



JULY 2024 ACTIVITIES - AGING THROUGH ARTS CENTER

** Funded by the NYC Department for the Aging **

239 W 49th Street
New York, NY 10019
(212) 581-2910 Ext. 1100

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
10:30-11:30a Qi Gong		10:30-11:30a Chair Exercise		10:30-11:30a Qi Gong		CENTER CLOSED Independence Day		CENTER CLOSED Independence Day	
1:30-3:30p Creative Writers Group (held in Chapel)		1:30-2:30p Stretch Bingo!		1:00-2:00p Fused Glass Jewelry Class					
2:30-3:30p Broadway Dance Class				2:00-3:00p Music Appreciation Hour					
8		9		10		11		12	
10:30-11:30a Qi Gong		10:30-11:30a Chair Exercise		10:30-11:30a Qi Gong		10:30-11:30a Chair Yoga (In Person + Virtual)		11:00a-12:00p "Keeping It Cool" Relaxation Tips	
1:30-3:30p Creative Writers Group (held in Chapel)		1:30-2:30p Stretch Bingo!		1:00-2:00p Fused Glass Jewelry Class		2:15-3:15p Karaoke with Nieves		12:00-1:00p Piano Recital with David Paige	
2:30-3:30p Broadway Dance Class		2:30-3:30p Benefits Trivia						1:15-4:15p Movie & Discussion: "Hamilton"	
15		16		17		18		19	
10:30-11:30a Qi Gong		10:30-11:30a Chair Exercise		10:30-11:30a Qi Gong		10:30-11:30a Chair Yoga (In Person + Virtual)		11:00a-12:00p "Keeping It Cool" Relaxation Tips	
1:00-2:00p Poetry Workshop & Open Mic		1:30-2:30p Stretch Bingo!		12:00-2:00p Retail Therapy at Sister Lillian's Bargain Store		12:30-1:30p "I Love Horses" Art Class		1:30-3:45p Movie & Discussion: "Crazy Rich Asians"	
1:30-3:30p Creative Writers Group (held in Chapel)		2:30-3:30p Cognitive Games with Michelle		1:00-2:00p Fused Glass Jewelry Class		2:15-4:00p July Birthday Party			
2:30-3:30p Broadway Dance									
22		23		24		25		26	
10:30-11:30a Qi Gong		10:30-11:30a Chair Exercise		10:30-11:30a Qi Gong		10:30-11:30a Chair Yoga (In Person + Virtual)		11:00a-12:00p "Keeping It Cool" Relaxation Tips	
1:30-3:30p Creative Writers Group (held in Chapel)		1:30-2:30p Stretch Bingo!		12:00-1:00p Piano Recital with Mark Rhatigan		12:30-1:30p Paint Your Own Sun Hat		1:30-3:30p Movie & Discussion: "The Sandlot"	
2:30-3:30p Broadway Dance Class		2:30-3:30p Circle of Hope Support Group with Nieves		1:00-2:00p Fused Glass Jewelry Class		2:00-3:00p Games with Caseworkers			
29		30		31					
10:30-11:30a Qi Gong		10:30-11:30a Chair Exercise		10:30-11:30a Qi Gong					
1:30-3:30p Creative Writers Group (held in Chapel)		1:30-2:30p Stretch Bingo!		1:00-2:00p Fused Glass Jewelry Class					
2:30-3:30p Broadway Dance Class				2:30-3:30p Exercise Through Dance					



