SEPTEMBER 2026 ACTIVITIES – AGING THROUGH ARTS CENTER

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

239 West 49th Street, New York, NY 10019
Between 7th and 8th AVE; Phone: (212) 581-2910

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **10:30-11:15a** Chair Exercise **11:30a-12:15p** Financial Wellness Trivia **12:15-1:00p** Live Music Jam **1:30-2:15p** Stretch Bingo! **2:30-3:15p** Latin Dance Party! **2:45-3:30p** Coloring Art	**2** **10:30-11:30a** Tai Chi Gentle Fitness **1:00-2:00p** Presentation: *Safer Sex for Older Adults* **2:00-2:45p** Encore Walking Group **2:15-3:00p** Karaoke! **2:45-3:30p** Coloring Art **CANCELED:** ~~Sharing Stories~~	**3** **Held at 350 W 49th ST Office** **9:30-10:30am** Koffee with Kenneth **10:30-11:30a** Chair Yoga with Jane **12:00-12:45p** Drawing Class **12:45-1:30p** Art Concepts **1:30-2:15p** Brain Games **2:15-3:00p** Safer Streets Talk **3:00-3:45p** Coloring Art	**4** **10:45-11:30a** Chair Yoga with Rupali **11:30a-12:30p** Creative Connections **11:30a-12:30p** Blood Pressure Screenings **12:30-1:15p** Music Appreciation **12:30-1:15p** Make Your Own Fans! **1:30-3:45p** Movie & Discussion: *Mrs. Harris Goes to Paris*
7 **CENTER CLOSED:** **LABOR DAY HOLIDAY**	**8** **10:30-11:15a** Chair Exercise **12:15-1:00p** Live Music Jam **1:30-2:15p** Stretch Bingo! **2:30-3:15p** Latin Dance Party! **2:45-3:30p** Coloring Art **CANCELED:** ~~Belly Dancers~~	**9** **10:30-11:30a** Tai Chi Gentle Fitness **12:30-1:30p** Sing For Your Seniors **1:30-3:00p** *Medication and the Older Adult* **2:00-2:45p** Encore Walking Group **2:45-3:30p** Coloring Art	**10** **10:30-11:30a** Chair Yoga with Jane **12:00-12:45p** Drawing Class **12:45-1:30p** Art Concepts **1:30-2:30p** Sharing Stories **2:30-3:15p** *Important Nutrients for a Healthy Immune System* **3:00-3:45p** Coloring Art	**11** **10:45-11:30a** Chair Yoga with Rupali **11:30a-12:30p** Creative Connections **12:30-1:15p** Music Appreciation **1:30-3:40p** Movie & Discussion: *The King's Speech*
14 **10:30-11:15a** Let's Talk Social **Held in the Chapel** **1:30-3:30p** Creative Writers Group **12:00-1:00p** Jammin' with John **1:00-1:45p** Labor Day Trivia! **2:30-3:15p** Fun & Games **3:30-4:15p** Crochet with Peter **CANCELED:** ~~Breathe & Stretch~~	**15** **10:30-11:15a** Chair Exercise **11:30a-1:00p** Retail Therapy **12:15-1:00p** Live Music Jam **1:30-2:15p** Stretch Bingo! **2:30-3:15p** Latin Dance Party! **2:45-3:30p** Coloring Art	**16** **10:30-11:30a** Tai Chi Gentle Fitness **11:45a-12:45p** Sharing Stories **12:45-1:30p** Golden Sign-making! **1:30-3:00p** *Substance Misuse, Addiction, and Older Adults* **2:00-2:45p** Encore Walking Group **2:45-3:30p** Coloring Art	**17** **9:00a-12:00p** Healthy Aging Fair **Held at 350 W 49th ST Office** **9:30-10:30am** Koffee with Kenneth & Encore CEO Jeremy Kaplan **10:30-11:30a** Chair Yoga with Jane **11:30a-1:30p** *Get IDNYC Benefits!* **12:00-12:45p** Drawing Class **12:45-1:30p** Art Concepts **2:15-4:15p** SEPT Birthday Party!	**18** **10:45-11:30a** Chair Yoga with Rupali **11:30a-12:30p** Blood Pressure Screenings **12:30-1:15p** Vocal Ease Show **1:30-4:10p** Movie & Discussion: *West Side Story* (2021)
21 **10:30-11:15a** Let's Talk Social **Held in the Chapel** **1:30-3:30p** Creative Writers Group **12:00-1:00p** Jammin' with John **1:00-1:45p** Caribbean Culture Trivia! **2:30-3:15p** Fun & Games **3:30-4:15p** Crochet with Peter **CANCELED:** ~~Breathe & Stretch~~	**22** **10:30-11:15a** Chair Exercise **11:30-12:15p** *Celebrate Fall Fruits & Vegetables* **12:15-1:00p** Live Music Jam **1:30-2:15p** Stretch Bingo! **2:30-3:15p** Latin Dance Party! **2:45-3:30p** Coloring Art	**23** **10:30-11:30a** Tai Chi Gentle Fitness **11:45a-12:45p** Sharing Stories **12:45-1:30p** Sip & Paint **1:30-3:00p** *Enhanced Quality of Life* **2:00-2:45p** Encore Walking Group **2:45-3:30p** Coloring Art	**24** **Fall for Encore 49 Day!** **10:30-11:30a** Chair Yoga with Jane **12:00-12:45p** Drawing Class **12:45-1:30p** Art Concepts **1:30-2:15p** Brain Games **2:15-3:00p** *Scams Targeting Older Adults* **3:00-3:45p** Coloring Art	**25** **10:45-11:30a** Chair Yoga with Rupali **11:30a-12:30p** Creative Connections **12:30-1:15p** Music Appreciation **2:00-4:30pm** Golden Chef Finals
28 **10:30-11:15a** Let's Talk Social **Held in the Chapel** **1:30-3:30p** Creative Writers Group **12:00-1:00p** Jammin' with John **1:00-1:45p** Trivia! **2:30-3:15p** Fun & Games **3:30-4:15p** Crochet with Peter **CANCELED:** ~~Breathe & Stretch~~	**29** **10:30-11:15a** Chair Exercise **11:15a-12:15p** Brain Health with the Alzheimer's Association **12:15-1:00p** Live Music Jam **1:30-2:15p** Stretch Bingo! **2:30-3:15p** Latin Dance Party! **2:45-3:30p** Coloring Art	**30** **10:30-11:30a** Qi Gong **12:00-12:45p** Fire Safety Education **12:45-1:30p** Biscotti Baking Class **1:30-2:45p** *Wellness for Seniors* **2:00-2:45p** Encore Walking Group **2:45-3:45p** Sharing Stories **2:45-3:30p** Coloring Art		

