



# 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	
<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>	
10:30-11:30a Qi Gong		10:30-11:30a Chair Exercise		10:30-11:30a Qi Gong		<b>CENTER CLOSED</b> <b>Independence Day</b>		<b>CENTER CLOSED</b> <b>Independence Day</b>	
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					
<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>	
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"	
<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>	
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									
<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>	
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			
<b>29</b>		<b>30</b>		<b>31</b>					
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	
<b>Cheese Lasagna Rollups w/ 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 w/ Mushroom Gravy</b> Mashed Potatoes California Blend Vegetables <i>Fruit or Juice</i>		<b>CENTER CLOSED</b>  <b>Independence Day</b>		<b>CENTER CLOSED</b>  <b>Independence Day</b>	
8		9		10		11		12	
<b>Classic Chicken Cacciatore</b> Orzo Prince Edward Blend Vegetables <i>Fruit or Juice</i>		<b>Comforting Red Lentil Bolognese</b> Normandy Blend Vegetables <i>Fruit or Juice</i>		<b>Chicken Kofta w/ Tomato Curry</b> Couscous Steamed Cauliflower <i>Fruit or Juice</i>		<b>Chili con Carne</b> Perfect White Rice Baby Carrots with Parsley <i>Fruit or Juice</i>		<b>Baked Fish Marsala w/ Mushrooms</b> Steamed Green Beans <i>Fruit or Juice</i>	
15		16		17		18		19	
<b>Beef Meatballs in Tomato Sauce &amp; Penne</b> Capri Blend Vegetables <i>Fruit or Juice</i>		<b>Grilled Chicken Breast w/ Mushroom Gravy</b> Brown Rice and Red Beans Steamed Spinach Stewed Tomatoes <i>Fruit or Juice</i>		<b>Spiced Lentil and Sweet Potato Curry</b> Pearled Barley Beets and Baby Carrots with Dill <i>Fruit or Juice</i>		<b>Chicken Scallopini</b> Fettuccine with Sauce Broccoli and Red Peppers <i>Fruit or Juice</i>		<b>Teriyaki Baked Fish</b> Rice Pilaf California Blend Vegetables <i>Fruit or Juice</i>	
22		23		24		25		26	
<b>Stuffed Shells with Cheese, Beef Sauce with Peppers and Onions</b> California Blend Vegetables <i>Fruit or Juice</i>		<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>	
29		30		31					
<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>					



# JULY 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	
<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>	
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		<b>CENTER CLOSED</b> <b>Independence Day</b>		<b>CENTER CLOSED</b> <b>Independence Day</b>		10:00-11:00a Chair Exercise 1:00-2:00p The MET Art Project 3:00-4:00p Stretch Bingo!	
<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>	
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 11:30a-12:30p <b>BP Screening</b> 1:00-2:00p <b>Stretch Bingo!</b> 2:00-3:45p <b>Movie &amp; Discussion: "Shrek"</b>		10:00-11:00a Chair Exercise 1:00-2:00p The MET Art Project 3:00-4:00p Stretch Bingo!	
<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>	
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!	
<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>	
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!	
<b>30</b>		<b>31</b>							
10:00-11:00a Chair Exercise 1:00-2:00p Tango Through Life		10:00-11:00a Chair Exercise							
									



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