JULY 2024 HOT MENU - AGING THROUGH ARTS CENTER

** THE MENU IS SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS **

239 W 49th Street
New York, NY 10019
(212) 581-2910 Ext. 1100

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
Cheese Lasagna Rollups w/ Tomato Sauce Bulgur Salad Steamed Cauliflower Steamed Sliced Carrots <i>Fruit or Juice</i>		Vegetarian Three Bean Chili Baked Brown Rice Pilaf Steamed Carrots <i>Fruit or Juice</i>		Beef Meatloaf w/ Mushroom Gravy Mashed Potatoes California Blend Vegetables <i>Fruit or Juice</i>		CENTER CLOSED Independence Day		CENTER CLOSED Independence Day	
8		9		10		11		12	
Classic Chicken Cacciatore Orzo Prince Edward Blend Vegetables <i>Fruit or Juice</i>		Comforting Red Lentil Bolognese Normandy Blend Vegetables <i>Fruit or Juice</i>		Chicken Kofta w/ Tomato Curry Couscous Steamed Cauliflower <i>Fruit or Juice</i>		Chili con Carne Perfect White Rice Baby Carrots with Parsley <i>Fruit or Juice</i>		Baked Fish Marsala w/ Mushrooms Steamed Green Beans <i>Fruit or Juice</i>	
15		16		17		18		19	
Beef Meatballs in Tomato Sauce & Penne Capri Blend Vegetables <i>Fruit or Juice</i>		Grilled Chicken Breast w/ Mushroom Gravy Brown Rice and Red Beans Steamed Spinach Stewed Tomatoes <i>Fruit or Juice</i>		Spiced Lentil and Sweet Potato Curry Pearled Barley Beets and Baby Carrots with Dill <i>Fruit or Juice</i>		Chicken Scallopini Fettuccine with Sauce Broccoli and Red Peppers <i>Fruit or Juice</i>		Teriyaki Baked Fish Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i>	
22		23		24		25		26	
Stuffed Shells with Cheese, Beef Sauce with Peppers and Onions California Blend Vegetables <i>Fruit or Juice</i>		Honey Mustard Chicken Drumstick Orzo Steamed Cauliflower Steamed Green Beans <i>Fruit or Juice</i>		Comforting Lentil and Bean Chili Egg Barley with Mushrooms Normandy Blend Vegetables <i>Fruit or Juice</i>		Chicken Francaise Yellow Rice Capri Blend Vegetables <i>Fruit or Juice</i>		Homemade Coconut Breaded Fish Broccoli and Red Peppers Cuban Black Beans <i>Fruit or Juice</i>	
29		30		31					
BBQ Chicken Breasts Black Beans and Rice Italian Blend Vegetables <i>Fruit or Juice</i>		Brown Stew Chicken Steamed Cauliflower <i>Fruit or Juice</i>		Caribbean Curry with Chickpeas and Spinach Baked Brown Rice Pilaf Normandy Blend Vegetables <i>Fruit or Juice</i>					



JULY 2024 ACTIVITIES - LIFELONG LEARNING CENTER

** Funded by the NYC Department for the Aging **

755 10th Avenue
New York, NY 10019
(212) 991-3727 Ext. 1140

Tuesday		Wednesday		Thursday		Friday		Saturday	
2		3		4		5		6	
10:00-11:00a Chair Exercise 12:00-1:00p Elder Abuse Prevention Workshop 1:00-2:00p Tango Through Life		10:00-11:00a Chair Exercise 11:00a-12:00p Garden Club		CENTER CLOSED Independence Day		CENTER CLOSED Independence Day		10:00-11:00a Chair Exercise 1:00-2:00p The MET Art Project 3:00-4:00p Stretch Bingo!	
9		10		11		12		13	
10:00-11:00a Chair Exercise 1:00-2:00p Tango Through Life		10:00-11:00a Chair Exercise 11:00a-12:00p Garden Club		10:00-11:00a Chair Exercise 12:00-1:00p Nutrition Education Workshop		10:00-11:00a Chair Exercise 12:00-3:00p Independence BBQ		10:00-11:00a Chair Exercise 1:00-2:00p The MET Art Project 3:00-4:00p Stretch Bingo!	
16		17		18		19		20	
10:00-11:00a Chair Exercise 11:15a-12:15p "I Love Horses" Art Class 1:00-2:00p Tango Through Life		10:00-11:00a Chair Exercise 11:00a-12:00p Garden Club		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise 11:30a-12:30p BP Screening 1:00-2:00p Stretch Bingo! 2:00-4:15p Movie & Discussion: "Hamilton"		10:00-11:00a Chair Exercise 1:00-2:00p The MET Art Project 3:00-4:00p Stretch Bingo!	
23		24		25		26		27	
10:00-11:00a Chair Exercise 11:15a-12:15p Paint Your Own Sun Hat 1:00-2:00p Tango Through Life		10:00-11:00a Chair Exercise 11:00a-12:00p Garden Club 1:30-2:30p July Birthday Dance Party with Live DJ!		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise 11:30a-12:30p BP Screening 1:00-2:00p Stretch Bingo! 2:00-4:15p Movie & Discussion: "Crazy Rich Asians"		10:00-11:00a Chair Exercise 1:00-2:00p The MET Art Project 3:00-4:00p Stretch Bingo!	
30		31							
10:00-11:00a Chair Exercise 1:00-2:00p Tango Through Life		10:00-11:00a Chair Exercise							
									



