

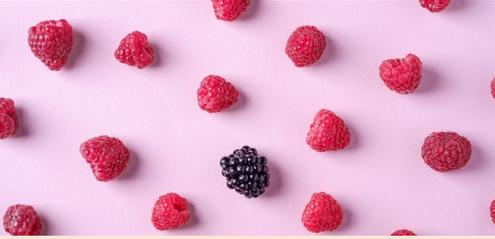
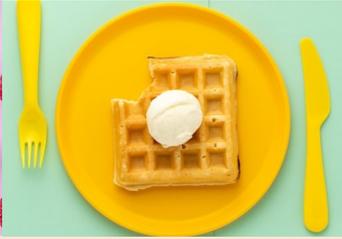
MAY 2024 ACTIVITIES - AGING THROUGH ARTS CENTER

239 W 49th Street
New York, NY 10019

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
		AAPI Heritage Month Jewish American Heritage Older Americans Month Cinco de Mayo = 5/5 Mother's Day = 5/12 Memorial Day = 5/27		11:00-12:00p Latin Dance Class 1:00-2:00p Glass Jewelry Class		10:30-11:30a Chair Yoga <i>(In Person)</i> 2:30-3:30p Salsa Dance Exercise		10:30-11:30a Qi Gong 12:30-1:30p Amate Bark Paintings 2:00-4:20p Movie & Discussion: "Star Wars Episode 1: Phantom Menace"	
		6		7		8		9	
10:30-11:30a Learning through Nature Art Class 12:00-1:30p Cinco de Mayo Celebration! 1:30-3:30p Creative Writers Group <i>(held in Chapel)</i>		10:30-11:30a Learning through Nature Art Class 1:30-2:30p Stretch Bingo! 2:30-4:00p Drawing It Out!		11:00-12:00p Latin Dance Class 1:00-2:00p Glass Jewelry Class 1:30-2:30p Sing For Your Seniors Performance: Mother's Day		10:30-11:30a Chair Yoga <i>(In Person)</i> 12:00-1:00p Older Adults Consumer Protection Tips 2:30-3:30p Salsa Dance Exercise		10:30-11:30a Qi Gong 2:00-4:00p Movie & Discussion: "Coco"	
13		14		15		16		17	
10:30-11:30a Learning through Nature Art Class 12:00-1:00p Medicare Benefits 1:30-2:30 Bilingual Workshop: High Blood Pressure 1:30-3:30p Creative Writers Group <i>(held in Chapel)</i>		10:30-11:30a Learning through Nature Art Class 1:30-2:30p Stretch Bingo! 2:30-4:00p Drawing It Out!		11:00-12:00p Latin Dance Class 1:00-2:00p Glass Jewelry Class		10:30-11:30a Chair Yoga <i>(In Person)</i> 2:00-4:00p May Birthday Party with DJ Juan Ortega!		10:30-11:30a Qi Gong 1:45-4:15p Movie & Discussion: "Joy Luck Club"	
20		21		22		23		24	
10:30-11:30a Learning through Nature Art Class 1:30-3:30p Creative Writers Group <i>(held in Chapel)</i>		10:30-11:30a Chair Exercise 1:30-2:30p Stretch Bingo! 2:30-4:00p Drawing It Out!		10:30-11:30a Learning through Nature Art Class 1:00-2:00p Glass Jewelry Class 2:15-3:15p Jazz Flute Performance		10:30-11:30a Chair Yoga <i>(In Person)</i> 2:15-3:15p Nutrition Education Workshop		10:30-11:30a Qi Gong 1:30-4:15p Movie & Discussion: "Funny Girl"	
27		28		29		30		31	
CENTER CLOSED Memorial Day Holiday		10:30-11:30a Learning through Nature Art Class 12:00-1:00p National Smile Day Photo Activity 1:30-2:30p Stretch Bingo! 2:30-4:00p Drawing It Out!		9:00a-12:30p Groove Dance Event <i>(off-site)</i> 10:30-11:30a Learning through Nature Art Class 1:00-2:00p Glass Jewelry Class 2:00-3:00p Cervical Cancer Info		10:30-11:30a Chair Yoga <i>(In Person)</i> 2:30-3:30p Salsa Dance Exercise		10:30-11:30a Qi Gong 1:30-4:15p Movie & Discussion: "Top Gun: Maverick"	

