



CITY OF MOUNT VERNON, NEW YORK ~ MAYOR RICHARD THOMAS

Mount Vernon Department of Recreation

Dr. Darren M. Morton, Commissioner ~ Deputy Commissioner Sylvia Gadson

MOUNT VERNON SENIOR PROGRAM ~ MAYOR'S ADVISORY BOARDS



Senior Special Events/Trips & Weekday Activities ~ Y2017 APRIL

MOUNT VERNON - "The City of Hope" ~ www.cmvny.com ~ www.facebook.com/MVRECREATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:45 AM TAI CHI EXERCISE (4 wks) <i>Sponsored by Mayor's Advisory Board @ Armory</i>	4 10:30 AM Armory Executive Board Meeting @ Armory	5 EMPIRE CASINO 9:30 AM leaves both centers Noon FOOD BANK @ Armory	6	7 10:45 AM FALL PREVENTION EXERCISE <i>Sponsored by WCC @ Armory</i>
10 9:00 AM Mayor's Advisory Board Meeting @ Armory 10:45 AM TAI CHI EXERCISE (4 wks) <i>Sponsored by Mayor's Advisory Board @ Armory</i>	11 10:30 AM Health Insurance Presentation by Kathy Lee @ Doles	12 10:30 AM EASTER PARTY @ Doles	13 10:30 AM Fidelis Insurance Presentation @ Armory 11:30AM Medicare Minute @ Armory	14 10:45 AM FALL PREVENTION EXERCISE <i>Sponsored by WCC @ Armory</i>
17 10:45 AM TAI CHI EXERCISE (4 wks.) <i>Sponsored by Mayor's Advisory Board @ Armory</i> 1:00 PM-:00 PM METRO-CARD @ Petrillo Plaza	18 9:30 AM EASTER BRUNCH followed by @ 11:00AM Volunteer Recognition by Mayor Richard Thomas @ Armory	19	20 10:00 AM-11:30 AM PINKSTER PROGRAM <i>Sponsored by WCC & MVRD @ Armory</i> 10:30 AM Health Insurance Presentation @ Doles	21 10:45 AM FALL PREVENTION EXERCISE <i>Sponsored by WCC @ Armory</i> <div style="background-color: yellow; border: 1px solid black; padding: 5px;"> 22 - SATURDAY / Center's CLOSED Day trip to MOHEGAN SUN in PA 8:00 AM SHARP - departs Doles </div>
24 10:45 AM TAI CHI EXERCISE (4 wks.) <i>Sponsored by Mayor's Advisory Board @ Armory</i>	25	26	27 1:00 PM-3:00 PM Super Bingo @ Armory 10:00AM Alzheimer's Program @ Armory	28 10:45 AM FALL PREVENTION EXERCISE <i>Sponsored by WCC @ Armory</i>



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MENU – APRIL Y2017

MOUNT VERNON SENIOR PROGRAM *at the Armory*: 144 North 5th Avenue ... 914.665.2315
 Mount Vernon Armory: 144 North 5th Avenue ... 914.665.2435
 MOUNT VERNON SENIOR PROGRAM *at the Doles*: 250 South 6th Avenue ... 914.665.2447
 HOME DELIVERED MEALS: 144 North 5th Avenue ... 914 665 2435

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Sausage Peppers/Onions Potato Wedges Veggie Blend Fruit Medley	4 Roast Ham Carrots Colcannon Pineapple Chunks	5 Tilapia Red Beans Rice Collard Greens Cornbread Fresh Fruit	6 Beef Stroganoff Buttered Noodles Green Beans Pound Cake	7 Broccoli & Cheese Quiche Roasted Potatoes Stewed Tomatoes Orange Segments
10 Pasta w/Chicken Broccoli & Garlic Tossed Salad w/ Chick Peas Apricot Halves	11 Beef Brisket Noodle, Carrots Grape Juice Cookies	12 Chicken Cutlet Sweet Potato Cauliflower Fresh Fruit	13 Meatloaf/Gravy Mashed Potatoes Peas & Onions Mango Chunks	14 Baked Salmon Couscous Green Beans Fresh Fruit
17 Salisbury Steak Roasted Potatoes Creamed Spinach Orange Segments	18 Fish Lentil Pilaf Glazed Carrots Fruit Cocktail	19 Crispy Baked Chicken Collard Greens Potatoes Cornbread Fruit	20 Ham AuGratin Potatoes Green Beans Almondine Pie	21 Eggplant Parmigiana Whole Wheat Pasta Broccoli Florets Pitted Plums
24 Knockwurst Sauerkraut Baked Beans Apricot Halves	25 Italian Meatballs Spaghetti w/Tom. Sauce Tossed Salad Fresh Fruit	26 Fish Sweet Potato Blend Veggies Mango Chunks	27 Lamb Stew Rice Pilaf Broccoli Fruit Cocktail	28 Roast Chicken Corn Nibbles Coleslaw Cornbread Fruit

WEEKDAY ACTIVITIES - COLOR KEY/CODE: Doles BROWN ... Armory BLUE

DAY	DAILY PROGRAMS	LOCATION	TIME
Mondays	Chair YOGA w/ Mildred Gladwin	Doles	10:30AM
Mondays & Tuesdays	Hair Cuts for Seniors	Armory & Doles:	9:00AM –11:00AM 10:30AM
Mondays & Tuesdays	Quilting	Armory	10:00AM – 1:30PM
Mondays & Tuesdays	Arts & Crafts	Armory	10:00AM – 2:00PM
Mondays <i>thru</i> Thursdays	Computer Classes AM & PM	Armory	10:30AM –Noon & 12:30PM – 2:30PM
Mondays & Fridays	Bingo	Doles Armory	1:00PM
Mondays <i>thru</i> Thursday	Body Movements w/ Mike	Doles Armory	10:30AM ???
Tuesdays	Bocce	Hartley Park	9:00AM – 4:00PM
Tuesdays	Movies- <i>at-the-Doles</i>	Doles	Varies
Tuesdays	Line Dancing w/ Eugene Watts	Doles	10:00AM –Noon
Tuesdays	Mount Vernon Hospital Student Doctors	Armory	10:30AM
Tuesdays	Tai Chi	Armory	10:30AM
Tuesdays & Thursdays	Ceramics	Armory	8:00AM – Noon
Tuesday & Thursdays	MVNH Blood Pressure/Glucose Screening	Doles: TUE Armory: THUR	11:00AM
Thursdays & Fridays	Grocery Shopping	Armory	10:45AM
Fridays	Friday Flicks	Armory	10:30PM – 3:00PM
Daily/ Weekdays	Dominoes, Pokeno & Cards	Armory & Doles	