

# NEW YORK MEMORY CENTER

## ACTIVITIES CALENDAR

### March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1. Snack 9:30-10:15 Hello It's me 10:15-10:30 Chair Exercise 10:30 –10:50 Parachute 11-11:15 Trivia 11:15 - 12 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Accordion Music 1-2pm Guess What I Am Spanish Language Program	2. Snack 9:30-10:15 Hello It's Me 10:15-10:30 Chair Exercise 10:30-11 Trivia 11 – 11:30 Sing a long 11:30-12 Lunch 12-12:30 Roll the dice 12:30-1 Poetry and motion 1-2pm Fill in the blanks 2-2:30 Peer Support	3. Snack 9:30-10:15 Hello It's Me 10:15-10:30 Chair Exercise 10:30-10:45 Power Ball 10:45-11 Trivia 11-11:30 Fill in the blanks 11:30-12 Lunch 12:00-12:30 Bingo 1-2 Spanish Language Program Peer Support
6. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Chair Exercise 10:30-10:50 Trivia 11 - 12 Lunch 12:00-12:30 Staff Karaoke 12:30 - 1 Game Day 1:00-2:30 Spanish Language Program Peer Support	7. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Chair exercise 10:30-10:45 Power-Ball 10:45-11 Percussion 11-11:45 Lunch 12:00-12:30 Roll the dice 12:30-1:00 Arts & Crafts 1 – 2:30 Games 1-2:30 Peer Support	8. Snack 9:30-10:15 Hello It's me 10:15-10:30 Chair Exercise 10:30 –10:50 Parachute 11-11:15 Trivia 11:15 - 12 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Guess What I Am Spanish Language Program	9. Snack 9:30-10:15 Hello It's Me 10:15-10:30 Chair Exercise 10:30-11 Trivia 11 – 11:30 Sing a long 11:30-12 Lunch 12-12:30 Roll the dice 12:30-1 Poetry and motion 1-2pm Fill in the blanks 2-2:30 Peer Support	10. Snack 9:30-10:15 Hello It's Me 10:15-10:30 Chair Exercise 10:30-11 Power Ball 10:45-11:00 Trivia 11:00-11:30 Fill in the blanks 11:30-12 Lunch 12:00-12:30 Guitar Sing a long 1-2 Spanish Language Program Peer Support
13. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Chair Exercise 10:30-10:50 Trivia 11 - 12 Lunch 12:00-12:30 Staff Karaoke 12:30 - 1 Game Day 1:00-2:30 Spanish Language Program Peer Support	14. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Chair exercise 10:30-10:45 Power-Ball 10:45-11 Percussion 11-11:45 Lunch 12:00-12:30 Roll the dice 12:30-1:00 Arts & Crafts 1 – 2:30 Games 1-2:30 Peer Support	15. Snack 9:30-10:15 Hello It's me 10:15-10:30 Chair Exercise 10:30 –10:50 Parachute 11-11:15 Trivia 11:15 - 12 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Guess What I Am Spanish Language Program	16. Snack 9:30-10:15 Hello It's Me 10:15-10:30 Chair Exercise 10:30-11 Trivia 11 – 11:30 Sing a long 11:30-12 Lunch 12-12:30 Roll the dice 12:30-1 Poetry and motion 1-2pm Fill in the blanks 2-2:30 Peer Support	17. <b>HAPPY ST. PATRICK'S DAY</b> Snack 9:30-10:15 Morning intro's 10:15-10:30 Chair Exercise 10:30-10:45 Power Ball 10:45-11:00 Play the Beat 11-11:30 Trivia 11:30-12:00 Lunch 12:00-12:30 Fill in blanks 12:30-1:00 Guitar Sing-A-Long 1-2 Spanish Language Program
20. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Chair Exercise 10:30-10:50 Trivia 11 - 12 Lunch 12:00-12:30 Staff Karaoke 12:30 - 1 Game Day 1:00-2:30 Spanish Language Program Peer support	21. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Chair exercise 10:30-10:45 Power-Ball 10:45-11 Percussion 11-11:45 Lunch 12:00-12:30 Roll the dice 12:30-1:00 Arts & Crafts 1 – 2:30 Games 1-2:30 Peer Support	22. Snack 9:30-10:15 Hello It's me 10:15-10:30 Chair Exercise 10:30 –10:50 Parachute 11-11:15 Trivia 11:15 - 12 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Guess What I Am Spanish Language Program	23. Snack 9:30-10:15 Hello It's Me 10:15-10:30 Chair Exercise 10:30-11 Trivia 11 – 11:30 Sing a long 11:30-12 Lunch 12-12:30 Roll the dice 12:30-1 Accordion w/Ismael 1-2pm Poetry 2-2:30 Peer Support	24. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Chair Exercise 10:30 -11 Power Ball 11-11:15 Play to the Beat 11-11:30 Trivia 11:30-12:00 Lunch 12:00-12:30 Fill in blank 12:30-1:00 Guitar Sing-A-Long 1-2 Spanish Language Program Peer Support
27. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Chair Exercise 10:30-10:50 Trivia 11 - 12 Lunch 12:00-12:30 Staff Karaoke 12:30 - 1 Game Day 1:00-2:30 Spanish Language Program Peer support	28. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Percussion Therapy w/David 10:30-11:30 Power-Ball 11:30-12:00 Lunch 12:00-12:30 Roll the dice 12:30-1:00 Arts & Crafts 1 – 2:30 Games 1-2:30 Peer Support	29. Snack 9:30-10:15 Hello It's me 10:15-10:30 Chair Exercise 10:30 –10:50 Parachute 11-11:15 Trivia 11:15 - 12 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Accordion Music 1-2pm Guess What I Am Spanish Language Program	30. Snack 9:30-10:15 Hello It's Me 10:15-10:30 Chair Exercise 10:30-11 Trivia 11 – 11:30 Sing a long 11:30-12 Lunch 12-12:30 Roll the dice 12:30-1 Accordion with Ismail 1-2 Poetry and motion 2pm – 2:30 Peer Support	31. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Chair Exercise 10:30 -11 Power Ball 11-11:15 Play the Beat 11-11:30 Trivia 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Guitar Sing-A-Long 1-2 Spanish Language Program Peer Support



\*NYMC only serves lunch

**PICK YOUR MEAL - Lunch Menu March 2023**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

1 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

2 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

3 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

6 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

7 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

8 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

9 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

10 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

13 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

14 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

15 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

16 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

17 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

20 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

21 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

22 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

23 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

24 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

27 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

28 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

29 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

30 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

31 Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Snack @2pm

**MEALS PROVIDED BY RUSSO'S FRESH GOURMET**

Chicken w/Honey  
Mustard Sauce  
Baked Sweet Potato  
Roasted Zucchini

Chicken Mojo  
White Rice  
Sauteed 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  
Sauteed 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  
Sauteed Green  
Beans & Corn

Roasted Pork shoulder  
Mashed Sweet Potato  
Roasted Zucchini

Chicken w/BBQ sauce  
Sauteed 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