

# SEPTEMBER 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
<b>2</b> <b>CENTER CLOSED</b> <b>Labor Day Holiday</b>	<b>3</b> 10:30-11:30a Chair Exercise 12:00-1:00p Sing-a-long Piano with Mark Rhatigan 1:30-2:30p Stretch Bingo! 2:30-3:30p Encore Poet Society	<b>4</b> 10:30-11:30a Qi Gong 1:00-2:00p Fused Glass Jewelry 2:00-3:00p Zumba Class with Frances	<b>5</b> 10:30-11:30a Chair Yoga (In Person + Virtual) 1:00-2:00p Handmade Cards with Crystal P. 2:00-3:00p Karaoke Party with Nieves	<b>6</b> 12:00-1:00p Read-A-Book Club with Michelle 1:30-3:45p Movie & Discussion: "Selena"
<b>9</b> 10:30-11:30a Qi Gong 1:30-3:30p Creative Writers Group (held in Chapel) 2:30-3:30p Broadway Dance	<b>10</b> 10:30-11:30a Chair Exercise 12:00-1:00p Sing-a-long Piano with Mark Rhatigan 1:30-2:30p Stretch Bingo! 2:30-3:30p Encore Poet Society	<b>11</b> 10:30-11:30a Qi Gong 11:30a-1:30p Retail Therapy 1:00-2:00p Fused Glass Jewelry 2:00-3:00p Zumba Class with Frances	<b>12</b> 10:30-11:30a Chair Yoga (In Person + Virtual) 1:00-2:00p Handmade Cards with Crystal P. 2:15-3:15p Nutrition Education: "Eat More Plant Foods"	<b>13</b> 12:00-1:00p Domino Challenge with Autrice 1:30-3:00p Movie & Discussion: "Born in China"
<b>16</b> 10:30-11:30a Qi Gong 1:30-3:30p Creative Writers Group (held in Chapel) 2:30-3:30p Broadway Dance	<b>17</b> 10:30-11:30a Chair Exercise 12:00-1:00p Sing-a-long Piano with Mark Rhatigan 1:30-2:30p Stretch Bingo! 2:30-3:30p Encore Poet Society	<b>18</b> 10:30-11:30a Qi Gong 12:00-1:00p Live Performance: Sing For Your Seniors 1:00-2:00p Fused Glass Jewelry 2:00-3:00p Zumba Class with Frances	<b>19</b> 10:30-11:30a Chair Yoga (In Person + Virtual) 1:00-2:00p Handmade Cards with Crystal P. 2:00-3:00p Falls Prevention Workshop	<b>20</b> 12:00-1:00p Benefits Trivia with Matthew 1:30-3:30p Movie & Discussion: "Kubo and the Two Strings"
<b>23</b> 10:30-11:30a Qi Gong 1:30-3:30p Creative Writers Group (held in Chapel) 2:30-3:30p Broadway Dance	<b>24</b> 10:30-11:30a Chair Exercise 12:00-1:00p Sing-a-long Piano with Mark Rhatigan 1:30-2:30p Stretch Bingo! 2:30-3:30p Encore Poet Society	<b>25</b> 10:30-11:30a Qi Gong 1:00-2:00p Fused Glass Jewelry 2:00-3:00p Zumba Class with Frances	<b>26</b> 10:30-11:30a Chair Yoga (In Person + Virtual) 12:00-1:00p Elder Abuse Prevention Workshop 1:00-2:00p Handmade Cards 2:15-4:00p September Birthday Party	<b>27</b> 1:30-3:15p Movie & Discussion: "Dick Johnson Is Dead"
<b>30</b> 10:30-11:30a Qi Gong 1:30-3:30p Creative Writers Group (held in Chapel) 2:30-3:30p Broadway Dance				



