

MAY 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	
									
4		5		6		7		1	
<p>10:30-11:15a Let's Talk Social Held in the Chapel 11:45a-12:45p Breathe & Stretch 1:30-3:30p Creative Writers Group 12:00-12:45p Sip & Paint 1:00-1:45p Cinco de Mayo Trivia! 2:30-3:15p Fun & Games 3:30-4:15p Crochet with Peter!</p>		<p>10:30-11:15a Chair Exercise 12:15-1:00p Sing-A-Long Bops 1:30-2:15p Stretch Bingo! 2:30-3:15p Salsa Dance for Health 2:45-3:30p Coloring Art</p>		<p>10:30-11:30a Tai Chi Gentle Fitness 11:45a-12:30p Pretty Pansies 12:45-1:45p Gentle Mobility Exercise Held at 350 West 49th Street Office 1:30-3:00p <i>Do I Have A Story To Tell & Fun Theatre Games!</i> 2:00-2:45p Encore Walking Group 2:00-3:00p Wednesday Dance Party! 3:00-3:45p Coloring Art</p>		<p>10:30-11:30a Chair Yoga with Jane 12:00-12:45p Drawing Class 12:45-1:30p Art Concepts 2:15-3:30p Mother's Day Dance Party!</p>		<p>10:45-11:30a Chair Yoga with Rupali 12:00-1:00p Floral Suncatchers 1:30-3:30p Movie & Discussion: <i>Tortilla Soup</i> Held at 350 West 49th Street Office 3:00-4:30p <i>Do I Have A Story To Tell</i></p>	
11		12		13		14		8	
<p>10:30-11:15a Let's Talk Social Held in the Chapel 11:45a-12:45p Breathe & Stretch 1:30-3:30p Creative Writers Group 12:00-12:45p Sip & Paint 1:00-1:45p Mother's Day Trivia! 2:30-3:15p Fun & Games 3:00-4:00p Reiki Held at 350 W 49th ST 3:30-4:15p Crochet with Peter!</p>		<p>10:30-11:15a Chair Exercise 11:30a-12:15p <i>Spring Greens & Nutrition</i> 12:15-1:00p Sing-A-Long Bops 1:30-2:15p Stretch Bingo! 2:30-3:15p Salsa Dance for Health 2:45-3:30p Coloring Art</p>		<p>10:30-11:30a Tai Chi Gentle Fitness 12:00-1:00p Retail Therapy Held at 350 West 49th Street Office 1:30-3:00p <i>Do I Have A Story To Tell & Fun Theatre Games!</i> 2:00-2:45p Encore Walking Group 2:00-3:00p Wednesday Dance Party! 3:00-3:45p Coloring Art</p>		<p>10:30-11:30a Chair Yoga with Jane 12:00-12:45p Drawing Class 12:45-1:30p Art Concepts 2:15-3:00p Elder Abuse Prevention with Ryan Chelsea Clinton Care 3:30-4:15p Patriotic Arts & Crafts with SBS</p>		<p>10:45-11:30a Chair Yoga with Rupali 11:30a-12:30p Flowerpot Painting 11:30a-12:30p Blood Pressure Check 12:30-1:15p Music Appreciation 1:30-3:30p Movie & Discussion: <i>Because I Said So</i> Held at 350 West 49th Street Office 3:00-4:30p <i>Do I Have A Story To Tell</i></p>	
18		19		20		21		15	
<p>10:30-11:15a Let's Talk Social Held in the Chapel 11:45a-12:45p Breathe & Stretch 1:30-3:30p Creative Writers Group 12:00-12:45p Jammin' with John 1:00-1:45p AAPI Culture Trivia! 2:30-3:15p Fun & Games 3:30-4:15p Crochet with Peter!</p>		<p>10:30-11:15a Chair Exercise 11:15a-12:15p Elder Abuse Prevention with Carter Burden 12:15-1:00p Sing-A-Long Bops 1:30-2:15p Stretch Bingo! 