



September 2023 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
All Sponsored classes are subject to change.	Lunch/ Almuerzo 12pm-1pm DAILY HABLAMOS ESPAÑOL Must be the age of 60 and over to register			1 Art & Craft 10AM- Ball it out (Wii Bowling) 11AM- Word Search 12PM- Lunch/Almuerzo 1:30PM- Art & Craft -TW Lisa 2PM 4PM- Sing it Karaoke
4  CENTER CLOSED	5 Chair Zumba Bingocize 10AM- Ball it out (Wii Bowling) 11AM- Word Search Puzzle 12PM- Lunch/Almuerzo 1PM- Chair Zumba (Clifton) 2PM- Bingocize W Julissa	6 Ritmo Latino 10AM- Work it (Cycling class) 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1:30 PM Ritmo Latino 2:20PM -Dominoes (Leisure Games)	7 SWH W – Kathy 10AM- Coloring Class 11AM- Board Games 12PM- Lunch/Almuerzo 1PM- SWH –Kathy Wine Glass Painting 2PM- Round Table (Advisory Meeting)	8 Bingocize W Julissa 10AM- Work it (Cycling class) 11AM- Board Games 12PM- Lunch/Almuerzo 1PM- Tech Class W Victor 2PM - Bingocize W Julissa
11 Ritmo Latino 10AM- Treadmill (Phys.Ed) 11AM- Hidden Picture (Puzzles) 12PM- Lunch/Almuerzo 1:30 PM- Ritmo Latino 2:20 Sing it Karaoke	12 Bingocize W Julissa 10AM- Ball it Out (Wii Bowling) 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerz 1PM - Word Search Puzzle 2PM- Bingocize W Julissa	13 Birthday Party 10AM- Ball it Out (Wii Bowling) 11AM- Treadmill (Phys.Ed) 12PM- Lunch/Almuerzo 12:30- 3:30 Birthday PARTY	14 Pantry Distribution 9:30AM- 11:30 Pantry Distribution 12PM- Lunch/Almuerzo 1PM- 2:PM– 4PM Dominoes	15 Chair Zumba Bingocize 10AM- Ball it out (Wii Bowling) 11AM Board Games 12PM- Lunch/Almuerzo 1PM- Chair Zumba (Clifton) 2PM- Bingocize W Julissa
18 Ritmo Latino 10AM- Treadmill (Phys.Ed) 11AM- Hidden Picture (Puzzles) 12PM- Lunch/Almuerzo 1:30 PM- Ritmo Latino 2:20 Dominoes	19 Bingocize W Julissa 10AM- Ball it Out (Wii Bowling) 11AM- Board Games 12PM- Lunch/Almuerzo 1PM- Word Search Puzzle 2PM- Bingocize W Julissa	20 YOGA 10 AM Virtual Class fall prevention 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1PM- YOGA- TW 2PM - Board Games	21 Art & Craft 10AM- Word Search (Puzzles) 11AM- Ball it Out (Wii Bowling) 12PM- Lunch/Almuerzo 1PM- Art & Craft W -TW Abby 2PM - Taboo w PRIZES	22 Bingocize W Julissa 10AM- Ball it out (Wii Bowling) 11AM- Board Games 12PM- Lunch/Almuerzo 1PM Tech Class W Victor 2PM - Bingocize W Julissa
25  CENTER CLOSED	26 Bingocize W Julissa 10AM- Ball it Out (Wii Bowling) 11AM- Coloring Class 12PM- Lunch/Almuerzo 1PM- Word Search Puzzle 2PM- Bingocize W Julissa	27 Ritmo Latino 10AM- Work it (Cycling class) 11AM- Health Promotion (BXHouse) 12PM- Lunch/Almuerzo 1:30 PM- Ritmo Latino 2:20PM- Sing it Karaoke	28 BINGO, YOGA 10AM- Treadmill (Phys.Ed) 11AM- Word Search (Puzzles) 12PM- Lunch/Almuerzo 1PM- YOGA – TW 2PM- 4PM Bingo	29 Art & Craft 10AM- Ball it Out (Wii Bowling) 11AM- Treadmill (Phys.Ed) 12PM- Lunch/Almuerzo 1:30PM- Art & Craft -TW Lisa 2PM -Dominoes (Leisure Games)

September 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Thigh Stew w. Ginger & Pumpkin Yellow Rice Patta Gobi Mattar (Cabbage w. Peas)
4 CENTER CLOSED LABOR DAY	5 Caribbean Style BBQ Chicken Perfect White Rice Mixed Vegetables (Starchy) Banana	6 Whole Wheat Macaroni & Cheese w. Butternut Squash Baby Carrots & Parsley Sauteed Green Beans w. Onions Orange	7 Fish w. Fresh Salsa Relish Brown Rice (½ Cup) Normandy Blend Vegetables Apple	8 Beef Franks (Pre-prepared) Home Fries Cooked Cabbage w. Shredded Carrots Banana Hot Dog Bun
11 Chicken & Broccoli Stir Fry Yellow Rice Sauteed Green Beans w. Onions Apple	12 Spanish Style Roast Pork Sweet Baked Yams Normandy Blend/ Steamed Peas Banana	13 Baked Fish w. Rustic Tomato Sauce Pasta (½ Cup) Vegetable Mix (non-starchy) Orange	14 Ital Stew (Kidney Beans & Vegetable Stew) Perfect White Rice Steamed Spinach Apple	15 Curry Chicken Instant Mashed Potatoes Steamed Carrots & Green Beans Banana
18 Pork Loin w. Curried Pineapple Brown Rice (½ Cup) Baby Carrots & Parsley Sauteed String Beans Apple	19 Jerk Chicken Rice & Red Beans Broccoli w. Toasted Garlic Banana	20 Breaded Fish Fillet (Pre-Prepared) Mashed Sweet Potatoes Cooked Cabbage w. Shredded Carrots Orange	21 Italian Sausage w. Peppers & Onions Baked Potato Steamed Spinach Apple	22 Soft Whole Wheat Tacos w. Vegetables Rice Pilaf Baby Carrots w. Parsley Banana
25 CENTER CLOSED YOM KIPPUR	26 Black Beans Fajitas Sauteed Spinach Orange	27 Baked Fish Marsala w. Mushrooms Perfect White Rice Vegetable Mix (non-starchy) Banana	28 Hamburgers Home Fries Cabbage & Apple Stew Apple Plain Burger Bun	29 Apricot Glazed Pork Chops Brown Rice (½ Cup) Italian Blend Vegetables Banana