SEPTEMBER 2026 HOT MENU – AGING THROUGH ARTS CENTER

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

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Between 7th and 8th AVE; Phone: (212) 581-2910

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	**2**	**3**	**4**
	Vegetarian Chili Rice and Beans Steamed Carrots *Fruit or Juice*	**BBQ Chicken** Yuca with Onions Steamed Carrots & Green Beans *Fruit or Juice*	**Baked Pork Chops** Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas) Steamed Broccoli & Cauliflower *Fruit or Juice*	**Baked Fish** Whole Wheat Pasta with Broccoli and Pesto Roasted Broccoli *Fruit or Juice*
7	**8**	**9**	**10**	**11**
	Very Veggie Chili with Quinoa Black Beans and Rice Steamed Broccoli *Fruit or Juice*	**Beef Picadillo** Cilantro Lime Rice Zucchini and Peas *Fruit or Juice*	**Arroz con Pollo (Chicken Breast and Rice)** Steamed Broccoli and Cauliflower *Fruit or Juice*	**Baked Fish with Lemon Garlic Butter Sauce** Whole Wheat Pasta Primavera Baby Carrots and Parsley *Fruit or Juice*
14	**15**	**16**	**17**	**18**
Ground Beef with Marinara Sauce Whole Wheat Pasta Italian Blend Vegetables *Fruit or Juice*	**Grilled Chicken Breast with Fresh Tomato and Feta** Lemon Rice Steamed Cauliflower *Fruit or Juice*	**Grilled Maple Chipotle Pork Chops** Garlic Mashed Potatoes Italian Cut Green Beans *Fruit or Juice*	**Latin Sweet Potato and Red Bean Chili** Adobo Spiced Cauliflower, Zucchini, and Carrots *Fruit or Juice*	**Fish Curry** Savory Rice and Chickpeas Steamed Carrots *Fruit or Juice*
21	**22**	**23**	**24**	**25**
Baked Turkey Meatballs with Olive Oil Spread Pasta Steamed Broccoli & Cauliflower *Fruit or Juice*	**Black-eyed Peas Curry with Potatoes and Tomatoes** Couscous Steamed Carrots *Fruit or Juice*	**Baked Pork Chops** Rice and Beans Steamed Cauliflower *Fruit or Juice*	**Beef and Lentil Stew** Farro Steamed Carrots and Green Beans *Fruit or Juice*	**Baked Fish Oreganata** Whole Wheat Pasta Steamed Green Beans *Fruit or Juice*
28	**29**	**30**		
Chicken Francaise with Dill Lemon Sauce Pasta Broccoli with Toasted Garlic *Fruit or Juice*	**Chickpeas with Coconut Curry** Farro Vegetable Mix *Fruit or Juice*	**Beef Birria (Mexican Beef Stew)** Rice and Gungo (Pigeon Peas) Baby Carrots and Parsley *Fruit or Juice*		

