


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Catherine Sheridan Senior Shopping and Recreation Trips Call Janeth to Make a Reservation Phone: 718-779-8505</p>	<p>Crochet: 10-12 Zumba w/Amira: 10-11 Yoga w/MIMI: 1:30 to 2:30 Blood Pressure Screening: 10 - 3 Tai-Chi: 12:30 to 1:30 Trip: Jamaica Mail</p>	<p>Exercise w/Maria Veronica: 10:30 Bingo: 1-3 Leisure Games: 10-4 Blood Pressure Screening: 10 - 3 Social Dance: 1-3 D-J Valentin</p>	<p>Computer Class: 10-12 HAIR CUT: 10-1 Painting w/Juliana: 10:12 Lecture: "Healthy Brain Work Outs" w/Mr. Capps from Sunnyside Tai-Chi: 12:30 to 1:30</p>	<p>Qi-Gong w/Sharia: 10:30-11:30 Leisure Games: 10-4 Bingo: 1-3 Computer class is canceled for this Friday only</p>
<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>
<p>Computer Class: 10-12 Sit & Fit Exercises: 10:30 Leisure Games: 10-4 Everyday Trip: Trader Joe's Social Dance: 1-3 w/ DJ-Julio</p>	<p>Crochet: 10-12 Zumba w/Amira: 10-11 Yoga w/MIMI: 1:30 to 2:30 Blood Pressure Screening: 10 - 3 Tai-Chi: 12:30 to 1:30 Trip: City Island</p>	<p>Exercise w/Maria Veronica: 10:30 Bingo: 1-3 Leisure Games: 10-4 Blood Pressure Screening: 10 - 3 Social Dance w/Valentin: 1-3 NADAP: Info about agency</p>	<p>Computer Class: 10-12 HAIR CUT: 10-1 Painting w/Juliana: 10:12 Lecture: Understanding Medicare w/ Gary Taliz: 11 Tai-Chi: 12:30 to 1:30</p>	<p>Qi-Gong w/Sharia: 10:30-11:30 Bingo: 1-3 Computer Class: 1-3 Leisure Games: 10-4</p>
<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>Computer Class: 10-12 Sit & Fit Exercises: 10:30 Leisure Games: 10-4 Trip: BJ's Social Dance w/ D-J Julio</p>	<p>Crochet: 10-12 Zumba w/Amira: 10-11 Yoga w/MIMI: 1:30 to 2:30 Leisure Games: Every day 10-4 Tai-Chi: 12:30 to 1:30 Blood Pressure Screening: 10 - 3</p>	<p>Exercise w/Maria Veronica: 10:30 Bingo: 1-3 Blood Pressure Screening: 10 - 3 Social Dance and Raffle - Ticket W/D-J Valentin 1-3 Trip: Little Neck Farm</p>	<p>Computer Class: 10-12 HAIR CUT: 10-1 Painting w/Juliana: 10-12 Lecture: "Healthy Heart and Brain": 11 VNSHealth: Party w/D-J Radar: 1-4 "La Herencia Hispana Celebration"</p>	<p>Qi-Gong w/Sharia: 10:30-11:30 Bingo: 1-3 Computer Class: 1-3 Trip: Pier 17 Brooklyn</p> 
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>Computer Class: 10-12 Sit & Fit Exercises: 10:30 Leisure Games: 10-4 Trip: Queens Center Mall-ALDI Social Dance: 1-3 w/ DJ- Woody</p>	<p>Crochet: 10-12 Zumba w/Amira: 10-11 Yoga w/MIMI: 1:30 to 2:30 Leisure Games: 10-4 Trip: Bronx Zoo Tai-Chi: 12:30 to 1:30</p>	<p>Exercise w/Maria Veronica: 10:30 Bingo: 1-3 Leisure Games: 10-4 Blood Pressure Screening: 10 - 3 Social Dance: 1-3 D-J Valentin</p>	<p>Computer Class: 10-12 HAIR CUT: 10-1 Painting w/Juliana: 10-12 Tai-Chi: 12:30 to 1:30</p>	<p>Qi-Gong w/Sharia: 10:30-11:30 Leisure Games: 10-4 Bingo: 1-3 Computer Class: 1-3</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	
<p>Computer Class: 10-12 Sit & Fit Exercises: 10:30 Leisure Games: 10-4 Trip: COSTCO Mount Sinai: "Breast Cancer" 11 a.m. Social Dance: 1-3 w/DJ- Woody</p>	<p>Crochet: 10-12 Zumba w/Amira: 10-11 Yoga w/MIMI: 1:30 to 2:30 Nutrition: "Eating for Energy/Vitality" Trip: Jamaica Mail Blood Pressure Screening: 10 - 3</p>	<p>Exercise w/Maria Veronica: 10:30 Bingo: 1-3 Trip: Little Neck Farm Blood Pressure Screening: 10-3 Social Dance: 1-3 / D-J Valentin Costumes Party/Pricing to best costumes</p>	<p>Computer Class: 10-12 HAIR CUT: 10-1 Painting w/Juliana: 10-12 Tai-Chi: 12:30 to 1:30 Presentation: Zumba Class offered by Oak Street 11 a.m.</p>	<p>Catherine Sheridan Older Adult Center 35-24 83rd. Street Jackson Heights, NY 11372 Tel: 718-458-4600 Fax: 718-458-5665</p>




