NOVEMBER 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
2 **10:30-11:15a** Let's Talk Social **12:00-1:00p** Jammin' with John **1:00-1:45p** Caregivers' Month Trivia! **Held in the Chapel** **1:30-3:30p** Creative Writers Group **2:30-3:15p** Fun & Games **3:30-4:15p** Crochet with Peter	**3** **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	**4** **10:30-11:30a** Tai Chi Gentle Fitness **11:45a-12:45p** Sharing Stories **1:00-1:45p** *Let's Talk Fall Veggies* with GrowNYC **2:00-2:45p** Coloring Art **3:00-4:00p** Celebrating Talent Is Timeless!	**5** **10:30-11:30a** Chair Yoga with Jane **12:00-12:45p** Drawing Class **12:45-1:30p** Art Concepts **2:00-3:00pm** Loops of Love **3:00-3:45p** Coloring Art	**6** **10:45-11:30a** Chair Yoga with Rupali **11:30a-12:15p** Flower Arranging with Ashfia **12:30-1:15p** Music Appreciation **1:30-3:45p** Movie & Discussion: *Mary Poppins Returns*
9 **10:30-11:15a** Let's Talk Social **12:00-1:00p** Jammin' with John **1:00-1:45p** Veterans Day Trivia! **Held in the Chapel** **1:30-3:30p** Creative Writers Group **2:30-3:15p** Fun & Games **3:30-4:15p** Crochet with Peter	**10** **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	**11** **10:30-11:30a** Tai Chi Gentle Fitness **11:45a-12:45p** Sharing Stories **1:15-2:00p** Floral Mosaic Coasters **2:15-3:00p** 60s 70s 80s Dance Fitness **2:45-3:30p** Coloring Art	**12** **10:30-11:30a** Chair Yoga with Jane **12:00-12:45p** Drawing Class **12:45-1:30p** Art Concepts **2:00-2:45p** Herbal Foot Soaks **3:00-3:45p** Coloring Art	**13** **10:45-11:30a** Chair Yoga with Rupali **11:30-12:15p** *Money, Memories & More* **12:30-1:15p** Music Appreciation **1:30-3:10p** Movie & Discussion: *Fantastic Mr. Fox*
16 **10:30-11:15a** Let's Talk Social **12:00-1:00p** Jammin' with John **1:00-1:45p** Diabetes Awareness Trivia! **Held in the Chapel** **1:30-3:30p** Creative Writers Group **2:30-3:15p** Fun & Games **3:30-4:15p** Crochet with Peter	**17** **10:30-11:15a** Chair Exercise **11:15a-12:00p** Apple Cider & Apple Cinnamon Waffles **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	**18** **10:30-11:30a** Tai Chi Gentle Fitness **11:45a-12:45p** Sharing Stories **1:00-1:45p** Paint Your Own Picture Frames **2:00-2:45p** Karaoke! **2:45-3:30p** Coloring Art	**19** **10:30-11:30a** Chair Yoga with Jane **2:15-4:15p** November Birthday Party Celebration! **CANCELED:** ~~Drawing Class~~, ~~Art Concepts~~	**20** **10:45-11:30a** Chair Yoga with Rupali **11:30a-1:00p** Flu & COVID Vaccinations **1:00-1:30p** Creative Connections **1:30-3:45p** Movie & Discussion: *You've Got Mail*
23 **10:30-11:15a** Let's Talk Social **12:00-1:00p** Jammin' with John **1:00-1:45p** Thanksgiving Trivia! **Held in the Chapel** **1:30-3:30p** Creative Writers Group **2:30-3:15p** Fun & Games **3:30-4:15p** Crochet with Peter	**24** **Held at 350 W 49th ST Office** **10:00-11:00am** Koffee with Kenneth **10:30-11:15a** Chair Exercise **11:30a-12:15p** Lavender Sachets **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	**25** **10:30-11:30a** Tai Chi Gentle Fitness **11:45a-12:45p** Sharing Stories **1:00-1:45p** Sip & Paint **1:45-2:30p** Coloring Art **CENTER CLOSING EARLY AT 2:30PM**	**26** **THANKSGIVING HOLIDAY EVENT:** **Center is open to members who have reserved tickets**	**27** **CENTER CLOSED:** **DAY AFTER THANKSGIVING**
30 **10:30-11:15a** Let's Talk Social **12:00-1:00p** Jammin' with John **1:00-1:45p** Aviation Trivia! **Held in the Chapel** **1:30-3:30p** Creative Writers Group **2:30-3:15p** Fun & Games **3:30-4:15p** Crochet with Peter				

