

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BBQ Boneless Beef Ribs Dominican Moro Red Cabbage Stew W/Carrots Orange Pineapple Juice Peach or Sliced Peaches 1% Low Fat Milk	2 Lentil Soup Shepherd Pie w/Beef or Turkey Garlic Bread Steamed Spinach Tangerine 1% Low Fat Milk
5 Vegetable Soup Pepper Flank Steak White Rice W.W. Bread Baby Carrots W/Parsley Orange 1% Low Fat Milk	6 Meatloaf W/Beef or Pork Baked Chicken Thighs W.W. Bread Homemade Mashed Potatoes Steamed Kale Ambrosia Fruit salad Orange pineapple Juice 1% low Fat milk	7 Arroz Con Pollo Chicken Breast & Rice W.W. Bread Winter Blend Vegetables Grape Juice Strawberries 1% Low Fat milk	8 Chop Meat Stew Chinese Style Spaghetti Broccoli W/Teriyaki Sauce Banana Pineapple Juice 1% Low Fat milk	9 Baked Salmon Brown Rice Collard Greens Stewed Beans(Habichuelas Guisadas) Apple Juice Fruited Jello 1% Low Fat Milk
12 Baked Turkey Breast Brown Rice W/Beans Broccoli & Red Peppers Cantaloupe Orange Juice 1% Low Fat Milk	13 Chicken Gumbo W.W. Dinner Roll Mixed Vegetables Orange 1% Low Fat Milk	14 Yankee Pot Roast Brown Rice W.W. Bread Collard Greens Grape Juice Peach or Sliced Peaches 1% Low Fat Milk	15 Stewed Codfish (Bacalao Fresco Guisado) W.W. Bread Lettuce & Tomato Yuca W/Onions Orange Pineapple Juice Fruited Jello 1% Low Fat Milk	16 Chicken Stir Fry W/Vegetables White Rice W.W. Bread Baby Carrots W/Parsley Apple Pineapple Juice 1% Low Fat Milk
19 Minestrone Soup Baked Fish W/Black Bean Sauce W.W. Dinner Roll Baked Sweet Potato Steamed Spinach Orange 1% Low Fat Milk	20 Chicken Parmesan W.W. Bread W.W. Spaghetti Broccoli \$ Red Pepper Salad Grape Juice Tapioca Pudding 1% Low Fat Milk	21 Baked Turkey W/Gravy Brown Rice W/Cow Peas W.W. Bread Boiled Sweet Potato Green Beans Salad W/Onions Pineapple Juice Apple Turnover 1% Low Fat Milk	22 CENTER CLOSED FOR 	23 CENTER CLOSED FOR 
26 Baked Chicken Thighs W.W. Dinner Roll Homemade Mashed Potatoes Italian Blend Vegetables Apple Juice Pear 1% Low Fat Milk	27 Vegetables Soup Baked Fish Fillets Garlic Bread Broccoli & Red Pepper Salad Yuca W/Onions Orange 1% Low Fat Milk	28 Chill Con Carne Brown Rice Baby Carrots W/Parsley Banana Orange Pineapple Juice 1% Low Fat Milk	29 Baked Pork W.W. Bread Mangu W/Onions Stewed Okra & Tomatoes Grape Juice Fruited Jello 1% Low Fat Milk	30 Curried Chicken Legs Brown Rice W/ Beans Steamed Spinach Grapes Pineapple Juice 1% Low Fat Milk



NEIGHBORHOOD SHOPP

Leon Senior Center
735 East 152nd Street
(718) 708-6897

Funded under contract with the Department for the Aging

Calendar of



November

President & Chief Executive Officer: Katherine Martinez, LMSW
Deputy Director: Diana Delgado
Program Director: Sandra Colon
Assistant Director/Case Worker: Flavia Brito
Administrative Assistant: Mercedes Toribio
Activity Coordinator: Milagros Rodriguez
Cook: Virgen Rivera
Assistant Cook: Anthony Rodriguez
Custodian: William Torres

Activities for the Arts / Actividades de Arte

Activities	Monday	Tuesday	Wednesday	Thursday	Friday
	Canvas 10:00am-11:30am	Canvas 10:00am-11:30am		Canvas 10:00am-11:30am	Macamae 10:00am-11:30am
Cultural Discussion	9:45am-10:00am	9:45am-10:00am	9:45am-10:00am	9:45am-10:00am	9:45am-10:00am
Musical Del Ayer	9:00am-9:30am	9:00am-9:30am	9:00am-9:30am	9:00am-9:30am	9:00am-9:30am
Educational & Recreational Activities / Actividades Educativas y de Recreacion					
Bingo	1:30pm-2:30pm		1:30pm-2:30pm		1:30pm-2:30pm
Dominoes	8:30am-11:30am	8:30am-11:30am	8:30am-11:30am	8:30am-11:30am	8:30am-11:30am
	12:45pm-3:30pm	12:45pm-3:30pm	12:45pm-3:30pm	12:45pm-3:30pm	12:45pm-3:30pm
Billiards	8:30am-11:30am	8:30am-11:30am	8:30am-11:30am	8:30am-11:30am	8:30am-11:30am
	12:30pm-3:30pm	12:30pm-3:30pm	12:30pm-3:30pm	12:30pm-3:30pm	12:30pm-3:30pm
Hairstylist				10:00am-3:00pm	
Health Promotions & Physical Exercise / Clases para Promover la Salud Y Actividades Fisicas					
Exercises 11:30am-11:45am	Breathing & Relaxation	Stretch Exercises	Strength & Balance	Stretch Exercises	Stretch Exercise
		Stay Well Exercises 10:30 am		Stay Well Exercises 10:30 am	
Lehman Nurse			10:30 am-12:00pm		

CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, NUTRITIONAL CLASS AND TRIPS

CALENDARIO DE EVENTOS ESPECIALES, PRESENTACIONES, CLASE DE NUTRICION Y VIAJES

November, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 Miguel's Musical @1:30pm	6	7 Lehman Nurse @10:30am	8 Health First Presentation @11:00 am	9 Mobile Pantry @10:30am 
12 Happy Veterans Day 	13 Advisory Committee Meeting @10:30 am 	14 Lehman Nurse @10:30am	15	16
19 General Meeting @10:30 am	20	21 	22 CENTER CLOSED 	23 CENTER CLOSED 
26	27	28 Lehman Nurse @10:30am	29	30