



OCTOBER 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	7	8	9	10	11
		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	10:30-11:30a Qi Gong 1:00-2:00p Fused Glass Jewelry 2:00-3:00p Zumba Class	10:30-11:30a Chair Yoga (In Person + Virtual) 1:00-2:00p Bracelet Making 2:15-3:30p Karaoke Party!	10:30-11:30a Qi Gong 12:00-1:00p Read A Book Club with Michelle 1:30-3:15p Movie & Discussion: "Won't You Be My Neighbor"	10:30-11:30a Qi Gong 12:00-1:00p Jammin' with John! 1:30-2:30p Understanding Alzheimer's 1:30-3:30p Creative Writers Group (held in Chapel) 2:30-3:30p "Staying Bright"	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	10:30-11:30a Qi Gong 1:00-2:00p Fused Glass Jewelry 2:00-3:00p Zumba Class	10:30-11:30a Chair Yoga (In Person + Virtual) 1:00-2:00p Bracelet Making 2:00-3:00p Safety Presentation w/ NYPD	10:30-11:30a Qi Gong 12:00-1:00p Domino Challenge with Autrice 1:30-3:15p Movie & Discussion: "Legally Blonde"
14	15	16	17	18	21	22	23	24	25	
8:30a-3:00p Mammograms with Mount Sinai Hospital 10:30-11:30a Qi Gong 12:00-1:00p Jammin' with John 1:30-3:30p Creative Writers Group (held in Chapel)	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	10:30-11:30a Qi Gong 1:00-2:00p Fused Glass Jewelry 2:00-3:00p Zumba Class	10:30-11:30a Chair Yoga (In Person + Virtual) 1:00-2:00p Bracelet Making 2:15-4:00p October Birthday Party!	10:30-11:30a Qi Gong 12:00-1:00p Benefits Trivia with Matthew 1:30-3:30p Movie & Discussion: "Moana"	10:30-11:30a Qi Gong 12:00-1:00p Jammin' with John 1:30-3:30p Creative Writers Group (held in Chapel)	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	10:30-11:30a Qi Gong 12:00-2:00p Flu + COVID vaccinations 1:00-2:00p Fused Glass Jewelry 2:00-3:00p Zumba Class 3:00-4:00p Crochet Class	EARLY CLOSURE: CENTER CLOSED AT 1:00PM	10:30-11:30a Qi Gong 12:00-1:00p David Paige 1:30-3:15p Movie & Discussion: "Hocus Pocus"	
28	29	30	31							
10:30-11:30a Qi Gong 12:00-1:00p Jammin' with John 1:30-3:30p Creative Writers Group (held in Chapel) 2:30-3:30p "Staying Bright"	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	10:30-11:30a Qi Gong 1:00-2:00p Fused Glass Jewelry 2:00-3:00p Zumba Class	10:30-11:30a Chair Yoga (In Person + Virtual) 1:00-2:00p Bracelet Making 2:15-4:15p Halloween Party w/ DJ Frances!							



OCTOBER 2024 ACTIVITIES - 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	6	7	8	
		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 Yellow Plantains <i>Fruit or Juice</i>					
9	10	11	12	13	14	15	16	17	18	
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>						
19	20	21	22	23	24	25	26	27	28	
Beef Meat Sauce w/ Peppers and Onions & Stuffed Shells w/ Cheese Capri 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 Francese 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	32	33	34	35	36	37	38	
BBQ Chicken Breasts Black Beans and Rice Italian Blend Vegetables <i>Fruit or Juice</i>	Brown Stew Chicken Steamed Cauliflower Yellow Plantains <i>Fruit or Juice</i>	Caribbean Curry w/ Chickpeas and Spinach Baked Brown Rice Pilaf Normandy Blend Vegetables <i>Fruit or Juice</i>	Sweet and Sour Pork w/ Pineapple Roasted Potatoes California Blend Vegetables <i>Fruit or Juice</i>	Baked Fish w/ Rustic Tomato Sauce Couscous California Blend Vegetables <i>Fruit or Juice</i>						
39	40	41	42	43	44	45	46	47	48	
Coconut Curried Chicken Breast w/ Vegetables Rice and Beans Normandy Blend Vegetables <i>Fruit or Juice</i>	BBQ Pork Chops Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>	Eggplant Chickpea Tagine Baked Brown Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i>	Chicken Meatballs w/ Mushroom Gravy Egg Noodles Steamed Sliced Carrots <i>Fruit or Juice</i>							



OCTOBER 2024 ACTIVITIES - LIFELONG LEARNING CENTER

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

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

Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2		3		4		5	
9:00a-12:00p Garden Cover Crop		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				12:00-1:00p Live Performance: Jammin' with John!		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: "Legally Blonde"			
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 The MET Art Project	
				1:30-3:00p Hispanic Heritage Potluck Party!		1:00-2:00p Stretch Bingo!		3:00-4:00p Stretch Bingo!	
						2:00-4:00p Movie & Discussion: "Moana"			
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 Club				11:00-11:45a Encore Explorers Club		11:30a-12:30p BP Screening		1:00-2:00p The MET Art Project	
				12:00-1:00p Live Performance: Jammin' with John!		1:00-2:00p Stretch Bingo!		3:00-4:00p Stretch Bingo!	
						2:00-3:45p Movie & Discussion: "Hocus Pocus"			
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 The MET Art Project	
				12:00-1:00p Live Performance: Jammin' with John!		1:00-2:00p Stretch Bingo!		3:00-4:00p Stretch Bingo!	
						2:00-4:00p Wholesome Halloween Party!			
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					
		3:00-4:00p Fused Glass Jewelry Class		12:00-1:00p Live Performance: Jammin' with John!					



OCTOBER 2024 MENU - LIFELONG LEARNING CENTER

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

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

Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2		3		4		5	
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 Yellow Plantains <i>Fruit or Juice</i>		BBQ Pork Chops Baked Sweet Potato California Blend Vegetables <i>Fruit or Juice</i>	
8		9		10		11		12	
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 Steamed Green Beans Capri Blend Vegetables <i>Fruit or Juice</i>	
15		16		17		18		19	
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 Francese 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 with Ricotta Steamed Carrots Steamed Green Beans <i>Fruit or Juice</i>	
22		23		24		25		26	
Brown Stew Chicken Steamed Cauliflower Yellow Plantains <i>Fruit or Juice</i>		Caribbean Curry w/ Chickpeas and Spinach Baked Brown Rice Pilaf Normandy Blend Vegetables <i>Fruit or Juice</i>		Sweet and Sour Pork w/ Pineapple Roasted Potatoes California Blend Vegetables <i>Fruit or Juice</i>		Baked Fish w/ Rustic Tomato Sauce Couscous California Blend Vegetables <i>Fruit or Juice</i>		Cheese Lasagna Rollups w/ Tomato Sauce Broccoli and Red Peppers Steamed Green Beans <i>Fruit or Juice</i>	
29		30		31					
BBQ Pork Chops Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>		Eggplant Chickpea Tagine Baked Brown Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i>		Chicken Meatballs w/ Mushroom Gravy Egg Noodles Steamed Sliced Carrots <i>Fruit or Juice</i>					