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Baked Turkey Meatballs** Pasta with Olive Oil Spread Steamed Broccoli and Cauliflower *Fruit or Juice*	**3** **Black-eyed Peas Curry with Potatoes & Tomatoes** Couscous Steamed Carrots *Fruit or Juice*	**4** **Baked Pork Chops** Rice and Beans Steamed Cauliflower *Fruit or Juice*	**5** **Beef and Lentil Stew** Farro Steamed Carrots and Green Beans *Fruit or Juice*	**6** **Baked Fish Oreganata** Whole Wheat Pasta Steamed Green Beans *Fruit or Juice*
9 **Chicken Francaise** Pasta with Dill Lemon Sauce Broccoli with Toasted Garlic *Fruit or Juice*	**10** **Chickpeas with Coconut Curry** Farro Vegetable Mix *Fruit or Juice*	**11** **Beef Birria (Mexican Beef Stew)** Rice and Gungo (Pigeon Peas) Baby Carrots & Parsley *Fruit or Juice*	**12** **Pork Carnitas with Veggies and Beans** Brown Rice Steamed Carrots *Fruit or Juice*	**13** **Fish with Coconut Sauce** Rice with Vegetables Cauliflower with Carrots and Parsley *Fruit or Juice*
16 **Chicken Biryani** Rice Pilaf Steamed Carrots and Green Beans *Fruit or Juice*	**17** **Bright and Lemony Stewed White Beans with Carrots and Spinach** Brown Rice Steamed Cauliflower *Fruit or Juice*	**18** **Stuffed Shells** Steamed Broccoli *Fruit or Juice*	**19** **Pork and Beans** Yellow Plantains Steamed Broccoli and Cauliflower *Fruit or Juice*	**20** **Baked Fish with Vegetables** Whole Wheat Pasta with Broccoli and Pesto Steamed Carrots *Fruit or Juice*
23 **Beef and String Beans** Rice Pilaf Steamed Cauliflower *Fruit or Juice*	**24** **Vegetarian Chili** Rice and Beans Steamed Carrots *Fruit or Juice*	**25** **BBQ Chicken** Yuca with Onions Steamed Carrots, Green Beans *Fruit or Juice* **CENTER CLOSING EARLY AT 2:30PM**	**26** **THANKSGIVING HOLIDAY EVENT:** Center is open to members who have reserved tickets	**27** **CENTER CLOSED:** **DAY AFTER THANKSGIVING**
30 **BBQ Chicken** Roasted Potatoes Roasted Root Vegetables *Fruit or Juice*				







NOVEMBER 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
3 **10:00-10:45a** Chair Exercise **11:00a-11:45a** Coffee&Conversation **11:00-11:45a** Knit & Crochet **12:00-12:45p** *Zinc: Its Role in Health & Food Sources* **1:00-2:00p** Sharing Stories **3:00-3:45p** *Keep on Track* BP Screen	**4** **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	**5** **10:00-10:45a** Chair Exercise **11:00a-1:00p** Field Trip: Shopping at Trader Joe's **12:00-12:45p** Bachata Hour! **12:15-1:00p** Explorers Club **2:00-2:45p** Colors Unleashed!	**6** **9:30-10:15a** Chair Yoga with Rupali **10:30-11:30a** Games with Natasha! **11:30a-12:30p** Jammin' with John **12:00-1:00p** Reiki with Rhonda **1:00-2:00p** HIV/AIDS and Aging Awareness with NYC Health **2:00-3:45p** Movie & Discussion: *Nobody 2*	**7** **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 **10:00-10:45a** Chair Exercise **11:00a-11:45a** Coffee&Conversation **11:00-11:45a** Knit & Crochet **12:15-3:15p** Beauty Nails & Mini-Facials **1:00-2:00p** Sharing Stories **3:00-3:45p** *Keep on Track* BP Screen	**11** **10:00-10:45a** Chair Exercise **11:00-11:45a** Sugar Scrubs **12:00-12:45p** Veterans' Day Trivia & Crossword Challenge **1:00-1:45p** Memoir & Storytelling **2:00-2:45p** The MET Art Project **3:00-3:45p** *Keep on Track* BP Screen	**12** **10:00-10:45a** Chair Exercise **10:30a-1:30p** Senior Social at Riverbank State Park! **11:00-11:45a** Explorers Club **12:00-12:45a** Leisure Games **2:00-2:45p** Colors Unleashed! **CENTER CLOSING EARLY AT 2:45PM**	**13** **9:30-10:15a** Chair Yoga with Rupali **11:00-11:45a** Diabetes Prevention **11:30a-12:30p** Jammin' with John **1:15-2:00p** Singing with Friends **2:00-4:00p** Movie & Discussion: *Gunpowder Milkshake*	**14** **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!
