



APRIL 2026 ACTIVITIES – AGING THROUGH ARTS CENTER

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

239 West 49th Street, New York, NY 10019
Phone: (212) 581-2910

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
10:30-11:30a Tai Chi Gentle Fitness
12:00-1:00p Retail Therapy
1:00-1:45p Music Appreciation
1:30-3:00p *Do I Have A Story To Tell!* & Theater Games
2:45-3:30p Coloring Art
CANCELED: ~~Encore Walking Group~~

2
10:30-11:30a Chair Yoga with Jane
12:00-12:45p Drawing Class
12:45-1:30p Art Concepts
2:00-3:00p Flower Oil Roll-ons
3:00-3:45p Coloring Art

3

**CENTER CLOSED:
 SPRING HOLIDAY**

6
**CENTER CLOSED:
 SPRING BREAK HOLIDAY**

7
10:30-11:15a Chair Exercise
11:15a-12:00p Floral Coasters
12:15-1:00p Sing-A-Long Bops
1:30-2:15p Stretch Bingo!
2:30-3:15p Salsa Dance with Desiree
2:45-3:30p Coloring Art

8
10:30-11:30a Tai Chi Gentle Fitness
12:30-1:30p Live Performance:
Sing For Your Seniors
Held at 350 West 49th Street Office
1:30-3:00p *Do I Have A Story To Tell!*
2:00-2:45p Encore Walking Group
2:45-3:30p Coloring Art

9
10:30-11:30a Chair Yoga with Jane
12:00-12:45p Drawing Class
12:45-1:30p Art Concepts
1:30-2:30p *Dietary Fiber and Its Role in Health*

10
10:45-11:30a Qi Gong
11:30a-12:30p Blood Pressure Check
11:30a-12:30p *Fill Your Jar: Life Joys*
12:30-1:15p Music Appreciation
1:30-3:30p Movie & Discussion:
Death of A Unicorn
Held at 350 West 49th Street Office
3:00-4:30p *Do I Have A Story To Tell!*

13
10:30-11:15a Let's Talk Social
Held in the Chapel
12:00-1:00p *Breathe & Stretch*
1:30-3:30p Creative Writers Group
1:00-1:45p Encore Presents:
Feldman the Magnificent
2:30-3:15p Fun & Games
3:30-4:15p Encore Social Club!

14
10:30-11:15a Chair Exercise
11:30a-12:15p Prevent Elder Abuse
 with the NY County DA
12:15-1:00p Sing-A-Long Bops
1:30-2:15p Stretch Bingo!
2:30-3:15p Salsa Dance with Desiree
2:45-3:30p Coloring Art

15
10:30-11:30a Tai Chi Gentle Fitness
12:00-2:00p *Get IDNYC Benefits!*
12:30-1:30p Wellness Hour
Held at 350 West 49th Street Office
1:30-3:00p *Do I Have A Story To Tell!*
1:45-2:45p Herbal Lotion Bars
2:00-2:45p Encore Walking Group
2:45-3:30p Coloring Art

16
10:30-11:30a Chair Yoga with Jane
12:00-12:45p Drawing Class
12:45-1:30p Art Concepts
2:15-4:15p April Birthday Party
 & Dance Celebration!

17
10:45-11:30a Qi Gong
11:30a-12:30p Small Steps
12:30-1:15p Music Appreciation
1:30-3:30p Movie & Discussion:
Chef
Held at 350 West 49th Street Office
3:00-4:30p *Do I Have A Story To Tell!*

20
10:30-11:15a Let's Talk Social
Held in the Chapel
12:00-1:00p *Breathe & Stretch*
1:30-3:30p Creative Writers Group
1:00-1:45p Trivia!
2:30-3:15p Fun & Games
3:30-4:15p Encore Social Club!

21
10:30-11:15a Chair Exercise
11:15a-12:15p Jewelry Making
 with Francisca!
12:15-1:00p Sing-A-Long Bops
1:30-2:15p Stretch Bingo!
2:30-3:15p Salsa Dance with Desiree
2:45-3:30p Coloring Art

22
10:30-11:30a Tai Chi Gentle Fitness
12:15-1:15p Fall Proofing Your Home
Held at 350 West 49th Street Office
1:30-3:00p *Do I Have A Story To Tell!*
2:00-2:45p Encore Walking Group
2:45-3:30p Coloring Art

23
10:30-11:30a Chair Yoga with Jane
12:00-12:45p Drawing Class
12:45-1:30p Art Concepts
2:00-3:00p Stroke Prevention
 with NYC Health+Hospitals/Bellevue
3:00-3:45p Coloring Art

24
10:45-11:30a Qi Gong
11:30a-12:30p Gentle Words
11:30a-12:30p Blood Pressure Check
12:30-1:15p Music Appreciation
1:30-3:00p Movie & Discussion:
Moving On
Held at 350 West 49th Street Office
3:00-4:30p *Do I Have A Story To Tell!*

27
10:30-11:15a Let's Talk Social
Held in the Chapel
12:00-1:00p *Breathe & Stretch*
1:30-3:30p Creative Writers Group
1:00-1:45p Trivia!
2:30-3:15p Fun & Games
3:30-4:15p Encore Social Club!

