



LOTUS CLUB & MEMORY LIFE SERVICES

# Daily Activities

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To join us in person or virtually on Zoom please call the office at 718-499-7701 or send an email to <a href="mailto:sramos@nymemorycenter.org">sramos@nymemorycenter.org</a></p>			<p><b>1.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Sing-A-Long (Staff) 11:15-12:00 Lunch 12-12:30 Today's Buzz 12:30-1:00 Bingo 1-2 Peer Support</p>	<p><b>2.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Trivia 11:00-11:30 Dance-A-Thon 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Arts &amp; Crafts 1-2pm Spanish Language Program Peer Support</p>
<p><b>5.</b> <b>Closed</b>  <b>Happy Labor Day</b></p>	<p><b>6.</b> Breakfast Snack 9:45-10:15 Percussion Therapy 10:30-11:30 Power-Ball 11:30-12:00 Lunch 12:00-12:30 Going Down Memory Lane 12:30-1:00 Time Slips 1:00-2:00 Peer Support</p>	<p><b>7.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15 -10:45 Poetry( Staff) 10:45-11:00 Power Ball 11:00-11:30 Trivia 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Arts &amp; Crafts 1-2 Spanish Language Program</p>	<p><b>8.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Trivia 11:00-11:30 Dance-A-Thon 11:30-12:00 Lunch 12-12:30 Today's Buzz 12:30-1:00 Play To The Beat 1:00-2:00 Peer Support</p>	<p><b>9.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Trivia 11:00-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1 Guitar Sing-A-Long 1-2 Spanish Language Program Peer Support</p>
<p><b>12.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power- Ball 10:45-11:00 Trivia 11:00-11:30 Dance-A-Thon 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Karaoke 1:00-2:00 Spanish Language Program</p>	<p><b>13.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Dance-A-Thon 11:00-12:00 Lunch 12:00-12:30 Going Down Memory Lane 12:30-1:00 Time Slips 1:00-2:00 Peer Support</p>	<p><b>14.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15 -10:45 Power Ball 11:00- 11:30 Playing To The Beat 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Accordion Music 1:00-2:00 Spanish Language Program</p>	<p><b>15.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Trivia 11:00-11:30 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Sing-A-Long (Staff) 1:1:30 Dance-A-Thon 1:30-2:00 Peer Support</p>	<p><b>16.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Play To The Beat 11-11:30 Trivia 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Arts &amp; Crafts 1-2:00 Spanish Language Program Peer Support</p>
<p><b>19.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power- Ball 10:45-11:00 Trivia 11:00-11:30 Dance-A-Thon 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1 Game Day 1:00-2:00 Spanish Language Program</p>	<p><b>20.</b> Breakfast Snack 9:45-10:15 Percussion Therapy 10:30-11:30 Power Ball 11:30-12 Lunch 12:00-12:30 Going Down Memory Lane 12:30-1:00 Time Slips 1:00-2:00 Peer Support</p>	<p><b>21.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Poetry(Staff) 10:45-11:00 Trivia 11:00-11:30 Dance-A-Thon 11:30-12:00 Lunch 12:00-12:30 Power Ball 12:30-1:00 Arts &amp; Crafts 1:00-2:00 Spanish Language Program</p>	<p><b>22.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Playing To The Beat 10:45-11:15 Power Ball 11:15-11:30 Trivia 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1 Accordion Music 1:00-2:00 Peer Support</p>	<p><b>23.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Trivia 11:00-11:30 Dance-A-Thon 11:30-12 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Guitar Sing-A-Long 1-2 Spanish Language Program Peer Support</p>
<p><b>26.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power- Ball 10:45-11:00 Group Sing-A-Long 11:00-11:30 Dance-A-Thon 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Karaoke 1:00-2:00 Spanish Language Program</p>	<p><b>27.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power-Ball 10:45-11:00 Playing To The Beat 11:00-11:30 Dance Therapy 11:30-12 Lunch 12:00-12:30 Going Down Memory Lane 12:30-1:00 Time Slips 1:00-2:00 Peer Support</p>	<p><b>28.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Playing To The Beat 10:45-11:15 Trivia 11:15-12:00 Lunch 12:00-12:30 Power- Ball 12:30-1:00 Arts &amp; Crafts 1:00-2:00 Spanish Language Program</p>	<p><b>29.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Playing To The Beat 10:45-11:15 Power Ball 11:15-11:30 Trivia 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1 Accordion Music 1:00-2:00 Peer Support</p>	<p><b>30.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Sing-A-Long (Staff) 11:15-12:00 Lunch 12-12:30 Today's Buzz 12:30-1:00 Bingo 1-2 Peer Support Spanish Language Program</p>



## Lunch Menu September 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
				Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm
5	<b>HAPPY LABOR DAY</b>	6	7	8	9
		Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm
12	13	14	15	16	17
Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm
19	20	21	22	23	24
Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm
26	27	28	29	30	31
Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm	Nutritional Meal Whole wheat bread Juice 1% low fat Milk Snack @2pm

**MEALS PROVIDED BY RUSSO'S FRESH GOURMET (DFTA CERTIFIED)**

Chicken with Honey Mustard Sauce Baked Sweet Potato Roasted Zucchini	Pork and Vegetable Stew White Rice Sautéed String Beans	Vegetable Lo Mein Steamed Broccoli Corn	Parmesan Crusted Salmon Rice & Corn Steamed Spinach	Hamburger Roasted Potatoes Carrots
Chicken w/BBQ sauce Baked Sweet Potato Roasted Zucchini	Sweet/Sour Meatballs White rice Sautéed String Beans	Pork Stir Fry Steamed Broccoli Corn	Vegan Stuffed Peppers Rice & Corn Steamed Spinach	Parmesan Crusted Pollack with Marinara Carrots & Peas
Eggplant Parmesan with Ricotta Sautéed Green Beans & Corn	Roasted Pork shoulder Mashed Sweet Potato Roasted Zucchini	Chicken w/BBQ sauce Sautéed Kale Chunky Potatoes	Beef Stew Egg Noodles Steamed Spinach	Baked Pollack with Marinara Sauce Steamed Peas & Carrots
Vegetable Lasagna Steamed Peas & Carrots	Beef Stir Fry Noodles, Spinach	Herb Crusted Pork Loin Rstd Potatoes, Broccoli	Chicken w/Honey Mustard Sauce, Pasta & Kale	Baked Fish w/teriyaki White rice, zucchini