17 **10:00-10:45a** Chair Exercise **11:00a-11:45a** Coffee&Conversation **11:00-11:45a** Knit & Crochet **12:00-12:45p** *Celebrate Fall: Fresh Fruits & Veggies in Season!* **1:00-2:00p** Sharing Stories **2:00-3:00p** Game Day Challenge **3:00-3:45p** *Keep on Track* BP Screen	**18** **10:00-10:45a** Chair Exercise **11:00a-12:00p** Mindful Moments with Cristina **12:00-1:00p** The People's Poetry **1:00-1:45p** Memoir & Storytelling **2:00-2:45p** The MET Art Project **3:00-3:45p** *Keep on Track* BP Screen	**19** **10:00-10:45a** Chair Exercise **11:00-11:45a** Explorers Club **12:00-12:45p** Autumn Clothing Giveaway **2:00-2:45p** Colors Unleashed!	**20** **9:30-10:15a** Chair Yoga with Rupali **11:00-11:45a** Crossword Puzzles **12:00-12:45p** Rosy Tea & Blooms **1:15-2:15p** Karaoke! **2:30-3:30p** November Birthday Party	**21** **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 **1:00-1:45p** Scam Prevention **2:00-2:45p** Active & Healthy Bingo! **CANCELED:** ~~Music Therapy~~
24 **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	**25** **10:00-10:45a** Chair Exercise **10:30a-1:00p** Field Trip: National Museum of the American Indian **12:00-12:45p** Let's Play Jeopardy! **1:00-1:45p** Memoir & Storytelling **2:00-2:45p** The MET Art Project **3:00-3:45p** *Keep on Track* BP Screen	**26** **THANKSGIVING HOLIDAY EVENT:** Center is open to members who have reserved tickets	**27** **CENTER CLOSED:** **DAY AFTER THANKSGIVING**	**28** **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!










Rev. 1027

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TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 **Black-eyed Peas Curry with Potatoes & Tomatoes** Couscous Steamed Carrots *Fruit or Juice*	**4** **Baked Pork Chops** Rice and Beans Steamed Cauliflower *Fruit or Juice*	**5** **Beef and Lentil Stew** Farro Steamed Carrots and Green Beans *Fruit or Juice*	**6** **Baked Fish Oreganata** Whole Wheat Pasta Steamed Green Beans *Fruit or Juice*	**7** **Moroccan Stewed White Beans with Chicken** Whole Wheat Pasta Asian Style Vegetables *Fruit or Juice*
10 **Chickpeas with Coconut Curry** Farro Vegetable Mix *Fruit or Juice*	**11** **Beef Birria (Mexican Beef Stew)** Rice and Gungo (Pigeon Peas) Baby Carrots & Parsley *Fruit or Juice*	**12** **Pork Carnitas with Veggies and Beans** Brown Rice, Steamed Carrots *Fruit or Juice* **CENTER CLOSING EARLY AT 2:45PM**	**13** **Fish with Coconut Sauce** Rice with Vegetables Cauliflower with Carrots and Parsley *Fruit or Juice*	**14** **Baked Vegetable Alfredo Pasta** Whole Wheat Spaghetti Zucchini Provencal *Fruit or Juice*
17 **Bright and Lemony Stewed White Beans with Carrots and Spinach** Brown Rice Steamed Cauliflower *Fruit or Juice*	**18** **Stuffed Shells** Steamed Broccoli *Fruit or Juice*	**19** **Pork and Beans** Yellow Plantains Steamed Broccoli and Cauliflower *Fruit or Juice*	**20** **Baked Fish with Vegetables** Whole Wheat Pasta with Broccoli and Pesto Steamed Carrots *Fruit or Juice*	**21** **Spanish Style Beef Stew** Brown Rice Sautéed Zucchini *Fruit or Juice*
24 **Vegetarian Chili** Rice and Beans Steamed Carrots *Fruit or Juice*	**25** **BBQ Chicken** Yuca with Onions Steamed Carrots and Green Beans *Fruit or Juice*	**26** **THANKSGIVING HOLIDAY EVENT:** Center is open to members who have reserved tickets	**27** **CENTER CLOSED:** **DAY AFTER THANKSGIVING**	**28** **Herbed Chicken** Orzo Normandy Blend Vegetables *Fruit or Juice*