28
10:30-11:15a Chair Exercise
11:15a-12:15p Jewelry Making
 with Francisca!
12:15-1:00p Sing-A-Long Bops
1:30-2:15p Stretch Bingo!
2:45-3:30p Coloring Art

29
10:30-11:30a Tai Chi Gentle Fitness
12:00-1:00p Book Talk with NYPL
Held at 350 West 49th Street Office
1:30-3:00p *Do I Have A Story To Tell!*
2:00-2:45p Encore Walking Group
2:45-3:30p Coloring Art

30
10:30-11:30a Chair Yoga with Jane
12:00-12:45p Drawing Class
 with Pier Hsu
12:45-1:30p Talk About Art!
1:30-2:15p Elder Abuse Prevention
2:15-3:00p Karaoke
3:30-4:15p Springtime Coloring
 & Crosswords with SBS





APRIL 2026 HOT MENU – AGING THROUGH ARTS CENTER

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

239 West 49th Street, New York, NY 10019

Phone: (212) 581-2910

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1 Baked Chicken Breasts Sautéed Onions and Peppers White Rice and Stewed Beans (Habichuelas Guisadas) <i>Fruit or Juice</i>		2 Beef Meatloaf with Mushroom Gravy Garlic Mashed Potatoes Steamed Carrots & Green Beans <i>Fruit or Juice</i>		3  CENTER CLOSED: SPRING HOLIDAY	
6		7		8		9		10	
13 CENTER CLOSED: SPRING BREAK HOLIDAY 		14 Bright and Lemony Stewed White Beans with Carrots and Spinach Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>		15 Grilled Chicken Breast with Spanish Style Sauce Farro and Steamed Cauliflower <i>Fruit or Juice</i>		16 Creamy Beef and Mushroom Sauce Egg Noodles Baby Carrots and Parsley <i>Fruit or Juice</i>		17 Teriyaki Baked Fish Sesame Soba Noodles Asian Blend Vegetables <i>Fruit or Juice</i>	
20 Baked Pork Chops with Mojo Sauce / Marinade Black Beans and Rice Steamed Green Beans <i>Fruit or Juice</i>		21 Luscious and Creamy Chickpea Potato Curry Lemon Rice Italian Blend Vegetables <i>Fruit or Juice</i>		22 Grilled Chicken Breast with Mushroom Gravy Parmesan Rosemary Mashed Potatoes California Blend Vegetables <i>Fruit or Juice</i>		23 Jumbo Stuffed Shells with Meat Sauce Steamed Broccoli <i>Fruit or Juice</i>		24 Jerk Fish Jollof Rice Steamed Carrots & Green Beans <i>Fruit or Juice</i>	
27 Chicken Parmesan in Marinara Sauce Penne Steamed Broccoli <i>Fruit or Juice</i>		28 Smoky Black Bean and Sweet Potato Chili Brown Rice Steamed Green Beans <i>Fruit or Juice</i>		29 Baked Pork Chops Baby Carrots and Parsley Baked Sweet Potato <i>Fruit or Juice</i>		30 Beef Stew Garlic Mashed Potatoes Roasted Zucchini <i>Fruit or Juice</i>		24 Baked Fish with Lemon Garlic Butter Sauce Bowtie Pasta Spinach Basil Pesto Italian Blend Vegetables <i>Fruit or Juice</i>	
27 Smothered Pork Chops Baked Macaroni & Cheese California Blend Vegetables <i>Fruit or Juice</i>		28 Indulgent Mushroom and Lentil Stroganoff Pasta Steamed Zucchini <i>Fruit or Juice</i>		29 Baked Chicken Breasts with Cacciatore Sauce Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>		30 Beef Picadillo Yellow Plantains Broccoli and Red Peppers <i>Fruit or Juice</i>			