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Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
<b>CENTER CLOSED</b>  <b>Labor Day Holiday</b>		<b>Honey Mustard Chicken Drumstick</b> Orzo Steamed Cauliflower, Steamed Green Beans <i>Fruit or Juice</i>		<b>Comforting Lentil and Bean Chili</b> Egg Barley with Mushrooms Normandy Blend Vegetables <i>Fruit or Juice</i>		<b>Chicken Francaise</b> Yellow Rice Capri Blend Vegetables <i>Fruit or Juice</i>		<b>Homemade Coconut Breaded Fish</b> Broccoli and Red Peppers Cuban Black Beans <i>Fruit or Juice</i>	
9		10		11		12		13	
<b>BBQ Chicken Breasts</b> Black Beans and Rice Italian Blend Vegetables <i>Fruit or Juice</i>		<b>Brown Stew Chicken</b> Steamed Cauliflower <i>Fruit or Juice</i>		<b>Caribbean Curry with Chickpeas and Spinach</b> Baked Brown Rice Pilaf Normandy Blend Vegetables <i>Fruit or Juice</i>		<b>Sweet and Sour Pork with Pineapple</b> Roasted Potatoes California Blend Vegetables <i>Fruit or Juice</i>		<b>Baked Fish with Rustic Tomato Sauce</b> Couscous California Blend Vegetables <i>Fruit or Juice</i>	
16		17		18		19		20	
<b>Coconut Curried Chicken Breast with Vegetables</b> Rice and Beans Normandy Blend Vegetables <i>Fruit or Juice</i>		<b>BBQ Pork Chops</b> Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>		<b>Eggplant Chickpea Tagine</b> Baked Brown Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i>		<b>Chicken Meatballs with Mushroom Gravy</b> Egg Noodles Steamed Sliced Carrots <i>Fruit or Juice</i>		<b>Breaded Fish Fillet with Yogurt Tartar Sauce</b> Sautéed Spinach and Tomatoes <i>Fruit or Juice</i>	
23		24		25		26		27	
<b>Cheese Lasagna Rollups with Tomato Sauce</b> Bulgur Salad Steamed Cauliflower Steamed Sliced Carrots <i>Fruit or Juice</i>		<b>Vegetarian Three Bean Chili</b> Baked Brown Rice Pilaf Steamed Carrots <i>Fruit or Juice</i>		<b>Beef Meatloaf with Mushroom Gravy</b> Mashed Potatoes California Blend Vegetables <i>Fruit or Juice</i>		<b>Smokey Black Bean and Sweet Potato Chili</b> Winter Blend Vegetables <i>Fruit or Juice</i>		<b>Spanish Style Baked Fish</b> Couscous with Peas and Lemon Spiced Mixed Vegetables <i>Fruit or Juice</i>	
30									
<b>Classic Chicken Cacciatore</b> Orzo Prince Edward Vegetables <i>Fruit or Juice</i>									



