

# January 2022



Happy New Year!

There is no GEMS newsletter for January 2022,  
but on the following pages you will find  
the Peter Cardella Senior Center

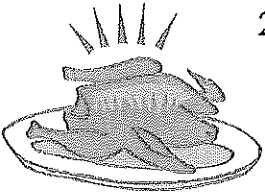
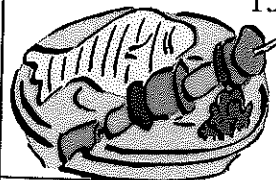
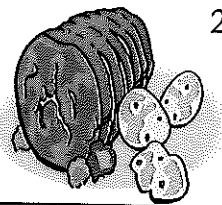
- 1) January 2022 Lunch Menu, and
- 2) January 2022 Activities Listing

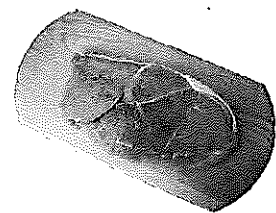
The Peter Cardella Senior Center

68-42 Fresh Pond Rd Ridgewood, Ny 11385

Partly Funded By NYC Department For The Aging

# January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
 2	<b>GARLIC CHICKEN</b> 3	<b>BEEF STEW</b> 4	<b>CHICKEN CUTLET</b> 5	<b>PORK LOIN</b> 6	<b>BAKED TURKEY</b> 7	8
9	<b>EGGPLANT PARMIGIANA</b> 10	<b>CHICKEN CUTLET</b> 11	<b>ROAST BEEF</b> 12	<b>BEEF MEATLOAF W/MUSHROOM GRAVY</b> 13	<b>BAKED FLOUNDER</b> 14	 15
16	<b>CLOSED</b> 17	<b>TURKEY BREAST</b> 18	<b>BEEF MEATBALLS IN TOMATO SAUCE</b> 19	<b>ROSEMARY CHICKEN</b> 20	<b>BAKED FLOUNDER</b> 21	22
 23	<b>ROAST PORK</b> 24	<b>ROAST CHICKEN</b> 25	<b>BAKED FISH</b> 26	<b>ROAST BEEF</b> 27	<b>CHICKEN MARSALA</b> 28	29
30	<b>CHICKEN CUTLET</b> 31					

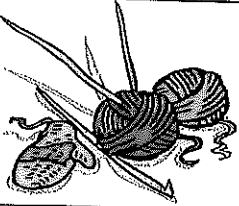
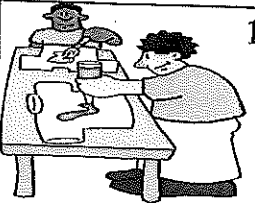


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Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
	2 FREE BREAKFAST MINDFULL MEDITATION CROCHET BINGO-MOVIE	3 SING-ALONG MUSIC BY RAY REGGIO	4 YOGA COLORING WHAT'S IN THE PAPER MOVIE-BINGO	5 BLOOD PRESSURE SING-A-LONG MUSIC BY EMILIO	6 FREE MEAL COLORING SIT & BE FIT BINGO	7	8
9 	10 FREE BREAKFAST MINDFULL MEDITATION CROCHET BINGO-MOVIE	11 SING-ALONG MUSIC BY RAY REGGIO	12 YOGA COLORING WHAT'S IN THE PAPER MOVIE-BINGO	13 BLOOD PRESSURE SING-ALONG MUSIC BY EMILIO	14 FREE MEAL COLORING SIT & BE FIT BINGO	15 	16
17	18 <b>CLOSED</b>	19 SING-ALONG MUSIC BY EMILIO	20 YOGA COLORING WHAT'S IN THE PAPER MOVIE-BINGO	21 BLOOD PRESSURE SING-ALONG MUSIC BY RAY REGGIO	22 FREE MEAL COLORING SIT & BE FIT BINGO	23	
24	25 FREE BREAKFAST MINDFULL MEDITATION CROCHET BINGO-MOVIE	26 SING-A-LONG MUSIC BY RAY REGGIO	27 YOGA COLORING WHAT' IN THE PAPER MOVIE-BINGO	28 BLOOD PRESSURE SING-ALONG MUSIC BY EMILIO	29 FREE MEAL COLORING SIT & BE FIT BINGO	30	
31	32 FREE BREAKFAST MINDFULL MEDITATION CROCHET BINGO-MOVIE	