MAY 2024 HOT MENU - AGING THROUGH ARTS CENTER

MENU IS SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				Caribbean Curry with Chickpeas and Spinach Baked Brown Rice Pilaf Normandy Blend Vegetables <i>Fruit or Juice</i>		Sweet and Sour Pork with Pineapple California Blend Vegetables Roasted Potatoes <i>Fruit or Juice</i>		Baked Fish with Rustic Tomato Sauce Couscous California Blend Vegetables <i>Fruit or Juice</i>	
6		7		8		9		10	
Coconut Curried Chicken Breast with 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 with Mushroom Gravy Egg Noodles Steamed Sliced Carrots <i>Fruit or Juice</i>		Breaded Fish Fillet with Yogurt Tartar Sauce Sauteed Spinach and Tomatoes <i>Fruit or Juice</i>	
13		14		15		16		17	
Cheese Lasagna Rollups with 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 with Mushroom Gravy California Blend Vegetables Mashed Potatoes <i>Fruit or Juice</i>		Smoky Black Bean and Sweet Potato Chili Winter Blend Vegetables <i>Fruit or Juice</i>		Spanish Style Baked Fish Couscous with Peas Lemon Spiced Mix Vegetables <i>Fruit or Juice</i>	
20		21		22		23		24	
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 with 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 Steamed Green Beans Yellow Plantains <i>Fruit or Juice</i>	
27		28		29		30		31	
CENTER CLOSED Memorial Day Holiday		Grilled Chicken Breast with 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>	

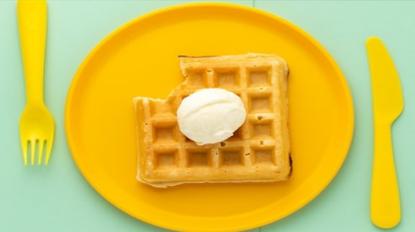
MAY 2024 ACTIVITIES - LIFELONG LEARNING CENTER

755 10th Avenue
New York, NY 10019

Tuesday		Wednesday		Thursday		Friday		Saturday	
		1		2		3		4	
		10:00-11:00a Chair Exercise 1:00-2:00p Tech Talk		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise 11:30a-12:30p Blood Pressure Screening 1:00-2:00p Stretch Bingo! 2:00-4:00p Movie & Discussion: "Coco"		10:00-11:00a Chair Exercise 11:00-12:30p ESL 1:00-2:00p The MET Art Project 3:00-4:00p Stretch Bingo!	
7		8		9		10		11	
10:00-11:00a Chair Exercise 1:00-2:00p Tech Talk 2:30-3:30p Older Adults Consumer Protection Tips		10:00-11:00a Chair Exercise 11:30a-12:30p Amate Bark Paintings 1:00-2:00p Tech Talk		10:00-11:00a Chair Exercise		10:00-11:00a Chair Exercise 11:30a-12:30p Blood Pressure Screening 1:00-2:00p Stretch Bingo! 2:00-4:20p Movie & Discussion: "Star Wars Episode 1: Phantom Menace"		10:00-11:00a Chair Exercise 11:00-12:30p ESL 1:00-2:00p The MET Art Project 3:00-4:00p Stretch Bingo!	
14		15		16		17		18	
10:00-11:00a Chair Exercise 1:00-2:00p Tech Talk		10:00-11:00a Chair Exercise 11:00a-12:00p Garden Club 1:00-2:00p Tech Talk 2:15-3:15p Focus Group for Tenants (in Spanish)		10:00-11:00a Chair Exercise 11:30a-12:30p Clay Coasters		10:00-11:00a Chair Exercise 11:30a-12:30p Blood Pressure Screening 1:00-2:00p Stretch Bingo! 2:15-3:15p Focus Group for Tenants (in English)		10:00-11:00a Chair Exercise 11:00-12:30p ESL 1:00-2:00p The MET Art Project 3:00-4:00p Stretch Bingo!	
21		22		23		24		25	
10:00-11:00a Chair Exercise 1:00-2:00p Tech Talk		10:00-11:00a Chair Exercise 11:00a-12:00p Garden Club 1:00-2:00p Tech Talk		10:00-11:00a Chair Exercise 1:00-2:00p Focus Group for AAPI members (in Chinese)		10:00-11:00a Chair Exercise 11:30a-12:30p Blood Pressure Screening 1:00-2:00p Stretch Bingo! 2:00-4:30p Movie & Discussion: "Top Gun: Maverick"		10:00-11:00a Chair Exercise 11:00-12:30p ESL 1:00-2:00p The MET Art Project 3:00-4:00p Stretch Bingo!	
28		29		30		31			
10:00-11:00a Chair Exercise 1:00-2:00p Tech Talk		10:00-11:00a Chair Exercise 11:00a-12:00p Garden Club 2:00p Tech Talk		10:00-11:00a Chair Exercise 1:00-3:00p May Birthday Party!		10:00-11:00a Chair Exercise 11:30a-12:30p Blood Pressure Screening 1:00-2:00p Stretch Bingo! 2:00-4:30p Movie & Discussion: "Joy Luck Club"		AAPI Heritage Month Jewish American Heritage National Blood Pressure Month Older Americans Month Cinco de Mayo = 5/5 Mother's Day = 5/12 Memorial Day = 5/27	

