events 10:15-11:30AM- <i>SU CASA ART</i> 12PM- Lunch/Almuerzo 1PM- Puzzles	<b>18</b> 9AM- Balance/Strength (Senior Planet) 10 AM- Brain Teasers 11AM- Stress Relief Coloring 12PM-Lunch/Almuerzo 1PM- Basketball Group	<b>19</b> 9AM- Current Events 10AM- Tai Chi (Hybrid) 11AM- <i>Walk With Ease by Bethanie</i> 12PM-Lunch/Almuerzo 1PM- Bingo
<b>22</b> 9AM- Current Events 10:30AM- Chair Aerobics (Hybrid) 11AM- <i>Walk With Ease by Bethanie</i> 12PM- Lunch/Almuerzo 1PM- Brain Teasers	<b>23</b> 9AM- Stronger Bones ( Senior Planet) 10 AM- Brain Teasers 11AM- Stress Relief Coloring 12PM- Lunch/Almuerzo 1PM- Dance Group	<b>24</b> 9AM- Brain Teasers 9:30AM-Current Events 10:15-11:30AM- <i>SU CASA ART</i> 12PM- Lunch/Almuerzo 1PM- Puzzles	<b>25</b> 9AM- Balance/Strength (Senior Planet) 10 AM- Brain Teasers 11AM- Stress Relief Coloring 12PM-Lunch/Almuerzo 1PM- Basketball Group	<b>26</b> 9AM- Current Events 10AM- Tai Chi (Hybrid) 11AM- <i>Walk With Ease by Bethanie</i> 12PM-Lunch/Almuerzo 1PM- Bingo
<b>29</b> <div style="text-align: center;"> <b>MEMORIAL DAY</b>    <b>JASA CLOSED</b> </div>	<b>30</b> 9AM- Stronger Bones ( Senior Planet) 10 AM- Brain Teasers 11AM- Stress Relief Coloring 12PM- Lunch/Almuerzo 1PM- Self-care nail group	<b>31</b> 9AM- Brain Teasers 9:30AM-Current Events 10:15-11:30AM- <i>SU CASA ART</i> 12PM- Lunch/Almuerzo 1PM- Puzzles	*We are located at the Kips Bay Boys & Girls Club @ 550 Balcom Avenue. We are open for in person programming Monday -Friday 8am-2pm.	Lunch/ Almuerzo 12pm-1pm HABLAMOS ESPAÑOL Must be the age of 60 and over to register

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## May 2023 MENU

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