

Dion Horton-Director
 Evbu Egharevba-Program Coordinator
 Amin Sheppard-Program Assistant


Allen Community International Tower Senior Center

90-20 170th St. Jamaica, NY 11432
 Phone: (718) 657-0799 Fax: (718) 657-5075
 Funded By The NYC Dept For The Aging

March 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. Women's History Month Begins 3/1 Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Virtual Group Meditation Hour 11am-12pm</p> <p>Women's Club Meeting: Women's History Month Intro 1pm-2pm</p> <p>Game Hour 2pm-3pm</p> <p>Movie Mondays 2pm-3:30pm</p>	<p>4. Mardi Gras Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Painting 10:30am-12pm</p> <p>Mardi Gras Themed Lunch 12pm-1pm</p> <p>Computer Class w/Mr.Olson 1:30pm-3:30pm</p>	<p>5. Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Bag Toss Exercise 10am-11am</p> <p>Tai Chi w/Ame 11am-12pm</p> <p>Braata Theatre Arts Class 1pm-3pm</p>	<p>6. Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Arts&Crafts w/Mrs. Sade 10:30am-12pm</p> <p>Health Mgmt w/Ms.Coleman 1:15pm-2pm</p> <p>Sitcom Viewing Thursdays 2pm-3pm</p> <p>Game Hour 2pm-3pm</p>	<p>7. Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10 :30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Tommy Chair Exercise 12pm-1pm</p> <p>Knitting 1:30pm-3pm</p> <p>Movie Fridays 1:30pm-3pm</p>
<p>10. Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Virtual Group Meditation Hour 11am-12pm</p> <p>Game Hour 2pm-3pm</p> <p>Movie Mondays 2pm-3:30pm</p>	<p>11. Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Painting 10:30am-12pm</p> <p>Game Hour 1pm-2pm</p> <p>*Christmas In July* Stage Play 1pm-2:30pm</p> <p>Computer Class w/Mr.Olson 1:30pm-3:30pm</p>	<p>12. Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Bag Toss Exercise 10am-11am</p> <p>Tai Chi w/Ame 11am-12pm</p> <p>Women's History Month: Women's Wednesdays Women Leaders Presentation 11:30am-12pm</p> <p>Braata Theatre Arts Class 1pm-3pm</p>	<p>13. Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Sara Pelligrini Nutritionist Webinar 11:30am-12pm</p> <p>Phagwah Festival Celebration 11:30am-2pm</p> <p>Health Mgmt w/Ms.Coleman 1:15pm-2pm</p> <p>Sitcom Viewing Thursdays 2pm-3pm</p> <p>Game Hour 2pm-3pm</p>	<p>14. Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10 :30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Tommy Chair Exercise 12pm-1pm</p> <p>Knitting 1:30pm-3pm</p> <p>Movie Fridays 1:30pm-3:30pm</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17. St. Patrick's Day</p>  <p>Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>YMCA Day Trip 10am-12:30pm (LIMITED SIGN UP ONLY)</p> <p>Virtual Group Meditation Hour 11am-12pm</p> <p>St.Patrick's Day Presentation 1pm-2pm</p> <p>Game Hour 2pm-3pm</p> <p>Movie Mondays 2pm-3:30pm</p>	<p>18.</p> <p>Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Painting 10:30am-12pm</p> <p>Lighthouse Guild Webinar 12:30pm-1:15pm</p> <p>Game Hour 1:30pm-2:30pm</p> <p>Computer Class w/Mr.Olson 1:30pm-3:30pm</p>	<p>19.</p> <p>Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Bag Toss Exercise 10am-11am</p> <p>Tai Chi w/Ame 11am-12pm</p> <p>Women's History Month: Women's Wednesdays Women In Beauty Industry Presentation 11:30am-12pm</p> <p>Braata Theatre Arts Class 1pm-3pm</p>	<p>20.</p> <p>Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Arts&Crafts w/Mrs. Sade 10:30am-12pm</p> <p>Health Mgmt w/Ms.Coleman 1:15pm-2pm</p> <p>Sitcom Viewing Thursdays 2pm-3pm</p> <p>Game Hour 2pm-3pm</p>	<p>21.</p> <p>Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10 :30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Tommy Chair Exercise 12pm-1pm</p> <p>Knitting 1:30pm-3pm</p> <p>Movie Fridays 1:30pm-3:30pm</p>
<p>24.</p> <p>Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Virtual Group Meditation Hour 11am-12pm</p> <p>Women's Club Meeting 1pm-2pm</p> <p>Game Hour 2pm-3pm</p> <p>Movie Mondays 2pm-3:30pm</p>	<p>25.</p> <p>Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Painting 10:30am-12pm</p> <p>Game Hour 1:30pm-2:30pm</p> <p>Computer Class w/Mr.Olson 1:30pm-3:30pm</p>	<p>26.</p> <p>Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Bag Toss Exercise 10am-11am</p> <p>Tai Chi w/Ame 11am-12pm</p> <p>Women's History Month Celebration/March Birthday Celebration 11am-1pm</p> <p>Braata Theatre Arts Class 1pm-3pm</p>	<p>27.</p> <p>Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Health Mgmt w/Ms.Coleman 1:15pm-2pm</p> <p>Sitcom Viewing Thursdays 2pm-3pm</p> <p>Game Hour 2pm-3pm</p>	<p>28.</p> <p>Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10 :30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Tommy Chair Exercise 12pm-1pm</p> <p>Knitting 1:30pm-3pm</p> <p>Movie Fridays 1:30pm-3:30pm</p>
<p>31.</p> <p>Discussion News & Views 9:00am-11:30am</p> <p>Walking Club 9:30am-10:30am</p> <p>Dominoes/Pool 9:30am-3:30pm</p> <p>Virtual Group Meditation Hour 11am-12pm</p> <p>Game Hour 2pm-3pm</p> <p>Movie Mondays 2pm-3:30pm</p>				

