

JUNE 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	
2		3		4		5		6	
10:00-10:45a Chair Exercise 11:00a-12:00p Coffee&Conversation 11:00-12:00p Knit & Crochet 1:00-1:45p Crossword Challenge 2:00-4:30p Piano Lessons 3:00-3:45p <i>Keep on Track</i> BP Screen		10:00-10:45a Chair Exercise 11:00a-11:45a 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		10:00-10:45a Chair Exercise 11:00a-12:00p Big Apple Walkers 11:00a-2:00p Field Trip to El Museo del Barrio 12:00-12:45p Rainbow Waffles for Pride Month! 2:00-2:45p Colors Unleashed!		9:30-10:15a Chair Yoga with Rupali 11:00a-12:00p Jammin' with John! 11:30a-12:30p Blood Pressure Check 12:00-1:00p Elder Abuse Prevention with Ryan Chelsea Clinton Care 2:00-3:50p Movie & Discussion: <i>A Father's Miracle</i>		10:00-10:45a Chair Exercise 10:50-11:50a Sip & Paint 12:00-1:00p Salsa Dance for Health 1:00-2:00p Music Therapy 2:00-2:45p Active & Healthy Bingo!	
9		10		11		12		13	
10:00-10:45a Chair Exercise 11:00a-12:00p Coffee&Conversation 11:00-12:00p Knit & Crochet 1:00-1:45p Tune In With Music 2:00-4:30p Piano Lessons 3:00-3:45p <i>Keep on Track</i> BP Screen		10:00-10:45a Chair Exercise 11:00-11:45a Healthy Snacks 1:00-1:45p Memoir+Storytelling CENTER CLOSING EARLY AT 2:00PM		10:00-10:45a Chair Exercise 11:00a-12:00p Big Apple Walkers 11:00a-2:00p Senior Social at Riverbank State Park 2:00-2:45p Colors Unleashed!		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 Singing with Friends 2:00-3:50p Movie & Discussion: <i>Single All the Way</i>		10:00-10:45a Chair Exercise 10:50-11:50a Sip & Paint 12:00-1:00p Salsa Dance for Health 1:00-2:00p Music Therapy 2:00-2:45p Active & Healthy Bingo!	
16		17		18		19		20	
10:00-10:45a Chair Exercise 11:00a-12:00p Coffee&Conversation 11:00-12:00p Knit & Crochet 1:00-1:45p Soca Zumba 2:00-2:45p Healthy Shots with Terrie		10:00-10:45a Chair Exercise 12:00-1:00p Poetry Slam with Jasmine! 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 Juneteenth Sip & Paint 1:00-1:45p NYPL Juneteenth Trivia 2:00-2:45p Colors Unleashed!		❤️🍷🍷🍷🍷🍷🍷🍷🍷🍷 CENTER CLOSED: JUNETEENTH HOLIDAY ❤️🍷🍷🍷🍷🍷🍷🍷🍷🍷		10:00-10:45a Chair Exercise 10:50-11:50a Sip & Paint 12:00-1:00p Salsa Dance for Health 1:00-2:00p Music Therapy 2:00-2:45p Active & Healthy Bingo!	
23		24		25		26		27	
10:00-10:45a Chair Exercise 11:00a-12:00p Coffee&Conversation 11:00-12:00p Knit & Crochet 12:15-3:15p Chair Massage 2:00-3:00p Game Day Challenge		10:00-10:45a Chair Exercise 11:15a-1:30p Field Trip to Randall's Island Urban Farm 12:00-12:45p <i>Health Benefits of Magnesium</i> 1:00-1:45p Memoir+Storytelling 2:00-2:45p Drawing Class 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 Singing with Friends 1:00-2:00p Father's Day BBQ 2:00-4:15p Movie & Discussion: <i>Green Book</i>		9:30-10:15a Chair Yoga with Rupali 11:30a-12:30p Blood Pressure Check 1:30-2:30p June Birthday Party Celebration!		10:00-10:45a Chair Exercise 10:50-11:50a Sip & Paint 11:00a-2:30p Haircuts! RSVP required 12:00-1:00a Just Dance! 1:00-2:00p Music Therapy 2:00-2:45p Active & Healthy Bingo!	
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10:00-10:45a Chair Exercise 11:00a-12:00p Coffee&Conversation 11:00-12:00p Knit & Crochet 12:15-1:00p Credit Management 1:15-2:00p <i>Quiz Yourself!</i>									

JUNE 2026 HOT MENU – LIFELONG LEARNING CENTER

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

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TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
2		3		4		5		6	
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 Jollof Rice Steamed Carrots and Green Beans <i>Fruit or Juice</i>		Chana Masala (Mild Chickpea Curry) Coconut Rice Steamed Cauliflower <i>Fruit or Juice</i>	
9		10		11		12		13	
Smoky Black Bean and Sweet Potato Chili Brown Rice Steamed Green Beans <i>Fruit or Juice</i>		Baked Pork Chops Baked Sweet Potato Baby Carrots with Parsley <i>Fruit or Juice</i> CENTER CLOSING EARLY AT 2:00PM		Beef Stew Garlic Mashed Potatoes Roasted Zucchini <i>Fruit or Juice</i>		Baked Fish with Lemon Garlic Butter Sauce Bowtie Pasta Spinach and Basil Pesto Italian Blend Vegetables <i>Fruit or Juice</i>		Pasta with Turkey Meat Sauce Italian Blend Vegetables <i>Fruit or Juice</i>	
16		17		18		19		20	
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 Yellow Plantains Broccoli and Red Peppers <i>Fruit or Juice</i>		 CENTER CLOSED: JUNETEENTH HOLIDAY		Turkey Chili con Carne Yellow Rice Steamed Green Beans <i>Fruit or Juice</i>	
23		24		25		26		27	
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>	
30									
Black-eyed Pea Curry with Potatoes and Tomatoes Couscous Steamed Carrots <i>Fruit or Juice</i>									