

# Clinton Street Center Calendar May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Programs and Activities Subject to Change		1 10:00 <u>Health and Wellness Program Sponsored by NWHC</u> 10:30 Choral Group 11:30 Grab and Go Lunch <b>Noon Lunch – In House</b> 12:00 Arthritis Balance 12:50 Aerobics 1:30 Open Bridge/ Canasta/Card Games  <b>Menu:</b> <b>Chicken Cordon Bleu</b>	2 9:00 Grocery Shopping 10:00 Zumba Gold 11:30 Grab and Go Lunch <b>Noon Lunch- In House</b> 1:00 Bingo 1:00 Broadway Music Program  <b>Menu:</b> <b>Roast Turkey w/Gravy</b>	3 9:00 Dance That Walk Tape 10:00 Zumba Gold/Toning 10:00 Mah Jong 11:30 Grab and Go Lunch 12:45 Harmonica 2:00 Painting with Sally  <b>Menu:</b> <b>Baked Fish Piccata</b>
	6 10:15 Knitting 10:15 Beginner’s Bridge 11:30 Grab and Go Lunch 1:00 Ted Talks 1:30 Special Jewelry -Glass Pendant and bead necklaces  <b>No Tai Chi</b>  <b>Menu:</b> <b>Apple Braised Pork Chop</b>	7 9:00 Line Dancing 10:00 Guitar 11:30 Grab and Go Lunch <b>Noon Lunch – In House</b> 1:00 Bingo 1:30 Yoga-Chair 2:45 Yoga- Mat  <b>Menu:</b> <b>Chicken Francese</b>	8 <b>Trip: Target/Bedford Diner</b> 10:30 Choral Group 11:30 Grab and Go Lunch <b>Noon Lunch – In House</b> 12:00 Arthritis Balance 12:50 Aerobics 1:30 Open Bridge / Card Games/Canasta  <b>Menu:</b> <b>Baked Salmon</b>	9 9:00 Grocery Shopping 10:00 Zumba Gold 11:30 Grab and Go Lunch <b>Noon Lunch- In House</b> 1:00 Bingo  <b>Menu:</b> <b>Meatloaf w/Gravy</b>
	13  10:15 Knitting 10:15 Beginner’s Bridge 11:30 Grab and Go Lunch 1:00 Ted Talks 1:30 Craft -Patriotic Wreath-  <b>No Tai Chi</b> <b>Menu:</b> <b>Chicken Pot Pie</b>	14 9:00 Line Dancing 10:00 Guitar 11:30 Grab and Go Lunch <b>Noon Lunch – In House</b> 1:00 Bingo 1:30 Yoga-Chair 2:45 Yoga-Mat  <b>Menu:</b> <b>Baked Fish Florentine</b>	15 10:30 Choral Group 11:30 Grab and Go Lunch <b>Noon Lunch – In House</b> 12:00 Arthritis Balance 12:50 Aerobics 1:30 Open Bridge / Card Games/Canasta  <b>Menu:</b> <b>Swiss Steak w/ Onion Gravy</b>	16 9:00 Grocery Shopping 11:30 Grab and Go Lunch <b>Noon-lunch in house</b> 1:00 Bingo  <b>No Zumba</b>  <b>Menu:</b> <b>Sliced Roast Pork</b>
	20 9:00 Tai Chi 10:15 Knitting 10:15 Beginner’s Bridge 11:30 Grab and Go Lunch 1:00 Ted Talks 1:30 Book Club -Thursday Murder Club- By: Richard Osman  <b>Menu:</b> <b>Spaghetti and Meatballs</b>	21 9:00 Line Dancing 10:00 Guitar 11:30 Grab and Go Lunch <b>Noon Lunch – In House</b> 1:00 Bingo 1:30 Yoga-Chair 2:45 Yoga- Mat  <b>Menu:</b> <b>Breaded Pork Chops</b>	22 10:30 Choral Group 11:30 Grab and Go Lunch <b>Noon Lunch – In House</b> 12:00 Arthritis Balance 12:50 Aerobics 1:30 Open Bridge / Card Games/Canasta  <b>Menu:</b> <b>Shrimp Chow Mein</b>	23 9:00 Grocery Shopping 10:00 Zumba Gold 11:30 Grab and Go Lunch <b>Noon Lunch – In House</b> 1:00 Bingo  <b>Menu:</b> <b>Oven Fried Chicken</b>
27 <b>Closed in Observance of Memorial Day</b>  	28 9:00 Line Dancing 10:00 Guitar 11:30 Grab and Go Lunch <b>Noon Lunch – In House</b> 1:00 Bingo 1:30 Yoga-Chair 2:45 Yoga- Mat  <b>Menu:</b> <b>Salmon Scarpariello</b>	29 10:00 <u>M&amp;T Bank Presentation: Bank Scams</u> 10:30 Choral Group 11:30 Grab and Go Lunch <b>Noon Lunch – In House</b> 12:00 Arthritis Balance 12:50 Aerobics 1:30 Card Games/open Bridge, Canasta <b>Menu</b> <b>Chicken Stew W/Apricots</b>	30 9:00 Grocery Shopping 10:00 Zumba Gold 11:30 Grab and Go Lunch <b>Noon Lunch – In House</b> 1:00 Bingo  <b>Menu:</b> <b>Italian Sliced Beef</b>	31 9:00 Dance That Walk Tape 10:00 Zumba Gold/Toning 10:00 Mah Jong 11:30 Grab and Go Lunch 12:45 Harmonica 2:00 Painting with Sally 2:15 Italian Lessons  <b>Menu:</b> <b>Sweet and Sour Pork</b>