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March 2025 Food Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3. <ul style="list-style-type: none"> ○ Vegetable Lo Mein ○ Whole Wheat Bread ○ Steamed Broccoli ○ Banana ○ 1% Low Fat Milk ○ Apple Juice ○ Butter 	4. <ul style="list-style-type: none"> ○ Oven Fried Fish ○ Whole Wheat Bread or Baked Fries ○ Tomato&Cucumber Salad w/Dressing ○ Peach ○ 1% Low Fat Milk ○ Orange Juice ○ Butter 	5. <ul style="list-style-type: none"> ○ Curried Chicken Legs ○ White Rice ○ Whole Wheat Bread ○ Braised Collard Greens ○ Apple ○ 1% Low Fat Milk ○ Grape Juice, Unsweetened 	6. <ul style="list-style-type: none"> ○ Rasta Pasta ○ Whole Wheat Bread ○ California Blend Vegetables ○ Orange ○ 1% Low Fat Milk ○ Orange Pineapple Juice ○ Butter 	7. <ul style="list-style-type: none"> ○ Baked Chicken Thighs ○ Baked Sweet Potato ○ Whole Wheat Bread ○ Tossed Salad w/ Dressing ○ Applesauce ○ 1% Low Fat Milk ○ Apple Juice ○ Butter
10. <ul style="list-style-type: none"> ○ Turkey Meatloaf w/ Mushrooms&Peppers ○ Mashed Potatoes ○ Whole Wheat Bread ○ Sauteed String Beans ○ Banana ○ 1% Low Fat Milk ○ Orange Juice ○ Butter 	11. <ul style="list-style-type: none"> ○ Brown Stew Chicken ○ Baked Potato ○ Whole Wheat Bread ○ Steamed Red or Green Cabbage ○ Orange ○ 1% Low Fat Milk ○ Orange Pineapple Juice ○ Butter 	12. <ul style="list-style-type: none"> ○ Fried Brown Rice w/ Crispy Tofu &Veggies ○ Whole Wheat Bread ○ Steamed Broccoli w/Soy Sauce ○ Kiwis ○ 1% Low Fat Milk ○ Apple Juice ○ Butter 	13. <ul style="list-style-type: none"> ○ Beef Stew ○ Mashed Sweet Potatoes ○ Whole Wheat Bread ○ California Blend Vegetables ○ Apple ○ 1% Low Fat Milk ○ Orange Juice ○ Butter 	14. <ul style="list-style-type: none"> ○ Baked Fish ○ Home Fries w/Peppers&Onions ○ Whole Wheat Bread ○ Tossed Salad w/Dressing ○ Tangerines ○ 1% Low Fat Milk ○ Grape Juice, Unsweetened ○ Butter
17. <ul style="list-style-type: none"> ○ Corn Beef ○ Cabbage ○ Baked Potatoes ○ Whole Wheat Bread ○ 1% Low Fat Milk ○ Banana ○ Apple Juice ○ Butter 	18. <ul style="list-style-type: none"> ○ Sweet&Sour Pork Loin ○ Sweet Baked Yams ○ Whole Wheat Bread ○ Steamed Red or Green Cabbage ○ Kiwis ○ 1% Low Fat Milk ○ Grape Juice, Unsweetened ○ Butter 	19. <ul style="list-style-type: none"> ○ Beef Meatballs in Tomato Sauce ○ Whole Wheat Bread ○ Whole Wheat Spaghetti ○ Tossed Salad w/Dressing ○ Nectarine ○ 1% Low Fat Milk ○ Orange Juice ○ Butter 	20. <ul style="list-style-type: none"> ○ Rasta Pasta ○ Whole Wheat Bread ○ Steamed Broccoli w/Soy Sauce ○ Apple ○ 1% Low Fat Milk ○ Apple Juice ○ Butter 	21. <ul style="list-style-type: none"> ○ Baked Chicken Quarters ○ Whole Wheat Bread ○ Whole Wheat Pasta Salad ○ Braised Collard Greens ○ Orange ○ 1% Low Fat Milk ○ Orange Pineapple Juice ○ Butter
24. <ul style="list-style-type: none"> ○ Curried Chicken Legs ○ Brown Rice ○ California Blend Vegetables ○ Banana ○ 1% Low Fat Milk ○ Butter 	25. <ul style="list-style-type: none"> ○ BBQ Pork Chops ○ Glazed Sweet Potatoes ○ Whole Wheat Tortilla ○ Steamed Spinach ○ Pear ○ 1% Low Fat Milk ○ Orange Pineapple Juice ○ Butter 	26. <ul style="list-style-type: none"> ○ Fried Brown Rice w/ Crispy Tofu&Veggies ○ Whole Wheat Bread ○ Steamed Broccoli w/Soy Sauce ○ Orange ○ 1% Low Fat Milk ○ Apple Juice ○ Butter 	27. <ul style="list-style-type: none"> ○ Baked Fish ○ Home Fries w/Peppers &Onions ○ Whole Wheat Bread ○ Sliced Tomatoes&Cucumbers w/Italian Dressing ○ Peach ○ 1% Low Fat Milk ○ Pineapple Juice ○ Butter 	28. <ul style="list-style-type: none"> ○ Deluxe Cheeseburger w/ Onions ○ Whole Wheat Hamburger Bun ○ Baked Fries ○ Tossed Salad w/Dressing ○ Kiwis ○ 1% Low Fat Milk ○ Orange Juice ○ Butter
31. <ul style="list-style-type: none"> ○ Chicken Gumbo ○ White Rice ○ Whole Wheat Bread ○ Steamed Broccoli ○ Apple ○ 1% Low Fat Milk ○ Orange Pineapple Juice ○ Butter 				

**Menu Subject To Change*