

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

## November 2022 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1*NY Common Pantry 9a-12p*</b> (outdoors) 9AM- Current Events 10AM- Brain Teasers 12PM- <b>Lunch/Almuerzo</b> 1PM- Crafting w. Sandra 2PM- Self-care nail group	<b>2</b> 9AM- Brain Teasers 10AM- Current Events 11AM- Zumba 12PM- <b>Lunch/Almuerzo</b> 1PM- Puzzles 2PM- Chair Aerobics (Hybrid)	<b>3</b> 9AM- Stress Relief Coloring Group 10AM- Brain Teasers 11AM- Current Events 12PM- <b>Lunch/Almuerzo</b> 1PM- Basketball Group 2PM- Meditation (Hybrid)	<b>4</b> 9AM- Current Events 10AM- Tai Chi (Hybrid) 11AM- Current Events 12PM- <b>Lunch/Almuerzo</b> 1PM- Dance Group
<b>7</b> 9AM- Current Events 10:30AM- Chair Aerobics (Hybrid) 12PM- <b>Lunch/Almuerzo</b> 1PM- Brain Teasers 2PM- Dance Group	<b>8</b> 9AM- Current Events 10AM- Brain Teasers 12PM- <b>Lunch/Almuerzo</b> 1PM- Self-care nail group 2PM- Stress Relief Coloring Group	<b>9</b> 9AM- Brain Teasers 10AM- Blood Pressure Screening (In-person) 11AM- Brain Teasers 12PM- <b>Lunch/Almuerzo</b> 1PM- Puzzles 2PM- Chair Aerobics (Hybrid)	<b>10</b> 9AM- Stress Relief Coloring Group 10AM- Brain Teasers 11AM- Current Events 12PM- <b>Lunch/Almuerzo</b> 1PM- Basketball Group 3PM- Knitting & Crochet (Hybrid)	<b>11 Veterans Day</b> 9AM- Current Events 10AM- Tai Chi (Hybrid) 11AM- Veterans Day Movie 12PM- <b>Lunch/Almuerzo</b> 1PM- Dance Group
<b>14</b> 9AM- Currents Events 10:30AM- Chair Aerobics (Hybrid) 12PM- <b>Lunch/Almuerzo</b> 1PM- Brain Teasers 2PM- Dance Group	<b>15</b> 9AM- Current Events 10AM- Brain Teasers 12PM- <b>Lunch/Almuerzo</b> 1PM- Crafting w. Sandra 2PM- Self-care nail group	<b>16</b> 9AM- Brain Teasers 10AM- Current Events 11AM- Zumba 12PM- <b>Lunch/Almuerzo</b> 1PM- Puzzles 2PM- Chair Aerobics (Hybrid)	<b>17</b> 9AM- Stress Relief Coloring Group 10AM- Brain Teasers (outdoors) 11AM- Current Events 12PM- <b>Lunch/Almuerzo</b> 1PM- Basketball Group 2PM- Meditation (Hybrid)	<b>18</b> 9AM- Current Events 10AM- Tai Chi (Hybrid) 11AM- Current Events 12PM- <b>Lunch/Almuerzo</b> 1PM- Dance Group
<b>21</b> 9AM- Currents Events 10:30AM- Chair Aerobics (Hybrid) 12PM- <b>Lunch/Almuerzo</b> 1PM- Brain Teasers 2PM- Technology w. NY Enrichment Group	<b>22</b> 9AM- Current Events 10AM- Brain Teasers 12PM- <b>Lunch/Almuerzo</b> 1PM- Self-care nail group 2PM- Stress Relief Coloring Group	<b>23</b> 9AM- Puzzles 10AM- Current Events 11AM- Brain Teasers 12PM- <b>Lunch/Almuerzo</b> 1PM- Nutrition Presentation By Kiahni (Hybrid) 2PM- Chair Aerobics (Hybrid)	<p style="text-align: center;"><b>JASA CLOSED</b></p>	<b>25</b> 9AM- Current Events 10AM- Tai Chi (Hybrid) 11AM- Current Events 12PM- <b>Lunch/Almuerzo</b> 1pm- Bingo
<b>28</b> 9AM- Currents Events 10:30AM- Chair Aerobics (Hybrid) 12PM- <b>Lunch/Almuerzo</b> 1PM- Brain Teasers 2PM- Dance Group	<b>29</b> 9AM- Current Events 10AM- Brain Teasers 12PM- <b>Lunch/Almuerzo</b> 1PM- Crafting w. Sandra 2PM- Self-care nail group	<b>30</b> 9AM- Brain Teasers 10AM- Current Events (outdoors) 11AM- Zumba 12PM- <b>Lunch/Almuerzo</b> 1PM- <b>Birthdays Celebration</b> 2PM- Chair Aerobics (Hybrid)	<p><b>*We are now located at the Kips Bay Boys &amp; Girls Club @ 550 Balcom Avenue. We are open for in person programming Monday -Friday 8am-2pm.</b></p>	

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## November 2022 MENU

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

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