JULY 2024 HOT MENU - LIFELONG LEARNING CENTER

** THE MENU IS SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS **

755 10th Avenue
New York, NY 10019
(212) 991-3727 Ext. 1140

Tuesday		Wednesday		Thursday		Friday		Saturday	
2		3		4		5		6	
Vegetarian Three Bean Chili Baked Brown Rice Pilaf Steamed Carrots <i>Fruit or Juice</i>		Beef Meatloaf w/ Mushroom Gravy Mashed Potatoes California Blend Vegetables <i>Fruit or Juice</i>		CENTER CLOSED Independence Day		CENTER CLOSED Independence Day		Mexican Style Chicken Thighs and Rice Steamed Broccoli Steamed Green Beans <i>Fruit or Juice</i>	
9		10		11		12		13	
Comforting Red Lentil Bolognese Normandy Blend Vegetables <i>Fruit or Juice</i>		Chicken Kofta w/ Tomato Curry Couscous Steamed Cauliflower <i>Fruit or Juice</i>		Chili con Carne Perfect White Rice Baby Carrots with Parsley <i>Fruit or Juice</i>		Baked Fish Marsala w/ Mushrooms Steamed Green Beans <i>Fruit or Juice</i>		BBQ Pork Chops Baked Sweet Potato California Blend Vegetables <i>Fruit or Juice</i>	
16		17		18		19		20	
Grilled Chicken Breast w/ Mushroom Gravy Brown Rice and Red Beans Steamed Spinach Stewed Tomatoes <i>Fruit or Juice</i>		Spiced Lentil and Sweet Potato Curry Pearled Barley Beets and Baby Carrots with Dill <i>Fruit or Juice</i>		Chicken Scallopini Fettuccine with Sauce Broccoli and Red Peppers <i>Fruit or Juice</i>		Teriyaki Baked Fish Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i>		Whole Wheat Macaroni and Cheese Capri Blend Vegetables Steamed Green Beans <i>Fruit or Juice</i>	
23		24		25		26		27	
Honey Mustard Chicken Drumstick Orzo Steamed Cauliflower Steamed Green Beans <i>Fruit or Juice</i>		Comforting Lentil and Bean Chili Egg Barley with Mushrooms Normandy Blend Vegetables <i>Fruit or Juice</i>		Chicken Francaise Yellow Rice Capri Blend Vegetables <i>Fruit or Juice</i>		Homemade Coconut Breaded Fish Broccoli and Red Peppers Cuban Black Beans <i>Fruit or Juice</i>		Baked Ziti w/ Ricotta Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>	
30		31							
Brown Stew Chicken Steamed Cauliflower <i>Fruit or Juice</i>		Caribbean Curry with Chickpeas and Spinach Baked Brown Rice Pilaf Normandy Blend Vegetables <i>Fruit or Juice</i>							