APRIL 2026 ACTIVITIES – LIFELONG LEARNING CENTER

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

755 10th Avenue, New York, NY 10019

Near 51st ST and 10th AVE; Phone: (646) 693-6680

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
		1	2	3	4			7	8	
		10:00-10:45a Chair Exercise 11:00a-12:00p Big Apple Walkers 12:00-1:00p April Fool's Trivia 1:00-1:45p Memoir+Storytelling 2:00-2:45p Drawing Class with Michael 3:00-3:45p <i>Keep on Track</i> BP Screen	10:00-10:45a Chair Exercise 11:00-11:45a Karaoke! 12:00-1:00p Test Your Knowledge Trivia! 2:00-2:45p Colors Unleashed!			10:00-10:45a Chair Exercise 11:00a-12:00p Welcome Committee 11:30a-12:30p Blood Pressure Check 11:30a-12:30p Jammin' with John 1:00-2:00p Singing with Friends 2:00-3:55p Movie & Discussion: <i>Trap House</i>			10:00-10:45a Chair Exercise 11:00a-12:00p Coffee & Conversation 11:00-12:00p Knit & Crochet 1:00-1:45p Belly Dancing 2:00-4:30p Piano Lessons 3:00-3:45p <i>Keep on Track</i> BP Screen	10:00-10:45a Chair Exercise 1:00-1:45p Memoir+Storytelling 2:00-2:45p Drawing Class with Michael 3:00-3:45p <i>Keep on Track</i> BP Screen
7	8	9	10	11					14	
10:00-10:45a Chair Exercise 11:00a-12:00p Coffee & Conversation 11:00-12:00p Knit & Crochet 1:00-1:45p Belly Dancing 2:00-4:30p Piano Lessons 3:00-3:45p <i>Keep on Track</i> BP Screen	10:00-10:45a Chair Exercise 1:00-1:45p Memoir+Storytelling 2:00-2:45p Drawing Class with Michael 3:00-3:45p <i>Keep on Track</i> BP Screen	10:00-10:45a Chair Exercise 11:00a-12:00p Big Apple Walkers 11:30a-1:30p Field Trip to Pickles Restaurant 2:00-2:45p Colors Unleashed!	10:00-10:45a Chair Exercise 11:00a-12:00p Welcome Committee 11:30a-12:30p Blood Pressure Check 11:30a-12:30p Jammin' with John 1:00-2:00p Singing with Friends 2:00-3:55p Movie & Discussion: <i>Trap House</i>	10:00-10:45a Chair Exercise 10:50-11:50a Sip & Paint 12:00-1:00p Salsa Dance 1:00-2:00p Music Therapy 2:00-2:45p Active & Healthy Bingo!					10:00-10:45a Chair Exercise 11:00a-12:00p Coffee & Conversation 11:00-12:00p Knit & Crochet 1:00-1:45p Belly Dancing 2:00-4:30p Piano Lessons	
14	15	16	17	18					21	
10:00-10:45a Chair Exercise 11:00a-12:00p Coffee & Conversation 11:00-12:00p Knit & Crochet 1:00-1:45p Belly Dancing 2:00-4:30p Piano Lessons	10:00-10:45a Chair Exercise 11:00a-2:00p Field Trip to The MET 1:00-1:45p Memoir+ Storytelling 2:00-2:45p Drawing Class with Michael 3:00-3:45p <i>Keep on Track</i> BP Screen	10:00-10:45a Chair Exercise 11:00a-12:00p Big Apple Walkers 12:00-12:45p Music Appreciation 1:00-1:45p Beaded Flowers: Daisies 2:00-2:45p Colors Unleashed!	9:30-10:15a Chair Yoga with Rupali 11:30a-12:30p Blood Pressure Check 12:00-1:00p Clothing Giveaway! 1:00-1:45p Singing with Friends 2:00-3:55p Movie & Discussion: <i>War Machine</i>	10:00-10:45a Chair Exercise 10:50-11:50a Sip & Paint 12:00-1:00p Salsa Dance 1:00-2:00p Music Therapy 2:00-2:45p Active & Healthy Bingo!					10:00-10:45a Chair Exercise 11:00a-12:00p Coffee & Conversation 11:00-12:00p Knit & Crochet 12:15-3:15p Chair Massage 1:00-1:45p Belly Dancing 2:00-3:00p Wellness Hour	
21	22	23	24	25					28	
10:00-10:45a Chair Exercise 11:00a-12:00p Coffee & Conversation 11:00-12:00p Knit & Crochet 12:15-3:15p Chair Massage 1:00-1:45p Belly Dancing 2:00-3:00p Wellness Hour	10:00-10:45a Chair Exercise 12:00-1:00p Poetry Slam 1:00-1:45p Memoir+Storytelling 2:00-2:45p Drawing Class with Michael 3:00-3:45p <i>Keep on Track</i> BP Screen	10:00-10:45a Chair Exercise 11:00a-12:00p Big Apple Walkers 12:00-1:00p Member Recognition Awards 1:00-1:45p Beaded Flowers: Lilies 2:00-3:55p Movie & Discussion: <i>Lou</i>	9:30-10:15a Chair Yoga with Rupali 10:30-11:30am Fall Proofing Your Home 11:30a-12:30p Blood Pressure Check 12:45-1:45p Crossword Challenge 2:30-3:30p April Birthday Party Celebration!	10:00-10:45a Chair Exercise 10:50-11:50a Sip & Paint 11:00a-2:30p Haircuts! RSVP required 12:00-1:00p Salsa Dance 1:00-2:00p Music Therapy 2:00-2:45p Active & Healthy Bingo!					10:00-10:45a Chair Exercise 11:00a-12:00p Coffee & Conversation 11:00-12:00p Knit & Crochet 12:00-12:45p Music Appreciation 1:00-1:45p Belly Dancing	
28	29	30								
10:00-10:45a Chair Exercise 11:00a-12:00p Coffee & Conversation 11:00-12:00p Knit & Crochet 12:00-12:45p Music Appreciation 1:00-1:45p Belly Dancing	10:00-10:45a Chair Exercise 11:00a-12:00p <i>Dietary Fiber and Its Role in Health</i> 1:00-1:45p Memoir+Storytelling 2:00-2:45p Drawing Class with Michael 3:00-3:45p <i>Keep on Track</i> BP Screen	10:00-10:45a Chair Exercise 11:00a-12:00p Big Apple Walkers 12:00-12:45p Finance Bingo! 1:00-2:00p Japanese Kimono & Dance Workshop 2:00-2:45p Colors Unleashed!								



