

JUDITH C. WHITE SENIOR CENTER at GREENWICH HOUSE

27 BARROW STREET NEW YORK, NY 10014 (212) 242-4140 ext. 260

JANUARY 2013 LUNCH MENU

Check out our website for all our latest listings of activities, lunch menu and special events - http://www.greenwichhouse.org/senior_center/index

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL LUNCHESES INCLUDE BREAD, REGULAR OR DECAF COFFEE OR TEA, AND LOWFAT MILK</p>	<p>1 CENTER CLOSED</p> <div style="text-align: center;">  </div>	<p>2 Meatloaf Roasted Potatoes Mixed Green Salad Pineapple Juice Fruit</p>	<p>3 Roast Rosemary Chicken Acorn Squash Kale Grape Juice Fruit</p>	<p>4 Spanish Fish Creole Red Potatoes Chopped Spinach Kiwi-Strawberry Juice Pound Cake</p>
<p>7 Eggplant Parmesan Kale Apple Juice Fruit</p>	<p>8 Roast Rosemary Chicken Orzo Rice Butternut Squash Orange Juice Fruit</p>	<p>9 Beef Lasagna Mixed Italian Vegetables Kiwi-Strawberry Juice Fruit</p>	<p>10 Stewed Chicken Barley Green Beans & Carrots Pineapple Juice Fruit</p>	<p>11 Pollock w. Lemon & Garlic Cous Cous Zucchini & Tomatoes Orange Juice Fruit</p>
<p>14 Ravioli w. meat sauce Corn Kiwi-Strawberry Juice Fruit</p>	<p>15 BBQ Chicken Brown Rice Collard Greens Fruit</p>	<p>16 Spinach/Broccoli Quiche Beet and Onion Salad Orange Juice Fruit</p>	<p>17 Pork Chops Sweet Potatoes Cauliflower Fruit</p>	<p>18 Sole w. Lemon Roasted Potatoes Kale Kiwi-Strawberry Juice Vanilla Pudding</p>
<p>21 CENTER CLOSED</p> <div style="text-align: center;">  </div>	<p>22 Meatloaf Roasted Potatoes Mixed Green Salad w. Cucumber and Tomatoes Grape Juice Fruit</p>	<p>23 Eggplant Parmesan Spinach Kiwi-Strawberry Juice Fruit</p>	<p>24 Beef Lasagna Mixed Italian Vegetables Apple Juice Fruit</p>	<p>25 Baked Fish Acorn Squash Beets & Chickpeas Kiwi Strawberry Juice Fruit</p>
<p>28 Pork Chops Barley Italian Green Beans Pineapple Juice Fruit</p>	<p>29 Spanish Style Chicken w. Onions & Peppers Quinoa Collard Greens Orange Juice Fruit</p>	<p>30 Sweet Italian Sausages Roasted Red Potatoes Mustard Greens Pineapple Juice Fruit</p>	<p>31 Chicken Cacciatore Cous Cous Italian Mixed Vegetables Kiwi-Strawberry Juice Pound Cake</p>	<p>ALL LUNCHESES INCLUDE BREAD, REGULAR OR DECAF COFFEE OR TEA, AND LOWFAT MILK</p>



Lunch served 12:00 -12:50 pm
Suggested Contribution: \$1.50 (Our costs are much higher – we welcome bigger contributions!)

Listed items are subject to change based on availability.
Lunch partially funded under contract with the NYC Dept. for the Aging

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JANUARY, 2013 EVENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>THEATER DESK HOURS: MONDAY – FRIDAY, 10:00 – 11:50 AM & 1:00 – 2:15 PM</p>	<p>1 CENTER CLOSED</p> 	<p>2 10AM – Brainercise 1:15 - Film: Vincent Minnelli's GIGI (in Blu-ray HD on our 5 ft. screen)</p>	<p>3 1:30 PM - Conversational Italian 1:45 PM - Mid-Eastern Dance</p>	<p>4 9AM- Montclair Museum Trip 10:30 AM – Shakespeare Cl. 10:30 AM - Stretch & Tone 11:15 –Yoga w. Maura in Gym 1:30 PM – Music Appreciation 1:30 PM – Art Class, 6th Fl.</p>
<p>7 10 AM – Art Workshop 10:30 AM – YOGA by Susan 1:15 PM - Tai Chi in Gym 1:15 PM – Film: Clouzot's QUAI DES ORFEVRES</p>	<p>8 10AM – Bingo 10AM – Advisory Council Mtg.</p>	<p>9 10AM – Brainercise 11AM - 2PM – Caseworker 1:15 PM - Benh Zeitlin's BEASTS OF THE SOUTHERN WILD (in HD on our 5 ft. screen)</p>	<p>10 1:30 PM - Conversational Italian 11AM – Nutrition Talk 1:45 PM - Mid-Eastern Dance</p>	<p>11 10:30 AM - Stretch & Tone 11:15 –Yoga w. Maura in Gym 1:30 PM – Music Appreciation 1:30 PM – Art Class, 6th Fl.</p>
<p>14 10 AM – Art Workshop 10:30 AM – YOGA by Susan 1:15 PM - Tai Chi in Gym 1:15 PM – Film: Fellini's SATYRICON</p>	<p>15 10AM – Theater Volunteer Mtg. 10AM – Bingo 11:45 – Gen. Membership Mtg.</p>	<p>16 10AM – Brainercise 11AM - 2PM – Caseworker 1:15 PM – Liam Neeson in LES MISERABLES (1998) (in Blu-ray on our 5 ft. screen)</p>	<p>17 1:30 PM -Conversational Italian 1:45 PM - Mid-Eastern Dance</p>	<p>18 10:30 AM – Shakespeare Cl. 10:30 AM - Stretch & Tone 11:15 –Yoga w. Maura in Gym 1:00 – Birthday Celebration 130 PM – Music Appreciation 1:30 PM – Art Class, 6th Fl.</p>
<p>21 CENTER CLOSED</p> 	<p>22 10AM – Bingo 1PM – Hearing Seminar and Screening w. Dr. Melissa E. Heche, AuD, Doctor of Audiology</p>	<p>23 10AM – Brainercise 11AM - 2PM – Caseworker 1:15 PM – “Hitchcock in HD” <i>continues with</i> <i>Kim Novak & Jimmy Stewart</i> <i>in VERTIGO</i> (new restoration)</p>	<p>24 1:30 PM -Conversational Italian 1:45 PM - Mid-Eastern Dance 2PM – Radio City Backstage Tour</p>	<p>25 10:30 AM - Stretch & Tone 11:15 –Yoga w. Maura in Gym 1:30 PM – Music Appreciation 1:30 PM – Art Class, 6th Fl.</p>
<p>28 10 AM – Art Workshop 10:30 AM – YOGA by Susan 1:15 PM - Tai Chi in Gym 1:15 PM - Film: Pontecorvo's BATTLE OF ALGIERS (in HD on our 5 screen ft.)</p>	<p>29 10AM – Bingo</p>	<p>30 10AM – Brainercise 11AM - 2PM – Caseworker 1:15 PM – David Lean's A PASSAGE TO INDIA (in Blu-ray on our 5 ft. screen)</p>	<p>31 11AM – Bard Gallery Trip 1:30 PM -Conversational Italian 1:45 PM - Mid-Eastern Dance</p>	<p>THEATER DESK HOURS: MONDAY – FRIDAY, 10:00 – 11:50 AM & 1:00 – 2:15 PM <i>Programs may be changed or rescheduled.</i> <i>Partially funded under contract with the NYC Dept. for the Aging.</i></p>