

# Clinton Street Center Calendar March2024

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| <b>Programs and Activities</b><br><b>Subject to Change</b>   |  |  |   | <b>1</b><br>9:00 Dance That Walk Tape<br>10:00 Zumba Gold/Toning<br>10:00 Mah Jong<br>11:30 Grab and Go Lunch<br>12:45 Harmonica<br>2:00 Painting with Sally<br><br><b>Menu:</b><br><b>Breaded Pork Chop</b>  |
| <b>4</b><br>9:00 Tai Chi<br>10:15 Knitting<br>10:15 Beginner’s Bridge<br>11:30 Grab and Go Lunch<br>1:00 Ted Talks<br><br><b>Menu:</b><br><b>Chicken ala King</b>  | <b>5</b><br>9:00 Line Dancing<br>10:00 Guitar<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>1:00 Bingo<br>1:30 Yoga-Chair<br>2:45 Yoga- Mat<br><br><b>Menu:</b><br><b>Beef Stroganoff</b>    | <b>6</b><br>10:30 Choral Group<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>12:00 Arthritis Balance<br>12:50 Aerobics<br>1:30 Open Bridge /<br>Card Games/Canasta<br><br><b>Menu:</b><br><b>Chicken Parmigiana</b>  | <b>7</b><br>9:00 Grocery Shopping<br>10:00 Zumba Gold<br>11:30 Grab and Go Lunch<br><b>Noon Lunch- In House</b><br>1:00 Bingo<br><br><b>Menu:</b><br><b>Sliced Roast Pork</b>   | <b>8</b><br>9:00 Dance That Walk Tape<br>10:00 Zumba Gold/Toning<br>10:00 Mah Jong<br>11:30 Grab and Go Lunch<br>12:45 Harmonica<br>1:00 Pizza and a Movie<br><b>“Tourist Guide to Love”</b><br>2:00 Painting with Sally<br><br><b>Menu:</b><br><b>Baked Fish Florentine</b>                    |
| <b>11</b><br>9:00 Tai Chi<br>10:15 Knitting<br>10:15 Beginner’s Bridge<br>11:30 Grab and Go Lunch<br>1:00 Ted Talks<br>1:30 Craft<br>-Pine Cone Animals-<br><br><b>Menu:</b><br><b>Eggplant Parmigiana</b>                       | <b>12</b><br>9:00 Line Dancing<br>10:00 Guitar<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>1:00 Bingo<br>1:30 Yoga-Chair<br>2:45 Yoga-Mat<br><br><b>Menu:</b><br><b>Herb Pork Chop</b>     | <b>13</b><br><b>Cortlandt Town Center</b><br><b>(Lunch and Shopping)</b><br><br>10:30 Choral Group<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>12:00 Arthritis Balance<br>12:50 Aerobics<br>1:30 Open Bridge /<br>Card Games/Canasta<br><br><b>Menu:</b><br><b>Chicken Tenders</b> | <b>14</b><br>9:00 Grocery Shopping<br>10:00 Zumba Gold<br>11:30 Grab and Go Lunch<br><b>12:00 ST PATRICKS</b><br><b>DAY LUNCHEON</b><br>1:00 St Patricks Day Bingo<br><br><br><b>Menu:</b><br><b>Corned Beef/Cabbage</b> | <b>15</b><br>9:00 Dance That Walk Tape<br>10:00 Mah Zong<br>10:00 Zumba Gold/Toning<br>11:30 Grab and Go Lunch<br>12:00 <b><u>Boy Scouts Pizza and</u></b><br><b><u>Craft</u></b><br>12:45 Harmonica<br>2:00 Painting with Sally<br><br><b>Menu:</b><br><b>Krab Stuffed Fish</b>                |
| <b>18</b><br>9:00 Tai Chi<br>10:15 Knitting<br>10:15 Beginner’s Bridge<br>11:30 Grab and Go Lunch<br>1:00 Ted Talks<br>1:30 Book Club<br>-Hello Beautiful-<br>By: Ann Napolitano<br><br><b>Menu:</b><br><b>Chicken Chow Mein</b> | <b>19</b><br>9:00 Line Dancing<br>10:00 Guitar<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>1:00 Bingo<br>1:30 Yoga-Chair<br>2:45 Yoga- Mat<br><br><b>Menu:</b><br><b>Swedish Meatballs</b> | <b>20</b><br>10:30 Choral Group<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>12:00 Arthritis Balance<br>12:50 Aerobics<br>1:30 Open Bridge /<br>Card Games/Canasta<br><br><b>Menu:</b><br><b>Sausage and Peppers</b>  | <b>21</b><br>9:00 Grocery Shopping<br>10:00 Zumba Gold<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>1:00 Bingo<br><br><b>Menu:</b><br><b>Roast Turkey w/ Gravy</b>   | <b>22</b><br>9:00 Dance That Walk Tape<br>10:00 Bagels and Broadway<br>11:30 Grab and Go Lunch<br>12:45 Harmonica<br>2:00 Painting with Sally<br><br><b>Broadway</b><br>Celtic Women: Live at Slane<br>Castle Ireland<br><br><b>No Zumba or Mah Jong</b><br><b>Menu:</b><br><b>Baked Salmon</b> |
