

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Split pea soup Chicken Breast w/rice Tossed salad Yellow Plantains Cantaloupe	2. BBQ Ribs Baby Carrots w/parsley Garlic Mashed Potatoes
5. Baked Fish w/cream sauce Garlic Mashed Potatoes Steamed Carrots Orange	6. Baked Quarter Chicken Yellow rice Mixed vegetables Apple Orange Juice	7. BBQ Pork Chops Baked Mac & Cheese Collard Greens Banana Orange pineapple juice	8. Turkey wing Steamed Broccoli Sweet Baked Yams Grapes	9. Vegetable Soup Beef & broccoli White Rice Mixed Vegetables Sliced Canned Peaches
12. Lemon Chicken Garlic mashed potatoes Italian Blend Vegetables Orange Pineapple Juice	13. Creamy Vegetable Soup Baked Ziti w/ meat sauce Mixed Vegetables Pineapples Grape Juice	14. Salmon in Garlic Butter sauce Rice w/Vegetables Tossed Salad Apple Juice Mandarins Bread Pudding	15. Cranberry Chicken Red Potatoes Steamed Spinach Orange Pineapple Juice	16. Chicken Noodle Soup Baked Breaded Pork Chops Brown Rice /Beans Broccoli w/Tossed Garlic Apricots Orange Juice
19. Beef Meatballs in Tomato Sauce Whole Wheat Spaghetti Garden Salad Apple Juice	20. Pork Spare Ribs Italian Blend Vegetables Mangu w/Onions Canned pineapple	21. Turkey w/ Gravy Whole grain Stuffing Baked sweet potato Steamed Green Beans Tangerine Fruited Jello	22. Center will be closed in observance of Thanksgiving	23. Center will be closed in observance of Thanksgiving
26. Chicken Stir Fry w/Vegetables White Rice Mixed Vegetable Bananas Grape Juice	27. Cheeseburger Deluxe w/Onions Lettuce / Tomato Roasted Sweet Potato Fries Orange Juice	28. Lentil Soup Fish w/Creole Sauce Yellow Rice Peas and Carrots Pineapple Juice	29. Meatballs (beef) Green Beans Mashed Potatoes w/brown gravy Apples Juice Fruit Jello	30. Meatballs (beef) Green Beans Mashed Potatoes w/brown gravy Apples Juice Fruit Jello

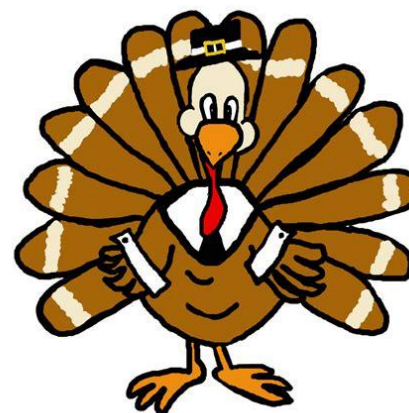


Guess Senior Center

2070 Clinton Avenue, Bronx, NY 10457

Tel: 718-584-2357 Fax: 718-933-3716

Center Hours: 8:30am – 4:30pm



2018 Program

President/CEO: Katherine Martinez

Deputy Director: Diana Delgado

Program Director: Isabel Valdez

Assistant Director / Caseworker: Meika Sterling

Activity Coordinator: Bakeishia Cleveland

Cooks: Colin Campbell & Carmen Burgos

Custodian: Felix Pellet

Driver: Julius Simmons

Administrative Assistant: Maria Santiago

Activities for the Arts / Actividades de Arte

ACTIVITIES	Monday	Tuesday	Wednesday	Thursday	Friday
Today in Music	9:30-10:00	9:30-10:00	9:30-10:00	9:30-10:00	9:30-10:00
Art of Film	1:00 – 2:00	1:00 – 2:00	1:00 – 2:00	1:00 – 2:00	1:00 – 2:00
Breakfast Club	10:00-10:30		10:00-10:30		10:00-10:30
Music Appreciation w/ Hugh				10:00-11:00	
Dance Class w/ Hugh				11:00-12:00	
Jewelry-Making Class/ Creative Arts	10:00-12:00 W/ Gwendolyn		10:30-12:00 W/ Francene		

Educational & Recreational Activities / Actividades Educativas y de Recreacion

Dominos	9:00-4:00	9:00-4:00	9:00-4:00	9:00-4:00	9:00-4:00
Bingo	1:00-3:00	1:00-3:00	1:00-3:00	1:00-3:00	1:00-3:00
Computer Class w/ Randy			11:00 – 2:00		
Mobile / Tech Class w/ Hugh		11:00-12:00			

Health Promotions & Physical Exercise / Clases para Promover la Salud Y Actividades Fisicas

Flex It Up!	11:35-11:50 (Cardio Day)	11:35-11:50 (Arm Day)	11:35-11:50 (Cardio Day)		11:35-11:50 (Leg Day)
Walking Club	11:00-11:45 Advanced	10:30-11:00 Beginners	11:00-11:45 Advanced	10:30-11:00 Beginners	11:00-11:45 Advanced
Blood pressure screening			9:00 – 12:00		

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.	6.	7.	8.	9.
12. <i>Nutrition Education @ 10:30am</i>	13. Farmer's Market @ 10:30am	14.	15. Food Pantry 1:00-P.M	16. Musical Performance Provided by Conscientious Revues 12pm
19. Blood Pressure Screening provided By Health first @ 11am	20.	21. Thanksgiving Special Menu	22. Center will be closed in observance of Thanksgiving	23. Center will be closed in observance of Thanksgiving
26.	27.	28.	29.	30.