



Sue Ginsburg Older Adult Center

Phone Number: (718) 881-1758

975 Waring Avenue, Bronx, NY, 10469

October 2024 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch/ Almuerzo 12pm-1pm DAILY All Sponsored classes are subject to change.</p>	<p>1 <u>BxHouse NORC</u> 10AM- Ball it out (Wii Bowling) 11:45AM- Health (<u>BxHouse</u>) 12PM- Lunch/Almuerzo 1PM- Yoga Class (<u>BxHouse</u>)</p>	<p>2 10AM- Work it (Cycling Class) 11AM- Ball it Out (Wii Games) 12PM- Lunch/Almuerzo 1PM- Dominoes</p>	<p>3 ROSH HASHANAH CENTER CLOSED</p>	<p>4 10AM- Ball it out (Wii Bowling) 11AM- Word Search (Puzzle) 12PM- Lunch/Almuerzo 12:30PM- Advisory Meeting</p>
<p>7 <u>Ritmo Latino</u> 10AM- Work it (Cycling Class) 11AM- Hidden Picture (Puzzles) 12PM- Lunch/Almuerzo 1:30PM- <u>Ritmo Latino</u></p>	<p>8 <u>BxHouse NORC</u> 10AM- Ball it out (Wii Bowling) 11:45AM- Health (<u>BxHouse</u>) 12PM- Lunch/Almuerzo 1:PM- Yoga Class (<u>BxHouse</u>) 2PM - Word Search Puzzle</p>	<p>9 10AM- Ball it Out (Wii Bowling) 11AM- Treadmill (Phys. Ed) 12PM- Lunch/Almuerzo 2PM- Word Search Puzzle</p>	<p>10 <u>Pantry Distribution</u> 9:30AM- Pantry Distribution 10:30AM- Healthy Living/Giveaways 12PM- Lunch/Almuerzo 1PM- <u>Chair Zumba -Clifton</u></p>	<p>11 <u>Bingo w/ Prizes</u> 11AM - Word Search (Puzzles) 12PM- Lunch/Almuerzo 1:30PM- <u>Bingo w. Prizes</u></p>
<p>14 <u>SENIOR WHOLE HEALTH</u> 10AM- Work it (Cycling Class) 11AM- Hidden Picture (Puzzles) 12PM- Lunch/Almuerzo 1PM- <u>Wine glass painting- Kathy</u></p>	<p>15 <u>BxHouse NORC/ Nutrition</u> 10AM- Ball it Out (Wii Bowling) 11:45AM- Health (<u>BXHouse</u>) 12PM- Lunch/Almuerzo 1PM - Salsa Class (<u>BxHouse</u>) 2PM <u>Nutrition Class- Kiahni</u></p>	<p>16 <u>PLEASE WEAR PINK</u> 10AM- Coloring Class 11AM- <u>Cancer walk -Wear Pink</u> 12PM- Lunch/Almuerzo 1PM- Board Games</p>	<p>17 <u>LET'S SING IT</u> 10AM- Work it (Cycling Class) 11AM - Walking Club 12PM- Lunch/Almuerzo 1:30PM- <u>KARAOKE</u></p>	<p>18 <u>Technology Class</u> 10AM- Work Out (Youtube) 11AM- Coloring Class 12PM- Lunch/Almuerzo 2PM- <u>Technology Class (Matt)</u></p>
<p>21 <u>Ritmo Latino</u> 10AM- Work it (Cycling Class) 11AM- Ball it out (Wii Games) 12PM- Lunch/Almuerzo 1:30PM- <u>Ritmo Latino</u></p>	<p>22 <u>BxHouse NORC</u> 10AM- Ball it Out (Wii Bowling) 11AM- Blood Pressure (<u>BxHouse</u>) 12PM- Lunch/Almuerzo 1PM- Salsa Class (<u>BXHouse</u>)</p>	<p>23 10AM- Work it (Cycling Class) 12PM- Lunch/Almuerzo 1PM- Let's make Smoothies W Dov</p>	<p>24 <u>Chair Zumba</u> 10AM -Treadmill (Phys. Ed) 11AM- Coloring Class 12 PM- Lunch/Almuerzo 1PM- <u>Chair Zumba (Clifton)</u></p>	<p>25 10AM- Ball it Out (Wii Bowling) 11AM- Walking Club 12PM- Lunch/Almuerzo 1:30PM - Dominoes</p>
<p>28 <u>Tech World</u> 10 AM- Work Out (Youtube) 11AM- Ball it Out (Wii Games) 12PM- Lunch/Almuerzo 1PM- <u>Salsa Class- Maria Tech world</u></p>	<p>29 <u>HALLOWEEN PARTY</u> 11AM- Salsa Class (<u>BXHouse</u>) 12PM- Lunch/Almuerzo 12:30-3:30 <u>HALLOWEEN PARTY</u></p>	<p>30 10AM- Ball it out (Wii Bowling) 11AM- Word Search (Puzzle) 12PM- Lunch/Almuerzo 1PM- Art & Craft- Shanil & Victor</p>	<p>31 <u>HAPPY HALLOWEEN MOVIE</u> 11AM- Coloring Class 12 PM- Lunch/Almuerzo 1PM- <u>Movie & Popcorn</u></p>	<p>HABLAMOS ESPAÑOL Must be the age of 60 and over to register</p>

