

10:30-11:30a Qi Gong

1:30-2:30p Understanding

1:30-3:30p Creative Writers

2:30-3:30p "Staying Bright"

10:30-11:30a Qi Gong

10:30-11:30a Qi Gong

10:30-11:30a Qi Gong

8:30a-3:00p Mammograms with

12:00-1:00p Jammin' with John

12:00-1:00p Jammin' with John

12:00-1:00p Jammin' with John

1:30-3:30p Creative Writers

2:30-3:30p "Staying Bright"

1:30-3:30p Creative Writers

1:30-3:30p Creative Writers

14

21

28

12:00-1:00p Jammin' with John!

Alzheimer's

Group (held in Chapel)

Mount Sinai Hospital

Group (held in Chapel)

Group (held in Chapel)

Group (held in Chapel)

### OCTOBER 2024 ACTIVITIES - AGING THROUGH ARTS CENTER

239 W 49th Street New York, NY 10019

4

11

25

	** FUNDED BY THE NYC DEPARTMENT FOR THE AGING **					
Monday	Tuesday	Wednesday	Thursday			
	1	2	3			
	10:30-11:30a Chair Exercise	10:30-11:30a Oi Gong	10:30-11:30a Chair Yoga	1		

(212) 581-2910 Ext. 1100 **Friday** 

with Michelle

with Autrice

"Legally Blonde"

with Matthew

1:30-3:15p Movie & Discussion: "Won't You Be My Neighbor"

10:30-11:30a Qi Gong

10:30-11:30a Qi Gong

10:30-11:30a Qi Gong

12:00-1:00p David Paige

12:00-1:00p Benefits Trivia

1:30-3:30p Movie & Discussion:

"Moana"

1:30-3:15p Movie & Discussion:

"Hocus Pocus"

	TONDED DI TITE IV	TO DELITATIONE ITTE	- ACING
Monday	Tuesday	Wednesday	Thurs
	1	2	3
	10:30-11:30a Chair Exercise	10:30-11:30a Qi Gong	10:30-11:30a Ch

1:30-2:30p Stretch Bingo!

10:30-11:30a Chair Exercise

1:30-2:30p Stretch Bingo!

12:00-1:00p Sing-a-long Piano

2:30-3:30p Encore Poet Society

10:30-11:30a Chair Exercise

1:30-2:30p Stretch Bingo!

10:30-11:30a Chair Exercise

1:30-2:30p Stretch Bingo!

12:00-1:00p Sing-a-long Piano

2:30-3:30p Encore Poet Society

10:30-11:30a Chair Exercise

1:30-2:30p Stretch Bingo!

12:00-1:00p Sing-a-long Piano

2:30-3:30p Encore Poet Society

12:00-1:00p Sing-a-long Piano

2:30-3:30p Encore Poet Society

with Mark Rhatigan

with Mark Rhatigan

with Mark Rhatigan

with Mark Rhatigan

8

15

22

29

2:30-3:30p Encore Poet Society

2:00-3:00p Zumba Class

1:00-2:00p Fused Glass Jewelry

1:00-2:00p Fused Glass Jewelry

10:30-11:30a Qi Gong

2:00-3:00p Zumba Class

10:30-11:30a Qi Gong

2:00-3:00p Zumba Class

10:30-11:30a Qi Gong

12:00-2:00p Flu + COVID

2:00-3:00p Zumba Class

3:00-4:00p Crochet Class

10:30-11:30a Qi Gong

2:00-3:00p Zumba Class

vaccinations

1:00-2:00p Fused Glass Jewelry

1:00-2:00p Fused Glass Jewelry

10:30-11:30a Qi Gong n Person + Virtual) 12:00-1:00p Sing-a-long Piano 12:00-1:00p Read A Book Club 1:00-2:00p Fused Glass Jewelry 1:00-2:00p Bracelet Making with Mark Rhatigan

9

16

23

30

12:00-1:00p Domino Challenge 1:00-2:00p Bracelet Making 2:00-3:00p Safety Presentation 1:30-3:15p Movie & Discussion: w/ NYPD 17 18

(In Person + Virtual)

(In Person + Virtual

(In Person + Virtual)

(In Person + Virtual)

2:15-3:30p Karaoke Party!

10:30-11:30a Chair Yoga

10:30-11:30a Chair Yoga

1:00-2:00p Bracelet Making

2:15-4:00p October Birthday

Party!

**EARLY CLOSURE:** 

**CENTER CLOSED AT 1:00PM** 

10:30-11:30a Chair Yoga

10:30-11:30a Chair Yoga

1:00-2:00p Bracelet Making

2:15-4:15p Halloween Party

w/ DJ Frances!