# Clinton Street Center Calendar June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:00 Tai Chi 10:15 Knitting 10:15 Beginner’s Bridge <b>Noon Lunch-In house</b> 1:00 Ted Talks  <b>Menu:</b> <b>BBQ Pork Chop</b>	<b>4</b> 9:00 Line Dancing 10:00 Guitar <b>Noon Lunch – In House</b> 1:00 Bingo 1:30 Yoga-Chair 2:45 Yoga- Mat	<b>5</b> 10:30 Choral Group 11:30 Grab and Go Lunch <b>Noon Lunch In House</b> 12:00 Arthritis Balance 12:50 Aerobics 1:30 Open Bridge/card games/Canasta	<b>6</b> 9:00 Grocery Shopping 10:00 Zumba Gold 11:30 Grab and Go Lunch <b>Noon Lunch In House</b> 1:00 Bingo  <b>Menu:</b> <b>Roast Turkey w/Gravy</b>	<b>7</b> 9:00 Dance That Walk Tape 10:00 Zumba Gold/Toning 10:00 Mah Jong <b>Noon Lunch-In House</b> 12:45 Harmonica 1:00 Netflix 2:00 Painting with Sally  <b>Menu:</b> <b>Battered Cod</b>
<b>10</b> 9:00 Tai Chi 10:15 Knitting 10:15 Beginner’s Bridge <b>Noon Lunch-In house</b> 1:00 Ted Talks 1:30 Crafts -Wooden Craft house-	<b>11</b> 9:00 Line Dancing 10:00 Guitar <b>Noon Lunch – In House</b> 1:00 Bingo 1:30 Yoga-Chair 2:45 Yoga- Mat	<b>12</b> 10:00 <b>Family Services of Westchester Presents: Combating Loneliness in Seniors</b> 10:30 Choral Group <b>Noon Lunch In House</b> 12:00 Arthritis Balance 12:50 Aerobics 1:30 Open Bridge/Card Games/Canasta	<b>13</b> 9:00 Grocery Shopping 10:00 Zumba Gold <b>Noon Lunch In House</b> 1:00 Bingo  <b>No Zumba</b> <b>Menu:</b> <b>Sliced Roast Pork</b>	<b>14</b> 9:00 Dance That Walk Tape 10:00 Mah Jong <b>Noon Lunch-In house</b> 12:45 Harmonica 1:00 Movie and Snacks <b>Falling for Figaro</b> 2:00 Painting With Sally  <b>No Zumba</b> <b>Menu:</b> <b>Knockwurst</b>
<b>17</b> 9:00 Tai Chi 10:15 Knitting 10:15 Beginner’s Bridge <b>Noon Lunch-In house</b> 1:00 Ted Talks 1:30 Book Club -Small Things Like These By: Claire Keegan	<b>18</b> 9:00 Line Dancing 10:00 Guitar <b>Noon Lunch – In House</b> 1:00 Bingo 1:30 Yoga-Chair 2:45 Yoga- Mat	<b>19</b> <b>White Plains City Center Trip</b> 10:30 Choral Group <b>Noon Lunch – In House</b> 12:00 Arthritis Balance 12:50 Aerobics 1:30 Open Bridge / Card Games/Canasta	<b>20</b> 9:00 Grocery Shopping 10:00 Zumba Gold <b>Noon Lunch- In House</b> 1:00 Bingo	<b>21</b> 9:00 Dance That Walk Tape 10:00 Zumba Gold/Toning 10:00 Bagels and Musicals <b>Noon Lunch-In house</b> 12:45 Harmonica 2:00 Painting with Sally  <b>Musical:</b> <b>“Guys and Dolls”</b>  <b>No Mah Jong</b> <b>Menu:</b> <b>Breaded Pork Chop</b>
<b>Menu:</b> <b>Baked Fish Florentine</b>	<b>Menu:</b> <b>Tortellini Alfredo</b>	<b>Menu:</b> <b>Chicken Milanese</b>	<b>Menu:</b> <b>Meatloaf W/Gravy</b>	
<b>24</b> 9:00 Tai Chi 10:15 Knitting 10:15 Beginner’s Bridge <b>Noon Lunch-In house</b> 1:00 Ted Talks 1:30 Special Jewelry -Glass pendant beaded necklaces-	<b>25</b> 9:00 Line Dancing 10:00 Guitar <b>Noon Lunch – In House</b> 1:00 Spring fun Bingo 1:30 Yoga-Chair 2:45 Yoga- Mat	<b>26</b> 10:00 Estate Planning Presentation 10:30 Choral Group <b>Noon Lunch – In House</b> 12:00 Arthritis Balance 12:50 Aerobics 1:30 Open Bridge /Card Games/Canasta	<b>27</b> 9:00 Grocery Shopping 10:00 Zumba Gold <b>Noon Lunch- In House</b> 1:00 Bingo	<b>28</b> 9:00 Dance That Walk Tape 10:00 Zumba Gold/Toning 10:00 Mah Jong <b>Noon Lunch-In house</b> 12:45 Harmonica 2:00 Painting with Sally 2:15 Italian Lessons
<b>Menu:</b> <b>Swedish Meatballs</b>	<b>Menu:</b> <b>Battered Cod</b>	<b>Menu:</b> <b>Chicken Cordon Bleu</b>	<b>Menu:</b> <b>Tropical Pork</b>	<b>Menu:</b> <b>Manicotti</b>

**\*Subject to change\***