APRIL 2026 HOT MENU – LIFELONG LEARNING CENTER

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

755 10th Avenue, New York, NY 10019
Near 51st ST and 10th AVE; Phone: (646) 693-6680

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
		1	Creole Sauce Grilled Chicken Breast Brown Rice and Red Beans California Blend Vegetables <i>Fruit or Juice</i>	2	Beef and Pepper Pasta Steamed Broccoli <i>Fruit or Juice</i>	3			4	Cheese Ravioli with Turkey Meat Sauce Italian Blend Vegetables <i>Fruit or Juice</i>
7	Chipotle Bean and Veggie Chili Cilantro Lime Rice Steamed Zucchini <i>Fruit or Juice</i>	8	Baked Chicken Breasts Sautéed Onions and Peppers White Rice Ultimate Stewed Black Beans <i>Fruit or Juice</i>	9	Beef Meatloaf with Mushroom Gravy Garlic Mashed Potatoes Steamed Carrots & Green Beans <i>Fruit or Juice</i>	10	Baked Salmon with Cilantro Citrus Sauce Rice and Beans Steamed Broccoli and Cauliflower <i>Fruit or Juice</i>	11	BBQ Chicken Breasts Baked Red Potato Wedges Capri Blend Vegetables <i>Fruit or Juice</i>	
14	Bright and Lemony Stewed White Beans with Carrots and Spinach Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>	15	Grilled Chicken Breast with Spanish Style Sauce Farro and Steamed Cauliflower <i>Fruit or Juice</i>	16	Creamy Beef and Mushroom Sauce Egg Noodles Baby Carrots and Parsley <i>Fruit or Juice</i>	17	Teriyaki Baked Fish Sesame Soba Noodles Asian Blend Vegetables <i>Fruit or Juice</i>	18	Latin Sweet Potato and Red Bean Chili Yellow Plantains Steamed Broccoli <i>Fruit or Juice</i>	
21	Luscious and Creamy Chickpea Potato Curry Lemon Rice Italian Blend Vegetables <i>Fruit or Juice</i>	22	Grilled Chicken Breast with Mushroom Gravy Parmesan Rosemary Mashed Potatoes California Blend Vegetables <i>Fruit or Juice</i>	23	Jumbo Stuffed Shells with Meat Sauce Steamed Broccoli <i>Fruit or Juice</i>	24	Jerk Fish Jollof Rice Steamed Carrots & Green Beans <i>Fruit or Juice</i>	25	Chana Masala (Mild Chickpea Curry) Coconut Rice Steamed Cauliflower <i>Fruit or Juice</i>	
28	Smoky Black Bean and Sweet Potato Chili Brown Rice Steamed Green Beans <i>Fruit or Juice</i>	29	Baked Pork Chops Baby Carrots and Parsley Baked Sweet Potato <i>Fruit or Juice</i>	30	Beef Stew Garlic Mashed Potatoes Roasted Zucchini <i>Fruit or Juice</i>					