



NeSC

Staff

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PROGRAMS FUNDED BY THE CITY OF HARTFORD

NeSC Provide Internship Opportunities In Support of the BHCA/ BHEST - Occupational Skills Training Program



Left to Right - Mellanee Hardy, Jevaunie Scott & Trecana Thomas

NEC HONORS VOLUNTEERS FRIDAY, APRIL 20, 2018 MAYOR LUKE BRONIN PRESENTS HONOREES WITH OFFICIAL CITATIONS



Upper Row (left to right) - Eugenia Griffin, Herman Austin, Mayor, Luke Bronin, James Johnson Jr. (NeSc Director), Debra Holloway, Thurman Saunders

Bottom Row (left to right) - Rosalie Forde, Sharon Williams, Cassandra Davidson, Citirah Richards, Jannett Jennings, Christine Smith, Katherine Brown

Missing from picture - Glen Gill, Roy Burnham, James Phillips, Jan Martin & Shirley Boyce

NeSC Annual Membership Starts August, 2018

Hartford Resident (s) -
\$20/individual \$30/couple
Non-Hartford Resident
\$30/individual \$45/couple

Preferred method of payment:
Personal Checks and/or Money
Orders
Payable: City of Hartford


Lunch Menu

5-Week Cycle

The menu is planned for a five week cycle. Menu Substitutions are at the discretion of the Chef. All participants are encouraged to make the suggested donation of \$2.00.



*A Healthy Outside
Starts from the Inside*

	Monday	Tuesday	Wednesday	Thursday	Friday
I Jun. 4-8 Jul. 2-6 Aug. 6-10	Jerk Chicken Rice & Peas Cabbage Cake	BLT on Wheat Bread Soup-of-the-Day Fruit Cook-out/Eat IN July 3, 2018 Menu-Chef's Choice	Baked Ziti w/Ground Beef Salad & Pie Closed 7/4/2018 	Salisbury Steak Mashed Potatoes Spinach Pears	Potato Crusted Scrod Roasted Potatoes Sweet Peas Cookies
II Jun. 11-15 Jul. 9-13 Aug. 13-17	Oven Fried Chicken Green Beans Potato Salad Peach	Giant Chef Salad Pie	Spaghetti w/Italian Sausage Caesar Salad Fruit	Ribs Corn-on-the-cob Baked Beans Apple Sauce	Tuna Grinders Chips Soup Ice Cream
III Jun. 18-22 Jul. 16-20 Aug. 20-24	Turkey Sandwich w/lettuce & tomato & cheese Onion Rings Watermelon	Pork Tenderloin Wild Rice Mixed Vegetables Ice Cream	Chicken Caesar Salad Soup Pie	Wall Street Pastrami & Corn Beef w/ Swiss Cheese on Grilled Rye Bread Fries Cake	Fried Whiting French Fries Cole Slaw Cake
IV Jun. 25-29 Jul. 23-26 Aug. 27-31	Baked Chicken Mac and Cheese Mixed Vegetables Fruit	Shrimps w/Fried Rice Spring Rolls Orange	Bacon Cheese Burger w/Lettuce & Tomato French Fries Soup & Cookies	Pork Chops Baked Potatoes Broccoli Apple	Parmesan Crusted Tilapia Roasted Red Potatoes Mixed Vegetables Pears
V Jul. 30- Aug. 3	Chicken Salad on bed of lettuce & tomato Oven Fries Soup & Pie	Hot Dog Onion Rings Chili Cake	Spanish Pork Spanish Rice Broccoli Ice Cream	Pepper Steak Rice Pilaf Green Beans Fruit	Crab Cakes Onion Rings Cole Slaw Peaches

Daily Schedule

Classes/Activities Offered

Monday	Tuesday	Wednesday	Thursday	Friday
Dominoes 9:30a	Dominoes 9:30a	Dominoes 9:30a	Dominoes 9:30a	Dominoes 9:30a
Low Imp Exercise 10:30a-11a	Music Therapy 9:30a-11:45a	Computer 10:30a-11:30a Low Imp Exercise 10:30a-11a	Quilt 10a-12n	Life Class 10a
Aerobics 11a-12n	Quilt 10a-12n	Aerobics 11a-12n	Ping-Pong 12:30p-3p	Computer 10:30a-11:30a
Ping-Pong 12:30p-3p Sewing 1p-3p		Bingo 12:30p-2p	Sewing 1p-3p	Aerobics 11a-12n

What's Happening

- Mobile Food Market – Every other Wednesday 10:30am – 12:00pm.
- Mobile Library – Every other Thursday 10:30am – 12:00pm.
- Food-Share Truck – Every other Thursday 10:00am – 11:00am.
- General Membership Meeting – June – Date TBD.
- Father's Day Acknowledgement - Friday, June 15, 2018.
- Mammogram Van – Tuesday, August 14, 2018, 9:00am.
- Senior Outing at Holiday Hill – Monday, August 20, 2018, Tickets & Transportation details will be posted.
- Renters Rebate: April 1 – October 1, 2018. Members see NeSC Staff for additional information.
- Friends of Keney Park & Keney Park Sustainability Project
- NeSC Courtyard Clean-up & Beautification – Friday, June 15, 2018, 9:00am – 1:00pm.



Aerobics



Low Impact Exercise



Mobile Food Market

~~Newsletters by Email~~

Call us or stop in the Senior Center and give us your email address. We will be happy to add you to our distribution list. Your privacy will be protected and not shared with anyone.

Feel free to call any NeSC staff for activity updates occurring during the months.