






## October Monthly Activities / Octubre Actividades del Mes

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10-10:15 Today's History Facts 10:30-11:30 Bingo 11:15 - 12 YOGA 2-3 Culture Dance 2 - 3 Arts & Crafts	10:45-11 Wellness Education 11-12 Exercise w/ Gerard 1-2 Belly Dance w/ Amira 2-3 Line Dancing 2-3 Arts & Crafts	10-10:15 Today's History Facts 10:30-11:30 Bingo 10:45-11 Wellness Education 11-12 Exercise w/ Gerard <u>1-3 Mariana Mova's Birthday DANCE w/DJ VALENTINO (Cake &amp; Coffee)</u> 	10-11 Current Events 10:45-11 Wellness Education <u>11-12 Tai Swing w/ Juan</u> 1-3 Hillcrest's Tablet DJ 2 - 3 Arts & Crafts	10-10:15 Today's History Facts 10:30-11:30 Bingo <u>11 – 12 Elder Abuse (Connect NYC)</u> 1-2 Zumba w/ Amira <u>1-3:45 Mahjong (Rm8)/Pool (Rm 13)</u> 2 - 3 Arts & Crafts
9	10	11	12	13
10-10:15 Today's History Facts 10:30-11:30 Bingo 11:15 - 12 YOGA <u>1-2 Flu Shot Presentation (IPRO)</u> 2-3 Culture Dance 2 - 3 Arts & Crafts	<u>10:00 Flu Shot</u> 10:45-11 Wellness Education 11-12 Exercise w/ Gerard 1-2 Belly Dance w/ Amira 2-3 Line Dancing 2-3 Arts & Crafts	10-10:15 Today's History Facts 10:30-11:30 Bingo 10:45-11 Wellness Education 11-12 Exercise w/ Gerard <u>1-3 Columbus Day DANCE w/DJ (Integra)</u> 	10:45-11 Wellness Education 11-12 Tai Swing w/ Juan 1-3 Hillcrest's Tablet DJ 2 - 3 Arts & Crafts	10-10:15 Today's History Facts 10:30-11:30 Bingo <u>11 – 11:45 Stretching DVD</u> 1-2 Zumba w/ Amira <u>1-3:45 Mahjong (Rm8)/Pool (Rm 13)</u> 2 - 3 Arts & Crafts
16	17	18	19	20
<u>9-3 CUNY Student</u> <u>10-12 Food Stamps</u> 10-10:15 Today's History Facts 10:30-11:30 Bingo 11:15 - 12 YOGA <u>1-1:30 Nutrition Lecture (Homecare)</u> 2-3 Culture Dance 2 - 3 Arts & Crafts	<u>9-3 CUNY Student</u> 10:45-11 Wellness Education 11-12 Exercise w/ Gerard <u>1-1:30 Health Workshop (VNS)</u> 1-2 Belly Dance w/ Amira 2-3 Line Dancing 2-3 Arts & Crafts	<u>9-3 CUNY Student</u> 10:30 – Advisory Meeting 10:30-11:30 Bingo 10:45-11 Wellness Education 11-12 Exercise w/ Gerard 12:45 General Meeting <u>1-3 DANCE w/DJ (WellCare)</u> 	<u>9-3 CUNY Student</u> 10-11 Current Events 10:45-11 Wellness Education 11-12 Tai Swing w/ Juan <u>1-1:30 Presentation (Emblem)</u> <u>1:45-2:30 Dance w/ DJ John (Emblem)</u> 	<u>9-3 CUNY Student</u> 10-10:15 Today's History Facts 10:30-11:30 Bingo <u>11:30 – 12 Nutrition Lecture (CHN)</u> 1-2 Zumba w/ Amira <u>1-3:45 Mahjong (Rm8)/Pool (Rm 13)</u> 2 - 3 Arts & Crafts
23	24	25	26	27
<u>9:30-12 Haircuts w/ AnaMaria</u> 10-10:15 Today's History Facts 10:30-11:30 Bingo 11:15 - 12 YOGA <u>1-1:30 FLU Presentation (SJU)</u> 2-3 Culture Dance 2 - 3 Arts & Crafts	10:45-11 Wellness Education 11-12 Exercise w/ Gerard 1-2 Belly Dance w/ Amira 2-3 Line Dancing 2-3 Arts & Crafts	10-10:15 Today's History Facts 10:30-11:30 Bingo 11-12 Exercise w/ Gerard <u>1-3 Birthday Dance &amp; Halloween Party w/DJ Woody (sponsored by the Advisory Council)</u> 	10-11 Current Events 11-12 Tai Swing w/ Juan 1-2 Zumba w/ Amira 2 - 3 Arts & Crafts	10-10:15 Today's History Facts 10:30-11:30 Bingo <u>1-2 Columbus Day Program</u> <u>1-3:45 Mahjong (Rm8)/Pool (Rm 13)</u> 2 - 3 Arts & Crafts
30	31	<u>October 25<sup>th</sup> A Halloween Costume Parade &amp; Contest \$\$.</u>		ACTIVITIES MAY CHANGE WITHOUT PRIOR NOTICE
10-10:15 Today's History Facts 10:30-11:30 Bingo 11:15 - 12 YOGA 2-3 Culture Dance 2 - 3 Arts & Crafts	10:45-11 Wellness Education 11-12 Exercise w/ Gerard 1-2 Belly Dance w/ Amira 2-3 Line Dancing 2-3 Arts & Crafts	Every Thursday @ 1pm we will raffle 3 prizes worth \$20 of the Farmer's Market Bucks		