| <b>25</b><br>9:00 Tai Chi<br>10:15 Knitting<br>10:15 Beginner’s Bridge<br>11:30 Grab and Go Lunch<br>1:00 Ted Talks<br>1:30 Special Jewelry<br>-Beaded Earrings-<br><br><b>Menu:</b>   | <b>26</b><br>9:00 Line Dancing<br>10:00 Guitar<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>1:00 Bingo<br>1:30 Yoga-Chair<br>2:45 Yoga- Mat<br><br><b>Menu:</b>                             | <b>27</b><br>10:30 Choral Group<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>12:00 Arthritis Balance<br>12:50 Aerobics<br>1:30 Open Bridge /<br>Card Games/Canasta<br><br><b>Menu</b>   | <b>28</b><br>9:00 Grocery Shopping<br>10:00 Zumba Gold<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>1:00 Bingo<br><br><b>Menu:</b>   | <b>29</b><br>9:00 Dance That Walk Tape<br>10:00 Zumba Gold/Toning<br>10:00 Mah Jong<br>11:30 Grab and Go Lunch<br>12:45 Harmonica<br>2:00 Painting with Sally<br>2:15 Italian Lessons<br><br><b>Menu:</b>   |

# Clinton Street Center Calendar April 2024

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| <b>1</b><br>9:00 Tai Chi<br>10:15 Knitting<br>10:15 Beginner’s Bridge<br>11:30 Grab and Go Lunch<br>1:00 Ted Talks<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Battered Cod</b>   | <b>2</b><br>9:00 Line Dancing<br>10:00 Guitar<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>1:00 Bingo<br>1:30 Yoga-Chair<br>2:45 Yoga- Mat<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Breaded Pork Chop</b>         | <b>3</b><br>10:30 Choral Group<br>11:30 Grab and Go Lunch<br><b>Noon Lunch In House</b><br>12:00 Arthritis Balance<br>12:50 Aerobics<br>1:30 Open Bridge/cards<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Chicken Fricassee</b>   | <b>4</b><br>9:00 Grocery Shopping<br>10:00 Zumba Gold<br>11:30 Grab and Go Lunch<br><b>Noon Lunch In House</b><br>1:00 Bingo<br>1:00 Broadway Music Program<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Baked Ham</b>           | <b>5</b><br>9:00 Dance That Walk Tape<br>10:00 Zumba Gold/Toning<br>10:00 Mah Jong<br>11:30 Grab and Go Lunch<br>12:45 Harmonica<br>2:00 Painting with Sally<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Beef Burgundy</b>   |
| <b>8</b><br>10:15 Knitting<br>10:15 Beginner’s Bridge<br>11:30 Grab and Go Lunch<br>1:00 Ted Talks<br>1:30 Crafts<br>-Flower Pot Craft-<br><br><b>NO TAI CHI TODAY</b><br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Chicken Tenders</b>        | <b>9</b><br>9:00 Line Dancing<br>10:00 Guitar<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>1:00 Bingo<br>1:30 Yoga-Chair<br>2:45 Yoga- Mat<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Baked Salmon</b>              | <b>10</b><br>10:30 Choral Group<br>11:30 Grab and Go Lunch<br><b>Noon Lunch In House</b><br>12:00 Arthritis Balance<br>12:50 Aerobics<br>1:30 Open Bridge/Cards<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Eggplant Parmigiana</b>  | <b>11</b><br>9:00 Grocery Shopping<br>10:00 Zumba Gold<br>11:30 Grab and Go Lunch<br><b>Noon Lunch In House</b><br>1:00 Bingo<br>1:00 Broadway Music Program<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Pot Roast</b>          | <b>12</b><br>9:00 Dance That Walk Tape<br>10:00 Zumba Gold/Toning<br>10:00 Mah Jong<br>11:30 Grab and Go Lunch<br>12:45 Harmonica<br>1:00 Pizza and a Movie<br><b>“My Big Fat Greek Wedding 2”</b><br>2:00 Painting With Sally<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Knockwurst Sauerkraut</b>                                       |