2:30-3:15p Salsa Dance for Health 2:45-3:30p Coloring Art</p>		<p>10:30-11:30a Tai Chi Gentle Fitness 12:30-1:30p Sip & Paint 12:00-2:00p Get IDNYC Benefits! Held at 350 West 49th Street Office 1:30-3:00p <i>Do I Have A Story To Tell</i> 2:00-2:45p Encore Walking Group 2:00-3:00p Wednesday Dance Party! 3:00-3:45p Coloring Art</p>		<p>10:30-11:30a Chair Yoga with Jane 12:00-12:45p Drawing Class 12:45-1:30p Art Concepts 2:15-4:15p May Birthday Party & Dance Celebration!</p>		<p>10:45-11:30a Chair Yoga with Rupali 11:30a-12:30p Messages of Health 11:30a-12:30p Blood Pressure Check 12:30-1:15p Music Appreciation 1:30-3:30p Movie & Discussion: <i>Moana</i> Held at 350 West 49th Street Office 3:00-4:30p <i>Do I Have A Story To Tell</i></p>	
25		26		27		28		22	
<p>CENTER CLOSED: MEMORIAL DAY</p>		<p>10:30-11:15a Chair Exercise 11:30-12:15p Financial Wellness Trivia! 12:15-1:00p Sing-A-Long Bops 1:30-2:15p Stretch Bingo! 2:30-3:15p Salsa Dance for Health 2:45-3:30p Coloring Art</p>		<p>10:00a-12:00p Field Trip: Health & Fitness Day! 10:30-11:30a Tai Chi Gentle Fitness 12:15-1:15p "No Stress" Mindfulness Held at 350 West 49th Street Office 1:30-3:00p <i>Do I Have A Story To Tell</i> 2:00-2:45p Encore Walking Group 2:00-3:00p Wednesday Dance Party! 3:00-3:45p Coloring Art</p>		<p>10:30-11:30a Chair Yoga with Jane 12:00-12:45p Aging Through Art Drawing Workshop 12:45-1:30p Aging Through Art Elder Art Contest 2:15-3:00p Karaoke!</p>		<p>10:45-11:30a Chair Yoga with Rupali 12:00-1:00p Floral Suncatchers 1:30-3:30p Movie & Discussion: <i>Grease</i> 3:00-4:30p Final Exhibition: <i>Do I Have A Story To Tell</i></p>	

MAY 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 Breaded Fish and White Rice Cuban Black Beans Normandy Blend Vegetables <i>Fruit or Juice</i>	
4	BBQ Pork Chops Baked Sweet Potato Steamed Broccoli <i>Fruit or Juice</i>	5	TACO TUESDAY!  Beef Tacos Rice & Beans, Corn  <i>Fruit or Juice</i>	6	Creole Sauce Grilled Chicken Breast Brown Rice and Red Beans California Blend Vegetables <i>Fruit or Juice</i>	7	Beef and Pepper Pasta Steamed Broccoli <i>Fruit or Juice</i>	8	Lemon Pepper Fish Garlic and Rosemary Roasted Potatoes Italian Blend Vegetables <i>Fruit or Juice</i>
11		12		13		14		15	
18		19		20		21		22	
25		26		27		28		29	
		Creamy Chickpea Potato Curry Lemon Rice Italian Blend Vegetables <i>Fruit or Juice</i>		Grilled Chicken Breast with Mushroom Gravy Parmesan Rosemary Mashed Potatoes California Blend Vegetables <i>Fruit or Juice</i>		Jumbo Stuffed Shells with Meat Sauce Steamed Broccoli <i>Fruit or Juice</i>		Jerk Fish with Jollof Rice Steamed Carrots and Green Beans <i>Fruit or Juice</i>	

MAY 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	
						<p>9:30-10:15a Chair Yoga with Rupali 11:00a-1:30p Field Trip to Asia Society Museum 11:30a-12:30p Blood Pressure Check 1:00-2:00p Singing with Friends 2:00-3:45p Movie & Discussion: <i>Beast</i></p>	<p>10:00-10:45a Chair Exercise 10:50-11:50a Sip & Paint for Elder Art Contest 12:00-1:00p Just Dance! 1:00-2:00p Scam Prevention 2:00-2:45p Active & Healthy Bingo!</p>		