10

24

31



**Monday** 

Capri Blend Vegetables

#### OCTOBER 2024 ACTIVITIES - AGING THROUGH ARTS CENTER

Wednesday

2

**Tuesday** 

Steamed Green Beans

1

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

**Friday** 

** THE MENU IS SUBJECT TO CHANGE/SU	<b>JBSTITUTION</b>	<b>PENDING AVAILABILITY</b>	OF ITEMS **

	Comforting Red Lentil Bolognese Normandy Blend Vegetables Fruit or Juice	Chicken Kofta w/ Tomato Curry Couscous Steamed Cauliflower Fruit or Juice	Chili con Carne Perfect White Rice Baby Carrots with Parsley Fruit or Juice	Baked Fish Marsala w/ Mushrooms Steamed Green Beans Yellow Plantains Fruit or Juice
7	8	9	10	11
Beef Meatballs in Tomato Sauce Penne Capri Blend Vegetables Fruit or Juice	Grilled Chicken Breast w/ Mushroom Gravy Brown Rice and Red Beans Steamed Spinach Stewed Tomatoes Fruit or Juice	Spiced Lentil and Sweet Potato Curry Pearled Barley Beets and Baby Carrots with Dill Fruit or Juice	Chicken Scallopini Fettuccine with Sauce Broccoli and Red Peppers Fruit or Juice	Teriyaki Baked Fish Rice Pilaf California Blend Vegetables Fruit or Juice
14	15	16	17	18
Beef Meat Sauce w/ Peppers and Onions & Stuffed Shells w/ Cheese	Honey Mustard Chicken Drumstick Orzo Steamed Cauliflower	Comforting Lentil and Bean Chili Egg Barley with Mushrooms	Chicken Francese Yellow Rice	Homemade Coconut Breaded Fish Broccoli and Red Peppers

**Homemade Coconut Breaded Fish** roccoli and Red Peppers Capri Blend Vegetables Cuban Black Beans Fruit or Juice Fruit or Juice

4

Fruit or Juice Fruit or Juice Fruit or Juice 23 21 22 24 25 **Caribbean Curry** Sweet and Sour Pork **Baked Fish BBQ Chicken Breasts Brown Stew Chicken** w/ Chickpeas and Spinach w/ Pineapple w/ Rustic Tomato Sauce Black Beans and Rice Steamed Cauliflower **Roasted Potatoes** Baked Brown Rice Pilaf Couscous Italian Blend Vegetables **Yellow Plantains** Normandy Blend Vegetables California Blend Vegetables California Blend Vegetables Fruit or Juice 29 30 31 28

Normandy Blend Vegetables

#### **Coconut Curried Chicken BBQ Pork Chops Breast w/ Vegetables** Baked Sweet Potato Rice and Beans Steamed Broccoli Normandy Blend Vegetables Fruit or Juice Fruit or Juice

**Eggplant Chickpea Tagine** Baked Brown Rice Pilaf California Blend Vegetables Fruit or Juice

**Chicken Meatballs** w/ Mushroom Gravy Egg Noodles Steamed Sliced Carrots Fruit or Juice

**Thursday** 

3





1

Tuesday

9:00a-12:00p Garden Cover Crop

10:00-11:00a Chair Exercise

## **OCTOBER 2024 ACTIV**

3

Wednesday

10:00-11:00a Chair Exercise

2

755 10th Avenue New York, NY 10019 (212) 581-3492

10:00-11:00a Chair Exercise

1:00-2:00p The MET Art Project

5

Saturday

Friday

10:00-11:00a Chair Exercise

11:30a-12:30p BP Screening

4

Jammin' with John! 1:00-2:00p Stretch Bingo!

 024 AC	IIVII	IES -	LIFEL	JING L	CARIVIII	NG CEIN	ICR
** FUNDED	BY THE	NYC DEPA	RTMENT	<b>FOR THE</b>	AGING **		

Thursday

10:00-11:00a Chair Exercise

12:00-1:00p Live Performance:

			2:00-3:45p Movie & Discussion: "Legally Blonde"	3:00-4:00p Stretch Bingo!
8	9	10	11	12
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
	2:00-4:00p Flu + COVID vaccinations	12:00-1:00p Live Performance: Jammin' with John!	11:30a-12:30p BP Screening 1:00-2:00p Stretch Bingo!	1:00-2:00p The MET Art Project
		1:30-3:00p Hispanic Heritage Potluck Party!	2:00-4:00p Movie & Discussion: "Moana"	3:00-4:00p Stretch Bingo!
15	16	17	18	19
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 Knitting/Crochet		11:00-11:45a Encore Explorers	11:30a-12:30p BP Screening	1:00-2:00p The MET Art Project
Club		Club	1:00-2:00p Stretch Bingo!	1.00 2.00p The MET ARTTOJECT
		12:00-1:00p Live Performance: Jammin' with John!	2:00-3:45p Movie & Discussion: "Hocus Pocus"	3:00-4:00p Stretch Bingo!
22	23	24	25	26
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
		11:00-11:45a Encore Explorers Club	11:30a-12:30p BP Screening 1:00-2:00p Stretch Bingo!	1:00-2:00p The MET Art Project
		12:00-1:00p Live Performance: Jammin' with John!	2:00-4:00p Wholesome Halloween Party!	3:00-4:00p Stretch Bingo!
29	30	31		
10:00-11:00a Chair Exercise	10:00-11:00a Chair Exercise	10:00-11:00a Chair Exercise		
11:00a-12:00p Knitting/Crochet Club	1:30-2:30p October Birthday Party	11:00-11:45a Encore Explorers Club	Lifelong Learning	
	3:00-4:00p Fused Glass Jewelry Class	12:00-1:00p Live Performance: Jammin' with John!	Center	



1

15

22

29

#### OCTOBER 2024 MENU - LIFELONG LEARNING CENTER

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

3

10

17

24

31

755 10th Avenue New York, NY 10019 (212) 581-3492

Saturday

5

12

19

26

Comforting Red Lentil Bolognese

**Tuesday** 

Normandy Blend Vegetables
Fruit or Juice

#### Chicken Kofta w/ Tomato Curry

2

9

16

23

30

Wednesday

Couscous
Steamed Cauliflower
Fruit or Juice

#### Chili con Carne

**Thursday** 

Perfect White Rice
Baby Carrots with Parsley
Fruit or Juice

#### Baked Fish Marsala w/ Mushrooms

**Friday** 

4

11

18

25

Steamed Green Beans
Yellow Plantains
Fruit or Juice

#### **BBQ Pork Chops**

Baked Sweet POtato
California Blend Vegetables
Fruit or Juice

# 6 Grilled Chicken Breast w/ Mushroom Gravy

Brown Rice and Red Beans Steamed Spinach Stewed Tomatoes Fruit or Juice

#### Spiced Lentil and Sweet Potato Curry

Pearled Barley
Beets and Baby Carrots
with Dill
Fruit or Juice

#### Chicken Scallopini

Fettuccine with Sauce
Broccoli and Red Peppers
Fruit or Juice

#### Teriyaki Baked Fish

Rice Pilaf
California Blend Vegetables
Fruit or Juice

#### Whole Wheat Macaroni and Cheese

Steamed Green Beans Capri Blend Vegetables *Fruit or Juice* 

#### Honey Mustard Chicken Drumstick

Orzo
Steamed Cauliflower
Steamed Green Beans
Fruit or Juice

#### Comforting Lentil and Bean Chili

Egg Barley with Mushrooms
Normandy Blend Vegetables
Fruit or Juice

#### Chicken Francese

Yellow Rice
Capri Blend Vegetables
Fruit or Juice

#### Homemade Coconut Breaded Fish

Broccoli and Red Peppers
Cuban Black Beans
Fruit or Juice

#### **Baked Ziti with Ricotta**

Steamed Carrots
Steamed Green Beans
Fruit or Juice

#### Brown Stew Chicken

Steamed Cauliflower Yellow Plantains Fruit or Juice

# Caribbean Curry w/ Chickpeas and Spinach

Baked Brown Rice Pilaf
Normandy Blend Vegetables
Fruit or Juice

# Sweet and Sour Pork w/ Pineapple

Roasted Potatoes
California Blend Vegetables
Fruit or Juice

#### Baked Fish w/ Rustic Tomato Sauce

Couscous
California Blend Vegetables
Fruit or Juice

#### Cheese Lasagna Rollups w/ Tomato Sauce

Broccoli and Red Peppers Steamed Green Beans Fruit or Juice

# BBQ Pork Chops

Baked Sweet Potato
Steamed Broccoli
Fruit or Juice

### Eggplant Chickpea Tagine

Baked Brown Rice Pilaf
California Blend Vegetables
Fruit or Juice

#### Chicken Meatballs w/ Mushroom Gravy

Egg Noodles
Steamed Sliced Carrots
Fruit or Juice