SEPTEMBER 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 **10:00-10:45a** Chair Exercise **11:00a-11:45a** Coffee&Conversation **11:00-11:45a** Knit & Crochet **12:00-12:45p** *Let's Talk & Eat Apples!* **3:00-3:45p** *Keep on Track* BP Screen **CANCELED:** ~~Sharing Stories~~	**2** **10:00-10:45a** Chair Exercise **12:00-12:45p** Zumba with Michael! **1:00-1:45p** Memoir & Storytelling **2:00-2:45p** The MET Art Project **3:00-3:45p** *Keep on Track* BP Screen	**3** **10:00-10:45a** Chair Exercise **11:00-11:45a** Explorers Club **12:00-12:45p** Reggae Hour! **1:00-1:45p** West Indian Parade Fan-making **2:00-2:45p** Colors Unleashed!	**4** **9:30-10:15a** Chair Yoga with Rupali **10:30-11:30a** Games with Natasha! **11:30a-12:30p** Blood Pressure Check **12:30-1:15p** Finance Bingo with Terrie **2:00-4:10p** Movie & Discussion: *Birdbox* **CANCELED:** ~~Singing with Friends~~	**5** **10:00-10:45a** Chair Exercise **10:50-11:50a** Sip & Paint **12:00-1:00p** Latin Dance Party! **1:00-2:00p** Music Therapy **2:00-2:45p** Active & Healthy Bingo!
8 **10:00-10:45a** Chair Exercise **11:00a-11:45a** Coffee&Conversation **11:00-11:45a** Knit & Crochet **1:00-2:00p** Sharing Stories **2:00-3:00p** Labor Day Trivia/Word Search Competition! **3:00-3:45p** *Keep on Track* BP Screen **CANCELED:** ~~Mindfulness with Patricia~~	**9** **10:00-10:45a** Chair Exercise **11:15a-1:30p** Field Trip to Randall's Island Urban Farm **12:00-12:45p** Zumba with Michael! **1:00-1:45p** Memoir & Storytelling **2:00-2:45p** The MET Art Project **3:00-3:45p** *Keep on Track* BP Screen	**10** **10:00-10:45a** Chair Exercise **11:00-11:45a** Explorers Club **12:00-1:00p** Immigrant Rights Workshop with NYC Mayor's Office **1:00-1:45p** Art Exhibit **2:00-2:45p** Colors Unleashed!	**11** **9:30-10:15a** Chair Yoga with Rupali **11:00a-12:00p** Welcome Committee **11:30a-12:30p** Blood Pressure Check **11:30a-2:00p** Field Trip to Kaijin Seafood Buffet **1:00-2:00p** Singing with Friends **2:00-4:00p** Movie & Discussion: *Project Power*	**12** **10:00-10:45a** Chair Exercise **10:50-11:50a** Sip & Paint **12:00-1:00p** Latin Dance Party! **1:00-2:00p** Music Therapy **2:00-2:45p** Active & Healthy Bingo!
15 **10:00-10:45a** Chair Exercise **11:00a-11:45a** Coffee&Conversation **11:00-11:45a** Knit & Crochet **12:15-3:15p** Chair Massage **1:00-2:00p** Sharing Stories **3:00-3:45p** *Keep on Track* BP Screen	**16** **10:00-10:45a** Chair Exercise **11:00a-12:00p** Mindful Moments with Cristina **12:00-12:45p** Poetry Slam **1:00-1:45p** Memoir & Storytelling **2:00-2:45p** The MET Art Project **3:00-3:45p** *Keep on Track* BP Screen	**17** **9:00a-12:00p** Healthy Aging Fair **10:00-10:45a** Chair Exercise **11:00-11:45a** Explorers Club **12:00-12:45p** Karaoke! **1:00-1:45p** *Important Nutrients for a Healthy Immune System* **2:00-2:45p** Colors Unleashed!	**18** **9:30-10:15a** Chair Yoga with Rupali **11:30a-12:30p** Blood Pressure Check **1:00-3:00p** Presentation: National HIV/AIDS Awareness & Aging **2:00-3:50p** Movie & Discussion: *Kate*	**19** **10:00-10:45a** Chair Exercise **10:50-11:50a** Sip & Paint **1:00-2:00p** Music Therapy **2:00-2:45p** Active & Healthy Bingo! **CANCELED:** ~~Sketch Comedy Show~~
22 **10:00-10:45a** Chair Exercise **11:00a-11:45a** Coffee&Conversation **11:00-11:45a** Knit & Crochet **12:00-12:45p** Safer Streets Talk with Open Plans **1:00-2:00p** Sharing Stories **3:00-3:45p** *Keep on Track* BP Screen	**23** **10:00-10:45a** Chair Exercise **11:00a-12:00p** Brain Health with the Alzheimer's Association **1:00-1:45p** Memoir & Storytelling **2:00-2:45p** The MET Art Project **3:00-3:45p** *Keep on Track* BP Screen	**24** **10:00-10:45a** Chair Exercise **11:00-11:45a** Explorers Club **11:45a-12:45p** *Get IDNYC Benefits!* **1:00-2:00p** Ping Pong & Pool Cues **2:00-3:45p** Movie & Discussion: *Upgrade*	**25** **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** Book Fair **2:30-3:30p** September Birthday Party Celebration!	**26** **10:00-10:45a** Chair Exercise **10:50-11:50a** Sip & Paint **11:00a-2:30p** Haircuts! RSVP required **1:00-2:00p** Music Therapy **2:00-2:45p** Active & Healthy Bingo!
29 **10:00-10:45a** Chair Exercise **11:00a-11:45a** Coffee&Conversation **11:00-11:45a** Knit & Crochet **1:00-2:00p** Sharing Stories **2:00-3:00p** Live Performance: American Dance Salon	**30** **10:00-10:45a** Chair Exercise **11:00a-1:00p** Field Trip: Trader Joe's **12:00-12:45p** Autumn Clothing Giveaway! **1:00-1:45p** Memoir & Storytelling **2:00-2:45p** The MET Art Project **3:00-3:45p** *Keep on Track* BP Screen			