Partially Funded by NYC AGING & Councilmember of District 13

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October 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Spare Ribs Instant Mashed Potatoes Sautéed Green Beans w. Onions Orange	2 <u>Vegetarian Meal</u> Smokey Black Bean and Sweet Potato Chili Brown Rice (½ Cup) Steamed Green Beans Apple or Applesauce*	3 <p style="text-align: center;">ROSH HASHANAH</p> <p style="text-align: center;">CENTER CLOSED</p>	4 Arroz Con Pollo (Chicken w. Rice) Steamed Broccoli Orange or Mandarin Oranges*
7 Spanish Style Catfish Chinese Style Spaghetti Oriental Blend Vegetables Apple or Applesauce*	8 <u>Vegetarian Meal</u> Aromatic Lentil Stew w. Carrots & Turnips White Rice (½ Cup) Steamed Cauliflower Orange or Cantaloupe*	9 Spanish Style Beef Stew Homemade Mashed Potatoes Vegetable Mix (Non-Starchy) Apple or Honeydew*	10 Jerk Chicken Black Beans & Rice Steamed Broccoli Banana	11 Homemade Coconut Breaded Fish Brown Rice (½ Cup) Quinoa (½ Cup) Sautéed Spinach Orange
14 Baked Asian Style Honey Chicken Pasta (½ Cup) Steamed Red or Green Cabbage Apple or Applesauce*	15 BBQ Pork Chops White Rice (½ Cup) California Blend Vegetables Orange	16 Baked Fish w. Mushrooms & Pepper Cous Cous Sautéed Green Beans w. Onions Apple or Pear*	17 <u>Vegetarian Meal</u> Lemony Chickpea & Kale Stir Fry Brown Rice (½ Cup) Cauliflower w. Carrots & Parsley Banana	18 Oven Fried Chicken Baked Macaroni & Cheese Steamed Collard Greens Orange or Plums(2)*
21 Caribbean Style BBQ Chicken Roasted Potatoes Sautéed Spinach Apple or Watermelon*	22 Spanish Style Roast Pork Black Beans & Rice Steamed Collard Greens Orange	23 Curried Chicken Legs Pasta (½ Cup) Baby Carrots & Parsley Apple or Fruit Cocktail*	24 <u>Vegetarian Meal</u> Chickpea & Vegetable Curry w. Quinoa Steamed Broccoli Banana	25 Fish w. Mushrooms, Peppers, & Tomatoes Coconut Rice & Pigeon Peas Normandy Blend Orange or Applesauce*
28 Spanish Style Baked Chicken Italian Blend Vegetables Roasted Sweet Potato Slices Apple or Cantaloupe*	29 Spanish Style Beef Stew Homemade Mashed Potatoes Steamed Broccoli Orange	30 Jerk Chicken Rice & Beans Braised Collard Greens Apple or Honeydew*	31 <u>Vegetarian Meal</u> Buffalo Chickpea Power Grain Bowl Basic Pasta Salad Banana	