CATHERINE SHERIDAN OAC LUNCH MENU
Lunch Donation / Donación: \$1.25



LUNCH BEGINS: 11:30 TO 1:00

OCTOBER - OCTUBRE 2024

PHONE: 718-458-4600

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Baked Chicken Thighs Brown Gravy Brown Rice California Blend Veg. Bread/1% Milk/Fruit	Rasta Pasta Italian Blend Veg. Garden Salad Bread/1% Milk/Fruit	BBQ Pulled Pork Yellow Rice Baked Sweet Potato Bread/1% Milk/Fruit	Beef Salisbury Steak Mushroom Gravy California Blend Veg. Garlic Mashed Potatoes Bread/1% Milk/Fruit	Baked Fish Oreganata White Rice Sautéed Green Beans with Onions Bread/1% Milk/Fruit
Baked Chicken Thighs Brown Gravy Brown Rice California Blend Veg. Bread/1% Milk/Fruit	Chili-Spiced Pinto Bean Ragout Brown Rice Italian Blend Veg. Bread/1% Milk/Fruit	Italian Style Pork Loin Tomato Sauce Garlic Mashed Potatoes Garden Salad Bread/1% Milk/Fruit	Spanish Style Beef Stew Yellow Rice Prince Edward Blend Veg. Bread/1% Milk/Fruit	Baked Salmon w/ Sauce Roasted Potatoes Sautéed Green Beans with Onions Bread/1% Milk/Fruit
Chicken Piccata California Blend Veg. Garlic Mashed Potatoes Bread/1% Milk/Fruit	Black Eyed Pea Masala Brown Ricw/Black Beans Prince Edward Blend Veg. Bread/1% Milk/Fruit	Pork Stew Yellow Rice Oriental Blend Veg. Bread/1% Milk/Fruit	Basic Shepherd's Pie Italian Blend Veg. Bread/1% Milk/Fruit	Tuna Fish Salad Basic Pasta Salad Garden Salad Bread/1% Milk/Fruit
Baked Chicken Thighs BBQ Sauce Baked Sweet Potato Prince Edward Blend Veg. Bread/1% Milk/Fruit	Brown Rice with Pigeon Peas California Blend Veg. Bread/1% Milk/Fruit	Baked Pork with Mushroom Gravy Mashed Potatoes Italian Blend Veg. Bread/1% Milk/Fruit	Beef Stew White Rice Garden Salad Bread/1% Milk/Fruit	Baked Fish Oreganata Garlic Mashed Potatoes Sautéed Green Bean with Onions Bread/1% Milk/Fruit
Chicken Salad Health Slaw Potato Salad Bread/1% Milk/Fruit	Zesty Chickpea Stew Brown Rice Garden Salad Bread/1% Milk/Fruit	Pork Stew Yellow Rice Prince Edward Blend Veg. Bread/1% Milk/Fruit	Italian Meatballs Tomato Sauce/Penne California Blend Veg. Bread/1% Milk/Fruit	MENU MAY CHANGE WITHOUT PRIOR NOTICE 