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TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **Vegetarian Chili** Rice and Beans Steamed Carrots *Fruit or Juice*	**2** **BBQ Chicken** Yuca with Onions Steamed Carrots & Green Beans *Fruit or Juice*	**3** **Baked Pork Chops** Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas) Steamed Broccoli & Cauliflower *Fruit or Juice*	**4** **Baked Fish** Whole Wheat Pasta with Broccoli and Pesto Roasted Broccoli *Fruit or Juice*	**5** **Herbed Chicken** Orzo Normandy Blend Vegetables *Fruit or Juice*
8 **Very Veggie Chili with Quinoa** Black Beans and Rice Steamed Broccoli *Fruit or Juice*	**9** **Beef Picadillo** Cilantro Lime Rice Zucchini and Peas *Fruit or Juice*	**10** **Arroz con Pollo (Chicken Breast and Rice)** Steamed Broccoli and Cauliflower *Fruit or Juice*	**11** **Baked Fish with Lemon Garlic Butter Sauce** Whole Wheat Pasta Primavera Baby Carrots and Parsley *Fruit or Juice*	**12** **Baked Breaded Chicken Cutlet** Brown Rice and Red Beans Roasted Zucchini *Fruit or Juice*
15 **Grilled Chicken Breast with Fresh Tomato and Feta** Lemon Rice Steamed Cauliflower *Fruit or Juice*	**16** **Grilled Maple Chipotle Pork Chops** Garlic Mashed Potatoes Italian Cut Green Beans *Fruit or Juice*	**17** **Latin Sweet Potato and Red Bean Chili** Adobo Spiced Cauliflower, Zucchini, and Carrots *Fruit or Juice*	**18** **Fish Curry** Savory Rice and Chickpeas Steamed Carrots *Fruit or Juice*	**19** **Chicken Breast with Cacciatore Sauce** Whole Wheat Pasta with Broccoli and Pesto Steamed Cauliflower *Fruit or Juice*
22 **Blackeyed Peas Curry with Potatoes and Tomatoes** Couscous Steamed Carrots *Fruit or Juice*	**23** **Baked Pork Chops** Rice and Beans Steamed Cauliflower *Fruit or Juice*	**24** **Beef and Lentil Stew** Farro Steamed Carrots and Green Beans *Fruit or Juice*	**25** **Baked Fish Oreganata** Whole Wheat Pasta Steamed Green Beans *Fruit or Juice*	**26** **Moroccan Stewed White Beans with Chicken** Whole Wheat Pasta Asian Blend Vegetables *Fruit or Juice*
29 **Chickpeas with Coconut Curry** Farro Vegetable Mix *Fruit or Juice*	**30** **Beef Birria (Mexican Beef Stew)** Rice and Gungo (Pigeon Peas) Baby Carrots and Parsley *Fruit or Juice*			