| <b>15</b><br>9:00 Tai Chi<br>10:15 Knitting<br>10:15 Beginner’s Bridge<br>11:30 Grab and Go Lunch<br>1:00 Ted Talks<br>1:30 Book Club<br>-Tom Lake-<br>By: Ann Patchett<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Baked Fish Florentine</b> | <b>16</b><br>9:00 Line Dancing<br>10:00 Guitar<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>1:00 Bingo<br>1:30 Yoga-Chair<br>2:45 Yoga- Mat<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Chicken Cacciatore</b>       | <b>17</b><br><b>Empire City Casino Trip</b><br>10:30 Choral Group<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>12:00 Arthritis Balance<br>12:50 Aerobics<br>1:30 Open Bridge / Card Games<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Salisbury Steak</b>           | <b>18</b><br>9:00 Grocery Shopping<br>10:00 Zumba Gold<br>11:30 Grab and Go Lunch<br><b>Noon Lunch- In House</b><br>1:00 Bingo<br>1:00 Broadway Music Program<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Sliced Roast Pork</b> | <b>19</b><br>9:00 Dance That Walk Tape<br>10:00 Zumba Gold/Toning<br>10:00 Bagels and Broadway<br>11:30 Grab and Go Lunch<br>12:45 Harmonica<br>2:00 Painting with Sally<br><br><br><b>Broadway:</b><br><b>The Sound of Music LIVE</b><br><b>Featuring Carrie Underwood</b><br><br><br><b>No Mah Jong</b><br><b>Menu:</b><br><b>Baked Tortellini</b> |
| <b>22</b><br>9:00 Tai Chi<br>10:15 Knitting<br>10:15 Beginner’s Bridge<br>11:30 Grab and Go Lunch<br>1:00 Ted Talks<br>1:30 Special Jewelry<br>-paper beads-<br><br><br><br><br><br><br><br><br><b>Menu:</b>  | <b>23</b><br>9:00 Line Dancing<br>10:00 Guitar<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>1:00 Spring fun Bingo<br>1:30 Yoga-Chair<br>2:45 Yoga- Mat<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Shrimp Scampi</b> | <b>24</b><br>10:00 <b><u>Blood Pressure Presentation</u></b><br>10:30 Choral Group<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>12:00 Arthritis Balance<br>12:50 Aerobics<br>1:30 Open Bridge /Card<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Chicken Marsala</b> | <b>25</b><br>9:00 Grocery Shopping<br>10:00 Zumba Gold<br>11:30 Grab and Go Lunch<br><b>Noon Lunch- In House</b><br>1:00 Bingo<br>1:00 Broadway Music Program<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Meatloaf</b>          | <b>26</b><br>9:00 Dance That Walk Tape<br>10:00 Zumba Gold/Toning<br>10:00 Mah Jong<br>11:30 Grab and Go Lunch<br>12:45 Harmonica<br>2:00 Painting with Sally<br>2:15 Italian Lessons<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Herb Pork Chop</b>   |
| <b>29</b><br>10:15 Knitting<br>10:15 Beginner’s Bridge<br>11:30 Grab and Go Lunch<br>1:00 Ted Talks<br>1:30 Jewelry<br><br><b>NO TAI CHI TODAY</b><br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Country Fried Steak</b>                        | <b>30</b><br>9:00 Line Dancing<br>10:00 Guitar<br>11:30 Grab and Go Lunch<br><b>Noon Lunch – In House</b><br>1:00 Bingo<br>1:30 Yoga-Chair<br>2:45 Yoga- Mat<br><br><br><br><br><br><br><br><br><b>Menu:</b><br><b>Eggplant Parmigiana</b>      | <b>Programs and Activities</b><br><b>Subject to Change</b>   |   |  |