5		6		7		8		9	
<p>10:00-11:00a Chair Exercise 11:00a-12:00p Coffee&Conversation 11:00-12:00p Knit & Crochet 1:00-1:45p Cinco de Mayo Trivia! 2:00-4:30p Piano Lessons 3:00-3:45p <i>Keep on Track</i> BP Screen</p>	<p>10:00-11:00a Chair Exercise 11:15a-12:30p Stay-Healthy Smoothies 1:00-1:45p Memoir+Storytelling 2:00-2:45p Drawing Class 3:00-3:45p <i>Keep on Track</i> BP Screen</p>	<p>10:00-10:45a Chair Exercise 11:00a-12:00p Big Apple Walkers 11:00a-2:00p Field Trip: Senior Social at Riverbank State Park 2:00-2:45p Colors Unleashed!</p>	<p>9:30-10:15a Chair Yoga with Rupali 11:00a-12:00p Welcome Committee 11:30a-12:30p Blood Pressure Check 1:00-2:00p Mother's Day Potluck! 2:00-3:45p Movie & Discussion: <i>River Wild</i></p>	<p>10:00-10:45a Chair Exercise 10:50-11:50a Sip & Paint for Elder Art Contest 12:00-1:00p Salsa Dance for Health 1:00-1:50p Mindful Movement & Gentle Fitness 2:00-2:45p Active & Healthy Bingo!</p>					
12		13		14		15		16	
<p>10:00-11:00a Chair Exercise 11:00a-12:00p Coffee&Conversation 11:00-12:00p Knit & Crochet 1:00-1:45p Spring Greens & Nutrition 2:00-4:30p Piano Lessons</p>	<p>10:00-10:45a Chair Exercise 11:15a-12:00p Apple Pie Social! 12:00-1:00p MTA OMNY Presentation 1:00-1:45p Memoir+ Storytelling 2:00-2:45p Drawing Class 3:00-3:45p <i>Keep on Track</i> BP Screen</p>	<p>10:00-10:45a Chair Exercise 11:00a-12:00p Big Apple Walkers 12:00-12:45p Mother's Day Trivia! 1:00-2:00p Talent Is Timeless! 2:00-2:45p Colors Unleashed!</p>	<p>9:30-10:15a Chair Yoga with Rupali 10:30-11:30a Stress Relief 11:30a-12:30p Blood Pressure Check 11:30a-12:30p Jammin' with John 1:00-1:45p Garden Opening! 2:00-3:45p Movie & Discussion: <i>Wild</i></p>	<p>10:00-10:45a Chair Exercise 10:50-11:50a Sip & Paint 12:00-1:00p Salsa Dance for Health 1:00-1:50p Mindful Movement & Gentle Fitness 2:00-2:45p Active & Healthy Bingo!</p>					
19		20		21		22		23	
<p>10:00-11:00a Chair Exercise 11:00a-12:00p Coffee&Conversation 11:00-12:00p Knit & Crochet 12:00-12:45p Tune In with Music 12:15-3:15p Chair Massage RSVP required 2:00-3:00p Jazz Café with Terrie</p>	<p>10:00-10:45a Chair Exercise 11:00a-12:00p Singing with Friends 1:00-1:45p Memoir+Storytelling 2:00-2:45p Drawing Class 3:00-3:45p <i>Keep on Track</i> BP Screen</p>	<p>10:00-10:45a Chair Exercise 11:00a-12:00p Big Apple Walkers 12:00-1:00p Spring Art with Jasmine 2:00-2:45p Colors Unleashed!</p>	<p>9:30-10:15a Chair Yoga with Rupali 11:30a-12:30p Blood Pressure Check 11:30a-12:30p Jammin' with John 1:00-1:45p NYPL Book Fair 2:00-3:40p Movie & Discussion: <i>Held Hostage in My House</i></p>	<p>10:00-10:45a Chair Exercise 10:50-11:50a Sip & Paint 12:00-1:00p Salsa Dance for Health 1:00-2:00p Karaoke Night with Manhattan Mediocres 2:00-2:45p Active & Healthy Bingo!</p>					
26		27		28		29		30	