# SEPTEMBER 2024 ACTIVITIES - LIFELONG LEARNING CENTER

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

\*\* FUNDED BY THE NYC DEPARTMENT FOR THE AGING \*\*

Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>	
10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise	
11:00a-12:00p Nutrition Education: "The Power of Plant-based Diets"		11:00a-12:00p Garden Club				11:30a-12:30p BP Screening		1:00-2:00p The MET Art Project	
1:00-2:00p Healthy Aging Through Tango						1:00-2:00p Stretch Bingo!		3:00-4:00p Stretch Bingo!	
						2:00-3:30p Movie & Discussion: "Born in China"			
<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>	
10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise	
11:00a-12:00p Healthy Food Pictionary!		11:00a-12:00p Garden Club		12:00-1:00p Nutrition Education: "Eat More Plant Foods"		11:30a-12:30p BP Screening		1:00-2:00p The MET Art Project	
1:00-2:00p Healthy Aging Through Tango						1:00-2:00p Stretch Bingo!		3:00-4:00p Stretch Bingo!	
						2:00-4:15p Movie & Discussion: "Selena"			
<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>	
10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise	
1:00-2:00p Healthy Aging Through Tango		11:00a-12:00p Mid-Autumn Tea Party		12:00-1:00p Falls Prevention Workshop		11:30a-12:30p BP Screening		1:00-2:00p The MET Art Project	
						1:00-2:00p Stretch Bingo!		3:00-4:00p Stretch Bingo!	
						2:00-3:45p Movie & Discussion: "Dick Johnson Is Dead"			
<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>	
10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise	
1:00-2:00p Healthy Aging Through Tango		11:00a-12:00p Garden Club		2:00-3:00p Elder Abuse Prevention Workshop		11:30a-12:30p BP Screening		1:00-2:00p The MET Art Project	
		1:30-2:30p September Birthday Party				1:00-2:00p Stretch Bingo!		3:00-4:00p Stretch Bingo!	
		3:00-4:00p Fused Glass Jewelry Class				2:00-4:00p Movie & Discussion: "Kubo and the Two Strings"			



# SEPTEMBER 2024 ACTIVITIES - LIFELONG LEARNING CENTER

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

## Tuesday                      Wednesday                      Thursday                      Friday                      Saturday

3                      4                      5                      6                      7

<b>Honey Mustard Chicken Drumstick</b> Orzo Steamed Cauliflower, Steamed Green Beans <i>Fruit or Juice</i>	<b>Comforting Lentil and Bean Chili</b> Egg Barley with Mushrooms Normandy Blend Vegetables <i>Fruit or Juice</i>	<b>Chicken Francaise</b> Yellow Rice Capri Blend Vegetables <i>Fruit or Juice</i>	<b>Homemade Coconut Breaded Fish</b> Broccoli and Red Peppers Cuban Black Beans <i>Fruit or Juice</i>	<b>Baked Ziti with Ricotta</b> Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>
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10                      11                      12                      13                      14

<b>Brown Stew Chicken</b> Steamed Cauliflower <i>Fruit or Juice</i>	<b>Caribbean Curry with Chickpeas and Spinach</b> Baked Brown Rice Pilaf Normandy Blend Vegetables <i>Fruit or Juice</i>	<b>Sweet and Sour Pork with Pineapple</b> Roasted Potatoes California Blend Vegetables <i>Fruit or Juice</i>	<b>Baked Fish with Rustic Tomato Sauce</b> Couscous California Blend Vegetables <i>Fruit or Juice</i>	<b>Cheese Lasagna Rollups with Tomato Sauce</b> Broccoli and Red Peppers Steamed Green Beans <i>Fruit or Juice</i>
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17                      18                      19                      20                      21

<b>BBQ Pork Chops</b> Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>	<b>Eggplant Chickpea Tagine</b> Baked Brown Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i>	<b>Chicken Meatballs with Mushroom Gravy</b> Egg Noodles Steamed Sliced Carrots <i>Fruit or Juice</i>	<b>Breaded Fish Fillet with Yogurt Tartar Sauce</b> Sautéed Spinach and Tomatoes <i>Fruit or Juice</i>	<b>Chicken Stir Fry with Vegetables</b> California Blend Vegetables <i>Fruit or Juice</i>
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24                      25                      26                      27                      28

<b>Vegetarian Three Bean Chili</b> Baked Brown Rice Pilaf Steamed Carrots <i>Fruit or Juice</i>	<b>Beef Meatloaf with Mushroom Gravy</b> Mashed Potatoes California Blend Vegetables <i>Fruit or Juice</i>	<b>Smokey Black Bean and Sweet Potato Chili</b> Winter Blend Vegetables <i>Fruit or Juice</i>	<b>Spanish Style Baked Fish</b> Couscous with Peas and Lemon Spiced Mixed Vegetables <i>Fruit or Juice</i>	<b>Mexican Style Chicken Thighs and Rice</b> Steamed Broccoli Steamed Green Beans <i>Fruit or Juice</i>
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