



November 2022 ACTIVITIES

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| *All Sponsored classes are subject to change. | 1 10AM- Word Search Puzzle 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM- Ritmo Latino 2PM - Health Promotion 3PM- Coloring class | 2 10AM- Treadmill (Phys.Ed.) 11AM- Nutrition Class (BronxHouse) 12PM- Lunch/Almuerzo 1PM Chair Zumba 2PM Art & Crafts 3PM Leisure Games (Dominoes) | 3 10AM- Ball it Out (Wii Bowling) 11AM-Leisure Games 12PM- Lunch/Almuerzo 1PM- Chair Zumba (Tommy Exp.) 2PM-Hidden Picture Puzzles | 4 10AM- Fitness 11AM- Coloring class 12PM- Lunch/Almuerzo 1PM- Technology class 2PM-Walking Club 3PM- Meditation |
| 7 10AM- Treadmill (Phys.Ed) 11AM- Hidden Picture Puzzles 12PM- Lunch/Almuerzo 1PM- Act it out (Charades) 2PM- Painting | 8 10AM- Ball it out (Wii Bowling) 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM- Ritmo Latino 2PM- Round Table (Advisory Board) 3PM- Art & Crafts | 9 10AM- Word Search Puzzles 11AM- Nutrition Class (BXHouse) 12PM- Lunch/Almuerzo 1PM - Treadmill (Phys.E.d.) 2PM- Act it Out (Charades) | 10 <u>Pantry Distribution</u> 9:30AM- 11:30 Pantry Distribution & Arts and Crafts (Senior Whole Health) 12PM- Lunch/Almuerzo 1PM-Chair Zumba (Tommy Exp.) 2PM-Leisure Games | 11 <u>Happy Veterans Day</u> 10AM- Word Search (Puzzles) 11AM Leisure Games 12PM- Lunch/Almuerzo 1PM Walking Club 2PM-Painting (Veterans Day Project) 3PM-Meditation |
| 14 10AM- Work it (Cycling Class) 11AM- Hidden Picture Puzzles 12PM- Lunch/Almuerzo 1PM- Hidden Picture Puzzles 2PM-Painting | 15 10AM- Ball it Out (Wii Bowling) 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM- Ritmo Latino 2PM - Coloring Class | 16 10AM- Word Search Puzzles 11AM- Nutrition Class (BXHouse) 12PM- Lunch/Almuerzo 1PM - Treadmill (Phys.E.d.) 2PM- Act it Out (Charades) | 17 10AM- Word Search (PUZZLES) 11AM- Art & Craft 12PM- Lunch/Almuerzo 1PM- Chair Zumba (Tommy Exp.) 2PM- Leisure Games | 18 10AM-Word Search (Puzzles) 11AM Coloring Class 12PM- Lunch/Almuerzo 1PM- Technology Class 2PM- Walking club 3PM- Meditation |
| 21 10AM- Treadmill (Phys. Ed) 11AM- Hidden Picture Puzzles 12PM- Lunch/Almuerzo 1PM- Leisure Games (Dominoes) 2PM- Painting | 22 10AM- Ball it Out (Wii Bowling) 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM- Ritmo Latino 2PM- Arts & Crafts | 23 <u>Birthday/ Thanksgiving Party</u> 10AM- Treadmill (Phys.Ed.) 11AM- Nutrition Class (BronxHouse) 12PM- Lunch/Almuerzo 1PM-3PM- Party Celebration |  HAPPY Thanksgiving CENTER CLOSED | 25 10AM- Fitness 11AM- Coloring class 12PM- Lunch/Almuerzo 1PM- Technology Class 2PM- Walking Club 3PM-Meditation |
| 28 10AM- Treadmill (Phys.Ed) 11AM- Hidden Picture Puzzles 12PM- Lunch/Almuerzo 1PM- Leisure Games (Dominoes) 2PM- Painting | 29 10AM- Ball it Out (Wii Bowling) 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM- Ritmo Latino 2PM - Coloring Class | 30 10AM- Treadmill (Phys.Ed.) 11AM- Nutrition Class (BronxHouse) 12PM- Lunch/Almuerzo 1PM Guess the Tunes 2PM Art & Crafts | Lunch/ Almuerzo 12pm-1pm DAILY HABLAMOS ESPAÑOL Must be the age of 60 and over to register |  |

November 2022 MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | 1 BBQ Chicken Yellow Rice Sautéed Green Beans Banana | 2 Cornmeal Crusted Fish Cabbage w/ Shredded Carrots Home Fries w/ Peppers & Onions Orange | 3 Vegetarian Chicken Brown Stew White Rice Steamed Spinach Apple | 4 Curry Chicken Mashed Potatoes Steamed Carrots & Green Beans Banana |
| 7 Beef Stew Brown Rice (1/2 Cup) Sautéed String Beans (1/2 Cup) Apple | 8 Baked Chicken Thighs Baked Sweet Potato Broccoli w/ Toasted Garlic Banana | 9 Baked Fish w/ Mushroom & Peppers Rice Pilaf Roasted Cabbage w/ Carrots Orange | 10 Pot Roast w/ Mango Chutney Bowtie Pasta (1/2 Cup) Steamed Spinach Apple | 11 Vegetable Lasagna Baby Carrots w/ Parsley Banana |
| 14 Italian Sausage Penne (1/2 Cup) Sautéed Green Beans Apple | 15 Lentil Stew w/ Carrots & Turnips Yellow Rice Sautéed Spinach Orange | 16 Smothered Pork Chops Homemade Mashed Potatoes Vegetable Mix (non-starchy) Banana | 17 Curry Chicken White Rice Cooked Cabbage w/ Carrots Apple | 18 Lemon Pepper Fish Pasta (1/2 Cup) Steamed Broccoli Banana |
| 21 Jerk Chicken Rice & Beans Mixed Vegetable (Starchy) Apple | 22 Turkey Chili w/ Sweet Potatoes & Corn Steamed Green Beans Banana | 23 Beef & Broccoli Bowtie Pasta (1/2 Cup) Steamed Sliced Carrots Orange | 24 <p style="text-align: center;">CENTER CLOSED</p> | 25 Chicken w/ Oyster Sauce Oriental Blend Vegetables Smashed Red Potatoes Banana |
| 28 Pork Spare Ribs Baked Mac & Cheese Normandy Blend Apple | 29 Brown Stew Chicken Yellow Rice Sautéed Spinach Banana | 30 Baked Fish w/ Sweet & Sour Sauce Pasta (1/2 Cup) Steamed Carrots Orange | *Menu items are subject to change* | |