**Catholic Charities Hillcrest Senior Center** 168-01B Hillside Avenue – Jamaica, NY 11432 -- Tel: 718-297-7171/Fax 718-657-2247 Lunch Donation / Donación por el almuerzo: \$1.50 -- Lunch time: 12 – 1 p.m., M-F / Almuerzo: 12 a 1 p.m., Lunes a Viernes

Funded by New York City Department for the Aging -- Fundado por el Departamento del Adulto Mayor de la Ciudad de Nueva York

# MENU OCTOBER / OCTUBRE 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>Citrus Sesame Crusted Salmon</b> Brown Rice Brussel Sprouts Orange	<b>Apricot Glazed Chicken</b> Roasted Red Potato Mixed Vegetables Apple	<b>Eggplant Parmesan</b> Pasta Sauteed Spinach Banana <b>DANCE w/ DJ VALENTINO</b>	<b>Hamburgers</b> Corn Mixed Vegetables Pear	<b>Baked Turkey Breast</b> Garlic Mashed Potatoes Sauteed Green Beans Orange
9	10	11	12	13
<b>Baked Mushroom Chicken</b> Baked Sweet Potato Mixed Vegetables Apple	<b>Beef Stew</b> Brown Rice Mixed Vegetables Orange	<b>Pineapple Glazed Salmon</b> Corn & Peas Broccoli & Peppers <b>DANCE w/ DJ</b>	<b>Ginger Sherry Pork Chops</b> Egg Noodles Asian Cabbage Pear	<b>Cheese Ravioli</b> Cauliflower & Carrots Sauteed String Beans Apple
16	17	18	19	20
<b>Chicken Parmesan</b> Rice Pilaf Broccoli w/ Garlic Orange	<b>Baked Fish w/ Garlic Sauce</b> Baked Sweet Potato Mixed Green Salad Apple	<b>Salisbury Steak</b> Roasted Potatoes Sauteed Spinach <b>DANCE w/ DJ GIOVANNI</b>	<b>Roasted Pork</b> Brown Rice Brussel Sprouts <b>DANCE w/ DJ JOHN</b>	<b>Baked Asian Style Honey Chicken</b> Chickpea Salad w/ Dill Mixed Vegetables Orange
23	24	25	26	27
<b>Ginger &amp; Lime Salmon</b> Red Bliss Potatoes Mixed Green Salad Apple	<b>BBQ Chicken</b> Brown Rice Sauteed Spinach Orange	<b>Baked Pork</b> Corn Peas & Carrots <b>DANCE w/ DJ WOODY</b>	<b>Meatballs in Tomato Sauce</b> Pasta Mixed Vegetables Pear	<b>Baked Turkey Breast</b> Garlic Mashed Potatoes Mixed Vegetables Apple
30	31			
<b>Baked Asian Style Honey Chicken</b> Brown Rice Broccoli Orange	<b>Eggplant Parmesan</b> Pasta Mixed Vegetables Apple			<b>MENU MAY CHANGE                      WITHOUT PRIOR                      NOTICE</b>