APRIL 2024 HOT MENU - LIFELONG LEARNING CENTER

MENU IS SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS

Tuesday		Wednesday		Thursday		Friday		Saturday		
		1	2	3	4	5	6	7	8	
		Caribbean Curry with Chickpeas and Spinach Baked Brown Rice Pilaf Normandy Blend Vegetables <i>Fruit or Juice</i>	Sweet and Sour Pork with Pineapple California Blend Vegetables Roasted Potatoes <i>Fruit or Juice</i>	Baked Fish with Rustic Tomato Sauce Couscous California Blend Vegetables <i>Fruit or Juice</i>	Cheese Lasagna Rollups with Tomato Sauce Broccoli and Red Peppers Steamed Green Beans <i>Fruit or Juice</i>					
9	10	11	12	13	14	15	16	17	18	
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 with Mushroom Gravy Egg Noodles Steamed Sliced Carrots <i>Fruit or Juice</i>	Breaded Fish Fillet with Yogurt Tartar Sauce Sauteed Spinach and Tomatoes <i>Fruit or Juice</i>	Chicken Stir Fry with Vegetables California Blend Vegetables <i>Fruit or Juice</i>						
19	20	21	22	23	24	25	26	27	28	
Vegetarian Three Bean Chili Baked Brown Rice Pilaf Steamed Carrots <i>Fruit or Juice</i>	Beef Meatloaf with Mushroom Gravy California Blend Vegetables Mashed Potatoes <i>Fruit or Juice</i>	Smoky Black Bean and Sweet Potato Chili Winter Blend Vegetables <i>Fruit or Juice</i>	Spanish Style Baked Fish Couscous with Peas Lemon Spiced Mix Vegetables <i>Fruit or Juice</i>	Mexican Style Chicken Thighs and Rice Steamed Broccoli Steamed Green Beans <i>Fruit or Juice</i>						
29	30	31	32	33	34	35	36	37	38	
Comforting Red Lentil Bolognese Normandy Blend Vegetables <i>Fruit or Juice</i>	Chicken Kofta with 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 Steamed Green Beans Yellow Plantains <i>Fruit or Juice</i>	BBQ Pork Chops Baked Sweet Potato California Blend Vegetables <i>Fruit or Juice</i>						
39	40	41	42	43	44	45	46	47	48	
Grilled Chicken Breast with 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>	