

# New York Memory Center

## November 2022 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Playing To The Beat(Staff) 11:00-11:30 Lunch 12:00-12:30 Going Down Memory Lane 12:30-1:00 Make Space 1:00-2:00 Peer Support	<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 Todays' Buzz 12:30-1:00 Arts & Crafts 1-2 Spanish Language Program	<b>3.</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 Accordion Music 1:00-2:00 Peer Support	<b>4.</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 Sing-A-Long 1-2 Spanish Language Program Peer Support
<b>7.</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	<b>8.</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	<b>9.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Dance-A-Thon 11:00-11:30 Trivia 11:30-12:00 Lunch 12:00-12:30 Todays' Buzz 12:30-1:00 Accordion Music 1:00-2:00 Spanish Language Program	<b>10.</b> Breakfast Snack 9:45-10:15 Today's Buzz 10:15-10:30 Power Ball 10:30-10:45 Intrepid Museum 10:45-11:45 Lunch 12:00 -12:30 Sing-A-Long (Staff) 12:30-1:00 Bingo 1:00-2:00 Peer Support	<b>11.</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 12:30-1:00 Arts & Crafts 1:00-2:00 Spanish Language Program Peer Support
<b>14.</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 1:00-2:30 Spanish Language Program	<b>15.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Bingo 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	<b>16.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15 –10:45 Power Ball 10:45-11:00 Playing To The Beat 11:00-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Arts & Crafts 1:00-2:00 Spanish Language Program	<b>17.</b> Breakfast Snack 9:45-10:15 Today's Buzz 10:15-10:30 Make Space 10:30-11:30 Power Ball 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Sing-A-Long (Staff) 1:13:00 Dance-A-Thon 1:30-2:00 Peer Support	<b>18.</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 Guitar Sing-A-Long 1-2 Spanish Language Program Peer Support
<b>21.</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	<b>22.</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	<b>23.</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 Trivia 11:30-12:00 Lunch 12:00-12:30 Power Ball 12:30-1:00 Arts & Crafts 1:00-2:00 Spanish Language Program	<b>24.</b> <b>Closed</b> 	<b>25.</b> <b>Day after Thanksgiving</b>
<b>28.</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	<b>29.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Bingo 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	<b>30.</b> Breakfast Snack 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Dance-A-Thon 11:00-11:30 Trivia 11:30-12:00 Lunch 12:00-12:30 Todays' Buzz 12:30-1:00 Accordion Music 1:00-2:00 Spanish Language Program	<p>To join us in person or virtually on Zoom please call the office at <b>718-499-7701</b> or send an email to <a href="mailto:sramos@nymemorycenter.org">sramos@nymemorycenter.org</a></p>	



## Lunch Menu November 2022

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>				
	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	4	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	11	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	18	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	<b>Closed</b> <b>Thanksgiving Day</b>	25	<b>Closed</b> <b>Day after Thanksgiving</b>
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				

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

Chicken w/Honey Mustard Sauce Baked Sweet Potato Roasted Zucchini	Pork and Vegetable Stew 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