<p>10:00-11:00a Chair Exercise 11:00a-12:00p Coffee&Conversation 11:00-12:00p Knit & Crochet 12:00-12:45p Music Appreciation 1:00-2:00p Spring Clothing Giveaway</p>	<p>10:00-10:45a Chair Exercise 9:00a-12:30p Field Trip: Health & Fitness Day! 12:00-1:00p Stay-Healthy Smoothies 1:00-1:45p Memoir+Storytelling 2:00-2:45p Drawing Class 3:00-3:45p <i>Keep on Track</i> BP Screen</p>	<p>10:00-10:45a Chair Exercise 11:00a-12:00p Big Apple Walkers 11:30a-1:30p Field Trip to The Metropolitan Museum of Art 1:00-1:45p Colors Unleashed! 2:00-3:45p Movie & Discussion: <i>Secret Obsession</i></p>	<p>9:30-10:15a Chair Yoga with Rupali 11:30a-12:30p Blood Pressure Check 11:30a-12:30p Jammin' with John 2:30-3:30p May Birthday Party Celebration!</p>	<p>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 for Health 1:00-2:00p Music Therapy 2:00-2:45p Active & Healthy Bingo!</p>					

MAY 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		2	
5		6		7		8		9	
Indulgent Mushroom and Lentil Stroganoff Pasta Steamed Zucchini <i>Fruit or Juice</i>		Baked Chicken Breasts with Cacciatore Sauce Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>		Beef Picadillo Broccoli and Red Peppers Yellow Plantains <i>Fruit or Juice</i>		Baked Breaded Fish Brown Rice Cuban Black Beans Normandy Blend Vegetables <i>Fruit or Juice</i>		Pasta with Turkey Meat Sauce Italian Blend Vegetables <i>Fruit or Juice</i>	
12		13		14		15		16	
Eggplant Chickpea Tagine (Moroccan Stew) Couscous Steamed Zucchini <i>Fruit or Juice</i>		Creole Sauce Grilled Chicken Breast Brown Rice and Red Beans California Blend Vegetables <i>Fruit or Juice</i>		Beef and Pepper Pasta Steamed Broccoli <i>Fruit or Juice</i>		Lemon Pepper Fish Garlic and Rosemary Roasted Potatoes Italian Blend Vegetables <i>Fruit or Juice</i>		Cheese Ravioli with Turkey Meat Sauce Italian Blend Vegetables <i>Fruit or Juice</i>	
19		20		21		22		23	
Chipotle Bean and Veggie Chili Cilantro Lime Rice Steamed Zucchini <i>Fruit or Juice</i>		Baked Chicken Breasts Sautéed Onions and Peppers Ultimate Stewed Black Beans <i>Fruit or Juice</i>		Beef Meatloaf with Mushroom Gravy Garlic Mashed Potatoes Steamed Carrots & Green Beans <i>Fruit or Juice</i>		Baked Salmon with Cilantro Citrus Sauce Rice and Beans Steamed Broccoli and Cauliflower <i>Fruit or Juice</i>		BBQ Chicken Breasts Baked Red Potato Wedges Capri Blend Vegetables <i>Fruit or Juice</i>	
26		27		28		29		30	
Bright and Lemony Stewed White Beans with Carrots and Spinach Rice Pilaf, Steamed Green Beans <i>Fruit or Juice</i>		Grilled Chicken Breast with Spanish Style Sauce Farro Steamed Cauliflower <i>Fruit or Juice</i>		Creamy Beef and Mushroom Sauce Egg Noodles Baby Carrots and Parsley <i>Fruit or Juice</i>		Teriyaki Baked Fish Sesame Soba Noodles Asian Blend Vegetables <i>Fruit or Juice</i>		Latin Sweet Potato and Red Bean Chili Yellow Plantains Steamed Broccoli <i>Fruit or Juice</i>	